LAMPIRAN 1

LEMBAR PENJELASAN SEBELUM PENELITIAN

Pengaruh Pemberian Buah Terhadap Gejala Depresi, Suasana Hati *(Mood)*, dan Vitalitas Pada Remaja Putri

Penelitian ini merupakan penelitian kuantitatif eksperimen. Dimana data dependen yaitu gejala depresi, suasana hati dan vitalitas data independen yaitu konsumsi buah.

Penelitian ini dilakukan pemantauan konsumsi buah selama 14 hari. Pada penelitian ini terdapat 2 kelompok yaitu kelompok kontrol dan kelompok perlakuan. Kelompok kontrol adalah kelompok sempel yang mempertahankan pola makan sedangkan untuk kelompok perlakuan adalah kelompok sampel yang mendapatkan penambahan pemberian buah potong segar sebanyak 2 porsi/ hari selama 14 hari. Dengan waktu pemberian yaitu jam 10.00 WIB dan jam 16.00 WIB.

Terdapat data karakteristik terdiri dari umur, alamat, dan No Hp. Konsumsi buah dengan menggunakan kuesioner *Semi Quantitative Food Frequency Questionnaire (SQFFQ)* dan juga terdapat kuesioner gejala depresi, suasana hati dan vitalitas untuk mengukur kesehatan mental. Kuesioner tersebut diisi pada waktu malam hari menjelang tidur. Responden penelitian ini adalah remaja putri (santriwati) usia 15-18 tahun. Selama penelitian ini diharapkan responden tidak mengubah kebiasaan makan.

Manfaat secara umum dari penelitian ini adalah dapat mengetahui skor kesehatan mental dan perubahan yang terjadi dari efek pemberian buah terhadap skor kesehatan mental.

Responden memastikan tidak memiliki alergi terhadap buah yang diberikan dan tidak mempunyai penyakit asam lambung. Buah yang diberikan tidak terdapat penambahan zat apapun sehingga tidak menimbulkan dampak buruk pada responden.

Partisipasi saudari bersifat sukarela tanpa paksaan dan bila tidak berkenan dapat menolak atau sewaktu-waktu dapat mengundurkan diri tanpa sanksi apapun. Semua informasi dan hasil pemeriksaan yang berkaitan dengan privasi akan dijaga kerahasiannya. Semua data tidak akan dihubungkan dengan identitas. Jika ada hal-hal yang kurang jelas atau tidak dimengerti dapat menghubungi peneliti utam a.n Asri Nur Latifah dengan no HP.085722402852.

Demikian penyampaian dari saya atas segala perhatian dan kerjasamanya, saya ucapkan terima kasih. Apabila saudari bersedia, mohon mentanda tangani lembar persetujuan dan mengisi lembar pernyataan yang telah disediakan.

Jakarta, Januari 2019

Peneliti

LAMPIRAN 2

PROGRAM STUDI ILMU GIZI
FAKULTAS ILMU-ILMU KESEHATAN
UNIVERSITAS ESA UNGGUL
Jalan Arjuna Utara 9, Kebon Jeruk, Jakarta Barat 11510 Indonesia
Telp. (021) 5674223 Fax. (021) 5674248

LEMBAR PERSETUJUAN RESPONDEN
(*INFORMED CONSENT*)

Saya yang bertanda tangan di bawah ini :
Nama :
Alamat :
Umur :
No Handphone :
Menyatakan bersedia menjadi responden penelitian dari:
Nama : Asri Nur Latifah
NIM : 20170302115
Prodi/Fakultas : Ilmu Gizi/Ilmu-ilmu Kesehatan
Judul : **Pengaruh Pemberian Konsumsi Buah, Terhadap Gejala Depresi, Suasana Hati (Mood), dan Vitalitas Pada Remaja Putri**

Saya setuju menjadi responden dalam penelitian dengan judul Pengaruh Pemberian Konsumsi Buah, Terhadap Gejala Depresi, Suasana Hati (Mood), dan Vitalitas Pada Remaja Putri.

Saya telah mendapat penjelasan dari peneliti tentang tujuan dan manfaat dari penelitian ini. Saya mengerti bahwa penelitian ini tidak akan membahayakan diri saya sendiri dan keluarga saya. Identitas dan jawaban yang akan saya berikan terjamin kerahasiaannya dan hanya diperlukan sebagai bahan penelitian.

Demikian surat pernyataan ini saya tandatangani secara sadar dan tanpa suatu paksaan.

Jakarta, Januari 2019
Responden

( )

LAMPIRAN 3

FORMULIR SEMI QUANTITATIVE FOOD FREQUENCY

SEBELUM PERLAKUAN SELAMA SEBULAN TERAKHIR

Nomor Responden : ..... Tgl Wawancara : .....

Nama Responden : ..... Nama Pewawancara : .....

Bahan Makanan	URT	Berat (gram)	Frekuensi			Rata-rata g/hari
			Hari	Minggu	Bulan	
Alpukat						
Anggur						
Apel						
Durian						
Jambu biji						
Jambu air						
Jeruk						
Kedongdong						
Melon						
Nangka						
Pepaya						
Pisang						
Semangka						
Strawberi						
Total						

LAMPIRAN 4

FORMULIR SEMI QUANTITATIVE FOOD FREQUENCY

SELAMA PERLAKUAN DAN FORM KEPATUHAN

Nomor Responden : ..... Tgl Wawancara : .....

Nama Responden : ..... Nama Pewawancara : .....

Bahan Makanan	Hari														URT	Berat (gram)	Rata-rata g/hari
	1	2	3	4	5	6	7	8	9	10	11	12	13	14			
Alpukat																	
Anggur																	
Apel																	
Durian																	
Jambu biji																	
Jambu air																	
Jeruk																	
Kedongdong																	
Melon																	
Nangka																	
Pepaya																	
Pisang																	
Semangka																	
Strawberi																	
Total																	

Kuesioner Gejala Depresi

Petunjuk Pengisian

Bacalah beberapa pertanyaan di bawah ini, lalu pilihlah satu pilihan yang tersedia disampingnya dengan memberikan tanda (√) pada kolom yang tersedia, dengan keterangan sebagai berikut:

a. Tidak pernah : Bila anda merasakan <1 hari atau tidak sama sekali dalam 1 minggu terakhir

b. Jarang : Bila merasakan 1-2 hari dalam 1 minggu terakhir

c. Kadang-kadang : Bila merasakan 3-4 hari dalam 1 minggu terakhir

d. Sering : Bila merasakan 5-7 hari dalam 1 minggu terakhir

No	Pertanyaan	Tidak pernah	Jarang	Kadang-kadang	Sering
1.	Saya merasa lemah, lesu dan tidak bertenaga				
2.	Saya merasa tidak ingin makan atau nafsu makan saya berkurang				
3.	Saya merasa hidup saya tidak berharga				
4.	Saya merasa bahwa hidup saya sama baiknya seperti orang lain				
5.	Saya merasa kesulitan dalam mengingat tentang apa saja yang telah saya lakukan				
6.	Saya merasa tertekan				
7.	Saya merasa bahwa segala sesuatu yang saya lakukan adalah sia-sia				
8.	Saya sangat berharap tentang masa depan yang baik				
9.	Saya berpikir bahwa hidup saya gagal				
10.	Saya merasa sangat takut				
11.	Tidur saya tidak nyenyak (gelisah)				
12.	Saya merasa bahagia				
13.	Saya berbicara lebih sedikit daripada biasanya				
14.	Orang-orang sekeliling saya tidak bersahabat				
15.	Saya merasa sendiri				
16.	Saya menikmati hidup				
17.	Saya menangis sepanjang waktu				
18.	Saya merasa sedih				
19.	Saya merasa bahwa orang-orang tidak menyukai saya				
20.	Saya tidak berminat untuk melakukan kegiatan apapun				

(Sumber: Radolff, 1977)

Kuesioner Suasana Hati (Mood)

Petunjuk Pengisian

Dibawah ini terdapat kata-kata yang menggambarkan perasaan dan emosi yang berbeda. Baca setiap item dan kemudian berilah tanda centang (√) pada kolom nomor pada setiap kata yang menunjukkan sejauh mana perasaan dan emosi yang anda rasakan hari ini. Isilah sesuai dengan keadaan yang sebenarnya.Pastikan tidak ada yang terlewat.

Baru-baru ini, saya merasa.....

No	Perasaan/ Emosi	Tidak	Sedikit	Cukup	Sangat	Sangat sekali
1.	Gembira					
2.	Tegang					
3.	Marah					
4.	Antusias					
5.	Santai					
6.	Sedih					
7.	Terkejut					
8.	Gugup					
9.	Kesal (murung)					
10.	Tersinggung					
11.	Semangat					
12.	Tenang					
13.	Dendam					
14.	Gelisah					
15.	Ramah					
16.	Energik					
17.	Puas					
18.	Tegas					
19.	Berani					
20.	Banyak bicara					

(Sumber : Brookie, 2017)

Kuesioner Vitalitas

Petunjuk Pengisian

Bacalah setiap pertanyaan dibawah ini dengan seksama kemudian berikan pendapat saudara pada lembar jawaban bagi setiap pertanyaan tersebut dengan. Memberi tanda centang (√) pada kolom nomor pada setiap kata yang menunjukkan sejauh mana perasaan dan emosi yang anda rasakan hari ini. Pastikan tidak ada yang terlewat. Isilah sesuai dengan keadaan yang sebenarnya. Tidak ada jawaban yang dianggap salah, karena itu pilihlah jawaban yang paling sesuai dengan diri anda.

No	Pertanyaan	Tidak merasakan	Sedikit merasakan	Jarang merasakan	Kadang-kadang merasakan	Hampir setiap saat merasakan	Setiap saat merasakan
1	Kamu merasa bahwa hidup kamu berarti						
2	Kamu merasa semangat dalam menjalani hidup						
3	Kamu merasa lelah dalam menjalani hidup						
4	Kamu merasa bosan dalam menjalani hidup						

(Sumber : Brookie, 2017)

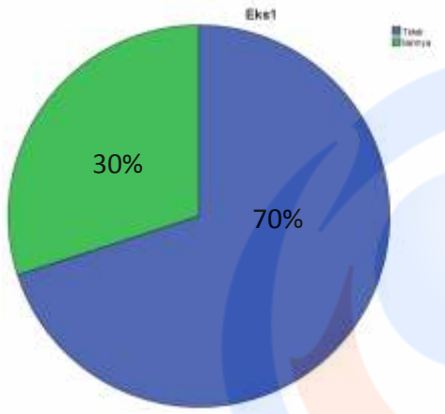
HASIL PENELITIAN PENDAHULUAN

Statistics

		Pemberian Sayur Segar	Pemberian Smoothie Sayur dan Buah	Pemberian Buah Segar
N	Valid	10	10	10
	Missing	0	0	0

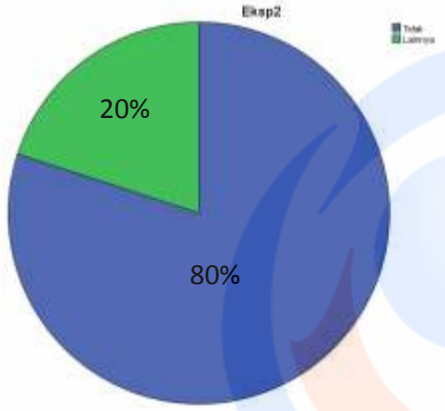
Pemberian Sayur Segar

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak	7	70,0	70,0	70,0
	Lainnya	3	30,0	30,0	100,0
	Total	10	100,0	100,0	



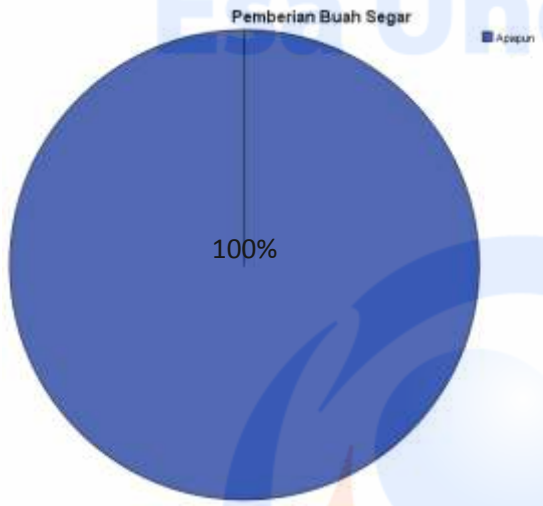
Pemberian Smoothie Sayur dan Buah

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak	8	80,0	80,0	80,0
	Lainnya	2	20,0	20,0	100,0
	Total	10	100,0	100,0	



Pemberian Buah Segar

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Apapun	10	100,0	100,0	100,0



HASIL VALIDASI

Validasi Depresi

Correlations

		CESD1	CSED2	CSED3	CSED4	CSED5	CSED6	CSED7	CSED8	CSED9	CSED10	CSED11	CSED12	CSED13	CSED14	CSED15	CSED16	CSED17	CSED18	CSED19	CSED20	TOTCSED
CESD 1	Pearson Correlation	1	,139	,265	,031	,153	,103	,272	,078	,023	,171	,253	,385*	,177	,190	-,050	,419*	,294	-,064	,047	-,243	,306
	Sig. (2-tailed)		,463	,156	,873	,419	,587	,146	,682	,903	,366	,177	,036	,349	,315	,792	,021	,115	,735	,806	,197	,101
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 2	Pearson Correlation	,139	1	,453**	,132	,057	,633**	,114	,189	,020	,476**	,149	,252	,350	,506**	,588**	,458*	,018	,417*	,561**	,113	,591**
	Sig. (2-tailed)	,463		,012	,487	,765	,000	,550	,317	,919	,008	,431	,179	,058	,004	,001	,011	,924	,022	,001	,554	,001
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 3	Pearson Correlation	,265	,453*	1	,474**	,168	,710**	,366*	,445*	,397*	,561**	,040	,555**	,346	,680**	,570**	,343	-,020	,562**	,587**	,169	,773**
	Sig. (2-tailed)	,156	,012		,008	,376	,000	,047	,014	,030	,001	,834	,001	,061	,000	,001	,064	,918	,001	,001	,372	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 4	Pearson Correlation	,031	,132	,474**	1	,028	,370*	,056	,315	,347	,118	-,049	,263	-,159	,323	,152	,248	,099	,305	,438*	,044	,402*
	Sig. (2-tailed)	,873	,487	,008		,883	,044	,768	,090	,061	,536	,796	,161	,400	,082	,423	,187	,603	,101	,016	,816	,028
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 5	Pearson Correlation	,153	,057	,168	,028	1	,095	,063	,225	,021	,236	,096	,200	,310	,120	,262	,242	,120	,089	,258	,446*	,365*
	Sig. (2-tailed)	,419	,765	,376	,883		,618	,743	,232	,910	,210	,615	,289	,095	,528	,163	,197	,527	,641	,169	,014	,047
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 6	Pearson Correlation	,103	,633**	,710**	,370*	,095	1	,228	,394*	,261	,414*	,332	,374*	,269	,596**	,748**	,375*	-,061	,539**	,697**	,301	,747**
	Sig. (2-tailed)	,587	,000	,000	,044	,618		,226	,031	,164	,023	,073	,042	,150	,001	,000	,041	,750	,002	,000	,106	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 7	Pearson Correlation	,272	,114	,366*	,056	,063	,228	1	,245	,343	,188	,000	,246	,000	,436*	,123	,114	,000	,237	,115	,000	,383*
	Sig. (2-tailed)	,146	,550	,047	,768	,743	,226		,191	,064	,319	1,000	,190	1,000	,016	,517	,548	1,000	,208	,546	1,000	,037
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 8	Pearson Correlation	,078	,189	,445*	,315	,225	,394*	,245	1	,253	,291	,322	,544**	,319	,557**	,312	,694**	,269	,561**	,554**	,373*	,729**
	Sig. (2-tailed)	,682	,317	,014	,090	,232	,031	,191		,178	,118	,082	,002	,085	,001	,093	,000	,151	,001	,001	,043	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 9	Pearson Correlation	,023	,020	,397*	,347	,021	,261	,343	,253	1	,323	-,225	,148	-,122	,135	,380*	,059	-,165	,385*	,334	,204	,351
	Sig. (2-tailed)	,903	,919	,030	,061	,910	,164	,064	,178		,081	,231	,436	,522	,478	,038	,758	,384	,035	,071	,280	,057
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 10	Pearson Correlation	,171	,476**	,561**	,118	,236	,414*	,188	,291	,323	1	-,069	,232	,520**	,384*	,541**	,406*	,201	,446*	,432*	,199	,611**
	Sig. (2-tailed)	,366	,008	,001	,536	,210	,023	,319	,118	,081		,718	,217	,003	,036	,002	,026	,286	,014	,017	,292	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 11	Pearson Correlation	,253	,149	,040	-,049	,096	,332	,000	,322	-,225	-,069	1	,256	-,058	,243	,013	,481**	,184	,006	,301	,098	,313
	Sig. (2-tailed)	,177	,431	,834	,796	,615	,073	1,000	,082	,231	,718		,172	,760	,195	,944	,007	,330	,973	,106	,608	,093
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 12	Pearson Correlation	,385*	,252	,555**	,263	,200	,374*	,246	,544**	,148	,232	,256	1	,393*	,612**	,212	,618**	,237	,393*	,438*	,146	,674**
	Sig. (2-tailed)	,036	,179	,001	,161	,289	,042	,190	,002	,436	,217	,172		,032	,000	,260	,000	,208	,032	,016	,441	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 13	Pearson Correlation	,177	,350	,346	-,159	,310	,269	,000	,319	-,122	,520**	-,058	,393*	1	,480**	,408*	,344	,312	,510**	,366*	,035	,512**
	Sig. (2-tailed)	,349	,058	,061	,400	,095	,150	1,000	,085	,522	,003	,760	,032		,007	,025	,063	,093	,004	,047	,854	,004
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 14	Pearson Correlation	,190	,506**	,680**	,323	,120	,596**	,436*	,557**	,135	,384*	,243	,612**	,480**	1	,462*	,552**	,230	,583**	,720**	,078	,810**
	Sig. (2-tailed)	,315	,004	,000	,082	,528	,001	,016	,001	,478	,036	,195	,000	,007		,010	,002	,221	,001	,000	,683	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 15	Pearson Correlation	-,050	,588**	,570**	,152	,262	,748**	,123	,312	,380*	,541**	,013	,212	,408*	,462*	1	,295	,059	,626**	,621**	,439*	,676**
	Sig. (2-tailed)	,792	,001	,001	,423	,163	,000	,517	,093	,038	,002	,944	,260	,025	,010		,114	,756	,000	,000	,015	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 16	Pearson Correlation	,419*	,458*	,343	,248	,242	,375*	,114	,694**	,059	,406*	,481**	,618**	,344	,552**	,295	1	,512**	,412*	,510**	,215	,739**
	Sig. (2-tailed)	,021	,011	,064	,187	,197	,041	,548	,000	,758	,026	,007	,000	,063	,002	,114		,004	,024	,004	,255	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 17	Pearson Correlation	,294	,018	-,020	,099	,120	-,061	,000	,269	-,165	,201	,184	,237	,312	,230	,059	,512**	1	,312	,083	,048	,303
	Sig. (2-tailed)	,115	,924	,918	,603	,527	,750	1,000	,151	,384	,286	,330	,208	,093	,221	,756	,004		,093	,664	,803	,103
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 18	Pearson Correlation	-,064	,417*	,562**	,305	,089	,539**	,237	,561**	,385*	,446*	,006	,393*	,510**	,583**	,626**	,412*	,312	1	,705**	,316	,738**
	Sig. (2-tailed)	,735	,022	,001	,101	,641	,002	,208	,001	,035	,014	,973	,032	,004	,001	,000	,024	,093		,000	,089	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 19	Pearson Correlation	,047	,561**	,587**	,438*	,258	,697**	,115	,554**	,334	,432*	,301	,438*	,366*	,720**	,621**	,510**	,083	,705**	1	,341	,818**
	Sig. (2-tailed)	,806	,001	,001	,016	,169	,000	,546	,001	,071	,017	,106	,016	,047	,000	,000	,004	,664	,000		,065	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
CSED 20	Pearson Correlation	-,243	,113	,169	,044	,446*	,301	,000	,373*	,204	,199	,098	,146	,035	,078	,439*	,215	,048	,316	,341	1	,381*
	Sig. (2-tailed)	,197	,554	,372	,816	,014	,106	1,000	,043	,280	,292	,608	,441	,854	,683	,015	,255	,803	,089	,065		,038
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
TOTCSED	Pearson Correlation	,306	,591**	,773**	,402*	,365*	,747**	,383*	,729**	,351	,611**	,313	,674**	,512**	,810**	,676**	,739**	,303	,738**	,818**	,381*	1
	Sig. (2-tailed)	,101	,001	,000	,028	,047	,000	,037	,000	,057	,000	,093	,000	,004	,000	,000	,000	,103	,000	,000	,038	
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30

*. Correlation is significant at the 0.05 level (2-tailed).
**. Correlation is significant at the 0.01 level (2-tailed).

Reliabilitas Depresi

Reliability Statistics

Cronbach's Alpha	N of Items
,750	21

VALIDASI MOOD

Correlations

		MOOD1	MOOD2	MOOd3	MOOD4	MOOD5	MOOD6	MOOD7	MOOD8	MOOD9	MOOD10	MOOD11	MOOD12	MOOD13	MOOD14	MOOD15	MOOD16	MOOD17	MOOD18	MOOD19	MOOD20	TOTMOOD
MOOD1	Pearson Correlation	1	,209	-,340	,608**	,346	-,343	,508**	,135	-,029	,120	,675**	,073	-,006	,202	,462*	,651**	-,339	,395*	,286	,539**	,637**
	Sig. (2-tailed)		,269	,066	,000	,061	,064	,004	,478	,880	,529	,000	,702	,973	,284	,010	,000	,067	,031	,126	,002	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD2	Pearson Correlation	,209	1	,183	,319	-,243	,209	,043	,413*	,073	,304	,061	-,454*	,093	,829**	,104	-,027	,051	,003	,086	,416*	,424*
	Sig. (2-tailed)	,269		,332	,086	,197	,269	,823	,023	,700	,102	,751	,012	,624	,000	,585	,888	,787	,986	,653	,022	,019
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOd3	Pearson Correlation	-,340	,183	1	-,155	-,077	,278	-,209	,201	,173	,179	-,341	-,140	,039	-,025	-,305	-,333	,246	-,219	,302	-,020	,009
	Sig. (2-tailed)	,066	,332		,414	,687	,136	,267	,286	,361	,344	,065	,460	,839	,897	,102	,072	,190	,244	,105	,916	,961
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD4	Pearson Correlation	,608**	,319	-,155	1	,299	-,296	,530**	,133	-,048	-,017	,696**	,102	-,022	,227	,675**	,748**	-,281	,485**	,252	,437*	,693**
	Sig. (2-tailed)	,000	,086	,414		,108	,113	,003	,483	,801	,931	,000	,592	,910	,227	,000	,000	,133	,007	,178	,016	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD5	Pearson Correlation	,346	-,243	-,077	,299	1	-,337	,234	-,292	-,072	,008	,554**	,536**	,198	-,181	,538**	,499**	-,403*	,374*	,188	,248	,416*
	Sig. (2-tailed)	,061	,197	,687	,108		,068	,213	,117	,707	,966	,001	,002	,293	,338	,002	,005	,027	,042	,320	,186	,022
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD6	Pearson Correlation	-,343	,209	,278	-,296	-,337	1	-,035	,050	,606**	-,179	-,200	,112	,123	,120	-,160	-,262	,601**	-,277	,118	,100	,102
	Sig. (2-tailed)	,064	,269	,136	,113	,068		,855	,791	,000	,343	,290	,556	,517	,529	,398	,162	,000	,139	,535	,599	,593
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD7	Pearson Correlation	,508**	,043	-,209	,530**	,234	-,035	1	,145	,108	,045	,700**	,252	,034	-,071	,531**	,632**	-,057	,339	,550**	,428*	,694**
	Sig. (2-tailed)	,004	,823	,267	,003	,213	,855		,443	,568	,814	,000	,179	,858	,708	,003	,000	,763	,067	,002	,018	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD8	Pearson Correlation	,135	,413*	,201	,133	-,292	,050	,145	1	-,047	,219	,057	-,280	,021	,484**	,138	-,019	,210	-,010	,233	-,033	,311
	Sig. (2-tailed)	,478	,023	,286	,483	,117	,791	,443		,805	,245	,765	,134	,912	,007	,467	,919	,264	,958	,216	,863	,095
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD9	Pearson Correlation	-,029	,073	,173	-,048	-,072	,606**	,108	-,047	1	-,278	-,024	,349	,326	,023	,158	,044	,295	-,068	,094	,207	,293
	Sig. (2-tailed)	,880	,700	,361	,801	,707	,000	,568	,805		,136	,898	,059	,079	,904	,405	,816	,113	,720	,621	,271	,116
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD10	Pearson Correlation	,120	,304	,179	-,017	,008	-,179	,045	,219	-,278	1	-,076	-,362*	-,075	,271	,000	-,161	,215	-,082	,105	,215	,164
	Sig. (2-tailed)	,529	,102	,344	,931	,966	,343	,814	,245	,136		,690	,050	,694	,148	1,000	,396	,253	,665	,579	,254	,385
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD11	Pearson Correlation	,675**	,061	-,341	,696**	,554**	-,200	,700**	,057	-,024	-,076	1	,395*	,093	,024	,710**	,780**	-,231	,503**	,371*	,464**	,757**
	Sig. (2-tailed)	,000	,751	,065	,000	,001	,290	,000	,765	,898	,690		,031	,624	,898	,000	,000	,220	,005	,044	,010	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD12	Pearson Correlation	,073	-,454*	-,140	,102	,536**	,112	,252	-,280	,349	-,362*	,395*	1	,167	-,518**	,456*	,342	-,145	,483**	,280	,190	,330
	Sig. (2-tailed)	,702	,012	,460	,592	,002	,556	,179	,134	,059	,050	,031		,379	,003	,011	,064	,444	,007	,134	,313	,075
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD13	Pearson Correlation	-,006	,093	,039	-,022	,198	,123	,034	,021	,326	-,075	,093	,167	1	,119	,106	,040	,022	-,107	-,074	,089	,217
	Sig. (2-tailed)	,973	,624	,839	,910	,293	,517	,858	,912	,079	,694	,624	,379		,531	,576	,834	,908	,573	,698	,640	,249
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD14	Pearson Correlation	,202	,829**	-,025	,227	-,181	,120	-,071	,484**	,023	,271	,024	-,518**	,119	1	,203	-,102	,061	-,020	-,215	,191	,296
	Sig. (2-tailed)	,284	,000	,897	,227	,338	,529	,708	,007	,904	,148	,898	,003	,531		,281	,594	,749	,918	,254	,311	,112
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD15	Pearson Correlation	,462*	,104	-,305	,675**	,538**	-,160	,531**	,138	,158	,000	,710**	,456*	,106	,203	1	,651**	-,268	,579**	,184	,338	,723**
	Sig. (2-tailed)	,010	,585	,102	,000	,002	,398	,003	,467	,405	1,000	,000	,011	,576	,281		,000	,152	,001	,330	,067	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD16	Pearson Correlation	,651**	-,027	-,333	,748**	,499**	-,262	,632**	-,019	,044	-,161	,780**	,342	,040	-,102	,651**	1	-,280	,403*	,343	,404*	,662**
	Sig. (2-tailed)	,000	,888	,072	,000	,005	,162	,000	,919	,816	,396	,000	,064	,834	,594	,000		,134	,027	,064	,027	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD17	Pearson Correlation	-,339	,051	,246	-,281	-,403*	,601**	-,057	,210	,295	,215	-,231	-,145	,022	,061	-,268	-,280	1	-,491**	,077	-,060	-,014
	Sig. (2-tailed)	,067	,787	,190	,133	,027	,000	,763	,264	,113	,253	,220	,444	,908	,749	,152	,134		,006	,688	,752	,942
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD18	Pearson Correlation	,395*	,003	-,219	,485**	,374*	-,277	,339	-,010	-,068	-,082	,503**	,483**	-,107	-,020	,579**	,403*	-,491**	1	,109	,234	,438*
	Sig. (2-tailed)	,031	,986	,244	,007	,042	,139	,067	,958	,720	,665	,005	,007	,573	,918	,001	,027	,006		,565	,213	,016
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD19	Pearson Correlation	,286	,086	,302	,252	,188	,118	,550**	,233	,094	,105	,371*	,280	-,074	-,215	,184	,343	,077	,109	1	,665**	,603**
	Sig. (2-tailed)	,126	,653	,105	,178	,320	,535	,002	,216	,621	,579	,044	,134	,698	,254	,330	,064	,688	,565		,000	,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
MOOD20	Pearson Correlation	,539**	,416*	-,020	,437*	,248	,100	,428*	-,033	,207	,215	,464**	,190	,089	,191	,338	,404*	-,060	,234	,665**	1	,736**
	Sig. (2-tailed)	,002	,022	,916	,016	,186	,599	,018	,863	,271	,254	,010	,313	,640	,311	,067	,027	,752	,213	,000		,000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
TOTMOOD	Pearson Correlation	,637**	,424*	,009	,693**	,416*	,102	,694**	,311	,293	,164	,757**	,330	,217	,296	,723**	,662**	-,014	,438*	,603**	,736**	1
	Sig. (2-tailed)	,000	,019	,961	,000	,022	,593	,000	,095	,116	,385	,000	,075	,249	,112	,000	,000	,942	,016	,000	,000	
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30

**. Correlation is significant at the 0.01 level (2-tailed).
*. Correlation is significant at the 0.05 level (2-tailed).

Reliabilitas MOOD

Reliability Statistics

Cronbach's Alpha	N of Items
,803	21

Validasi Vitalitas

Correlations

		Vital1	Vital2	Vital3	Vital4	TOTVIT
Vital1	Pearson Correlation	1	,648**	,443*	,468**	,752**
	Sig. (2-tailed)		,000	,014	,009	,000
	N	30	30	30	30	30
Vital2	Pearson Correlation	,648**	1	,549**	,448*	,772**
	Sig. (2-tailed)	,000		,002	,013	,000
	N	30	30	30	30	30
Vital3	Pearson Correlation	,443*	,549**	1	,837**	,882**
	Sig. (2-tailed)	,014	,002		,000	,000
	N	30	30	30	30	30
Vital4	Pearson Correlation	,468**	,448*	,837**	1	,870**
	Sig. (2-tailed)	,009	,013	,000		,000
	N	30	30	30	30	30
TOTVIT	Pearson Correlation	,752**	,772**	,882**	,870**	1
	Sig. (2-tailed)	,000	,000	,000	,000	
	N	30	30	30	30	30

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Reliabilitas Vitalitas

Reliability Statistics

Cronbach's Alpha	N of Items
,902	5

HASIL OUTPUT

OUTPUT PENGARUH PEMBERIAN BUAH TERHADAP GEJALA DEPRESI, SUASAN HATI (MOOD) DAN VITALITAS PADA REMAJA PUTRI

A. Gambaran Umum sampel

1. Umur

Statistics

Umur

N	Valid	60
	Missing	0

Umur

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	15,00	27	45,0	45,0	45,0
	16,00	22	36,7	36,7	81,7
	17,00	11	18,3	18,3	100,0
	Total	60	100,0	100,0	

2. Kelompok

Case Processing Summary

	Cases					
	Valid		Missing		Total	
Kelompok	N	Percent	N	Percent	N	Percent
kontrol	28	93,3%	2	6,7%	30	100,0%
Eksperimen	26	86,7%	4	13,3%	30	100,0%

3. Konsumsi buah

Statistics

		Konsumsi buah sebelum penelitian	Konsumsi selama penelitian
N	Valid	60	54
	Missing	0	6
Mean		16,2422	113,0209
Std. Error of Mean		1,87468	11,89986
Median		12,8500	84,2800
Std. Deviation		14,52120	87,44579
Minimum		,00	12,85
Maximum		65,70	249,28

4. Konsumsi Buah Perkelompok

Kelompok Perlakuan

Statistics

		Konsumsi buah sebelum penelitian	Konsumsi selama penelitian
N	Valid	30	26
	Missing	0	4
Mean		15,2083	201,3512
Std. Error of Mean		2,88272	2,36260
Median		10,3150	200,3500
Std. Deviation		15,78932	12,04692
Minimum		,00	178,57
Maximum		65,70	249,28

Kelompok Kontrol

Statistics

		Konsumsi buah sebelum penelitian	Konsumsi selama penelitian
N	Valid	30	28
	Missing	0	2
Mean		17,2760	31,0000
Std. Error of Mean		2,43234	3,71332
Median		15,5700	26,6050
Std. Deviation		13,32246	19,64906
Minimum		,00	12,85
Maximum		49,20	110,71

5. Kepatuhan Konsumsi buah

Statistics

kepatuhan konsumsi buah

N	Valid	26
	Missing	4
Mean		97,9273
Std. Error of Mean		,69106
Median		99,6400
Std. Deviation		3,52371
Minimum		88,57
Maximum		100,00

6.

Kelompok Perlakuan

		TOTCSED	TOTPOSTDEP	TOTMOOD	TOTPOSTMOOD	TOTVIT	TOTPOSTVIT
N	Valid	30	26	30	26	30	26
	Missing	0	4	0	4	0	4
Mean		24,0667	20,5385	1,5567	1,6192	49,3333	54,8077
Std. Error of Mean		1,23914	1,13440	,05262	,06575	2,34562	1,34395
Median		24,5000	20,0000	1,5000	1,6000	50,0000	55,0000
Std. Deviation		6,78707	5,78433	,28820	,33528	12,84747	6,85285
Minimum		10,00	9,00	,95	,95	25,00	40,00
Maximum		40,00	32,00	2,20	2,25	70,00	70,00

Kelompok Kontrol

		TOTCSED	TOTPOSTDEP	TOTMOOD	TOTPOSTMOOD1	TOTVIT	TOTPOSTVAR
N	Valid	30	28	30	28	30	28
	Missing	0	2	0	2	0	2
Mean		23,0000	24,2143	1,6817	1,5786	52,6667	51,0714
Std. Error of Mean		1,11314	,95585	,07647	,05619	2,52269	1,71280
Median		22,0000	23,5000	1,5500	1,6000	50,0000	50,0000
Std. Deviation		6,09692	5,05787	,41884	,29734	13,81736	9,06327
Minimum		12,00	11,00	1,10	1,00	20,00	30,00
Maximum		36,00	36,00	2,80	2,00	80,00	65,00

Uji Homogenitas

Test of Homogeneity of Variances

	Levene Statistic	df1	df2	Sig.
TOTCSED	,806	1	58	,373
TOTMOOD	3,428	1	58	,069
TOTVIT	,012	1	58	,913
Konsumsi buah sebelum penelitian	,194	1	58	,661

Uji Normalitas

Case Processing Summary

		Cases					
		Valid		Missing		Total	
	Kelompok	N	Percent	N	Percent	N	Percent
TOTCSED	kontrol	28	93,3%	2	6,7%	30	100,0%
	Eksperimen	26	86,7%	4	13,3%	30	100,0%
TOTPOSTDEP	kontrol	28	93,3%	2	6,7%	30	100,0%
	Eksperimen	26	86,7%	4	13,3%	30	100,0%
TOTMOOD	kontrol	28	93,3%	2	6,7%	30	100,0%
	Eksperimen	26	86,7%	4	13,3%	30	100,0%
TOTPOSTMOOD1	kontrol	28	93,3%	2	6,7%	30	100,0%
	Eksperimen	26	86,7%	4	13,3%	30	100,0%
TOTVIT	kontrol	28	93,3%	2	6,7%	30	100,0%
	Eksperimen	26	86,7%	4	13,3%	30	100,0%
TOTPOSTVAR	kontrol	28	93,3%	2	6,7%	30	100,0%
	Eksperimen	26	86,7%	4	13,3%	30	100,0%

Descriptives

	Kelompok			Statistic	Std. Error
TOTCSED	kontrol	Mean		23,1429	1,17931
		95% Confidence Interval for Mean	Lower Bound	20,7231	
			Upper Bound	25,5626	
		5% Trimmed Mean		22,9841	
		Median		22,0000	
		Variance		38,942	

		Std. Deviation		6,24034	
		Minimum		12,00	
		Maximum		36,00	
		Range		24,00	
		Interquartile Range		6,00	
		Skewness		,918	,441
		Kurtosis		,445	,858
	Eksperimen	Mean		24,3462	1,23530
		95% Confidence Interval for Mean	Lower Bound	21,8020	
			Upper Bound	26,8903	
		5% Trimmed Mean		24,1026	
		Median		24,5000	
		Variance		39,675	
		Std. Deviation		6,29884	
		Minimum		14,00	
		Maximum		40,00	
		Range		26,00	
		Interquartile Range		9,50	
		Skewness		,470	,456
		Kurtosis		,303	,887
TOTPOSTDEP	kontrol	Mean		24,2143	,95585
		95% Confidence Interval for Mean	Lower Bound	22,2530	
			Upper Bound	26,1755	
		5% Trimmed Mean		24,2619	
		Median		23,5000	
		Variance		25,582	
		Std. Deviation		5,05787	
		Minimum		11,00	
		Maximum		36,00	
		Range		25,00	
		Interquartile Range		6,00	
		Skewness		-,135	,441
		Kurtosis		1,005	,858
	Eksperimen	Mean		20,5385	1,13440
		95% Confidence Interval for Mean	Lower Bound	18,2021	
			Upper Bound	22,8748	
		5% Trimmed Mean		20,5171	
		Median		20,0000	

		Variance		33,458	
		Std. Deviation		5,78433	
		Minimum		9,00	
		Maximum		32,00	
		Range		23,00	
		Interquartile Range		10,00	
		Skewness		,045	,456
		Kurtosis		-,520	,887
TOTMOOD	kontrol	Mean		1,6750	,08016
		95% Confidence Interval for Mean	Lower Bound	1,5105	
			Upper Bound	1,8395	
		5% Trimmed Mean		1,6476	
		Median		1,5500	
		Variance		,180	
		Std. Deviation		,42415	
		Minimum		1,10	
		Maximum		2,80	
		Range		1,70	
		Interquartile Range		,58	
		Skewness		1,028	,441
		Kurtosis		,633	,858
	Eksperimen	Mean		1,5096	,04930
		95% Confidence Interval for Mean	Lower Bound	1,4081	
			Upper Bound	1,6112	
		5% Trimmed Mean		1,5150	
		Median		1,4500	
		Variance		,063	
		Std. Deviation		,25140	
		Minimum		,95	
		Maximum		1,95	
		Range		1,00	
		Interquartile Range		,40	
		Skewness		-,108	,456
		Kurtosis		-,581	,887
TOTPOSTMOOD1	kontrol	Mean		1,5786	,05619
		95% Confidence Interval for Mean	Lower Bound	1,4633	
			Upper Bound	1,6939	
		5% Trimmed Mean		1,5841	
		Median		1,6000	

		Variance		,088	
		Std. Deviation		,29734	
		Minimum		1,00	
		Maximum		2,00	
		Range		1,00	
		Interquartile Range		,55	
		Skewness		-,109	,441
		Kurtosis		-1,373	,858
	Eksperimen	Mean		1,6192	,06575
		95% Confidence Interval for Mean	Lower Bound	1,4838	
			Upper Bound	1,7547	
		5% Trimmed Mean		1,6214	
		Median		1,6000	
		Variance		,112	
		Std. Deviation		,33528	
		Minimum		,95	
		Maximum		2,25	
		Range		1,30	
		Interquartile Range		,38	
		Skewness		-,076	,456
		Kurtosis		,042	,887
TOTVIT	kontrol	Mean		51,4286	2,54402
		95% Confidence Interval for Mean	Lower Bound	46,2087	
			Upper Bound	56,6485	
		5% Trimmed Mean		51,5873	
		Median		50,0000	
		Variance		181,217	
		Std. Deviation		13,46168	
		Minimum		20,00	
		Maximum		80,00	
		Range		60,00	
		Interquartile Range		18,75	
		Skewness		-,193	,441
		Kurtosis		,233	,858
	Eksperimen	Mean		49,2308	2,58237
		95% Confidence Interval for Mean	Lower Bound	43,9123	
			Upper Bound	54,5493	
		5% Trimmed Mean		49,3590	
		Median		50,0000	

		Variance		173,385	
		Std. Deviation		13,16756	
		Minimum		25,00	
		Maximum		70,00	
		Range		45,00	
		Interquartile Range		16,25	
		Skewness		-,090	,456
		Kurtosis		-,814	,887
TOTPOSTVAR	kontrol	Mean		51,0714	1,71280
		95% Confidence Interval for Mean	Lower Bound	47,5571	
			Upper Bound	54,5858	
		5% Trimmed Mean		51,4683	
		Median		50,0000	
		Variance		82,143	
		Std. Deviation		9,06327	
		Minimum		30,00	
		Maximum		65,00	
		Range		35,00	
		Interquartile Range		12,50	
		Skewness		-,745	,441
		Kurtosis		,411	,858
	Eksperimen	Mean		54,8077	1,34395
		95% Confidence Interval for Mean	Lower Bound	52,0398	
			Upper Bound	57,5756	
		5% Trimmed Mean		54,7863	
		Median		55,0000	
		Variance		46,962	
		Std. Deviation		6,85285	
		Minimum		40,00	
		Maximum		70,00	
		Range		30,00	
		Interquartile Range		10,00	
		Skewness		,276	,456
		Kurtosis		,079	,887

Tests of Normality

		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Kelompok	Statistic	df	Sig.	Statistic	df	Sig.
TOTCSED	kontrol	,169	28	,040	,891	28	,007
	Eksperimen	,076	26	,200*	,971	26	,655
TOTPOSTDEP	kontrol	,116	28	,200*	,975	28	,717
	Eksperimen	,126	26	,200*	,969	26	,607
TOTMOOD	kontrol	,166	28	,046	,917	28	,029
	Eksperimen	,132	26	,200*	,964	26	,477
TOTPOSTMOOD1	kontrol	,176	28	,026	,915	28	,027
	Eksperimen	,117	26	,200*	,962	26	,433
TOTVIT	kontrol	,172	28	,033	,965	28	,456
	Eksperimen	,139	26	,200*	,951	26	,243
TOTPOSTVAR	kontrol	,203	28	,005	,924	28	,043
	Eksperimen	,182	26	,027	,936	26	,107

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

B. BIVARIAT

Perlakuan

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	TOTCSED	24,3462	26	6,29884	1,23530
	TOTPOSTDEP	20,5385	26	5,78433	1,13440
Pair 2	TOTMOOD	1,5096	26	,25140	,04930
	TOTPOSTMOOD	1,6192	26	,33528	,06575
Pair 3	TOTVIT	49,2308	26	13,16756	2,58237
	TOTPOSTVIT	54,8077	26	6,85285	1,34395

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	TOTCSED & TOTPOSTDEP	26	,561	,003
Pair 2	TOTMOOD & TOTPOSTMOOD	26	,403	,041
Pair 3	TOTVIT & TOTPOSTVIT	26	,397	,044

Paired Samples Test

		Paired Differences					T	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference Lower	Upper			
Pair 1	TOTCSED - TOTPOSTDEP	3,80769	5,67816	1,11358	1,51423	6,10115	3,419	25	,002
Pair 2	TOTMOOD – TOTPOSTMOOD	-,10962	,32803	,06433	-,24211	,02288	-1,704	25	,101
Pair 3	TOTVIT – TOTPOSTVIT	-5,57692	12,19237	2,39112	-10,50153	-,65232	-2,332	25	,028

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Konsumsi buah sebelum penelitian	16,8829	28	13,57867	2,56613
	Konsumsi selama penelitian	31,0000	28	19,64906	3,71332
Pair 2	TOTCSED	23,1429	28	6,24034	1,17931
	TOTPOSTDEP	24,2143	28	5,05787	,95585
Pair 3	TOTMOOD	1,6750	28	,42415	,08016
	TOTPOSTMOOD1	1,5786	28	,29734	,05619
Pair 4	TOTVIT	51,4286	28	13,46168	2,54402
	TOTPOSTVAR	51,0714	28	9,06327	1,71280

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Konsumsi buah sebelum penelitian & Konsumsi selama penelitian	28	,480	,010
Pair 2	TOTCSED & TOTPOSTDEP	28	,457	,015
Pair 3	TOTMOOD & TOTPOSTMOOD1	28	,410	,030
Pair 4	TOTVIT & TOTPOSTVAR	28	-,309	,110

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference Lower	Upper			
Pair 1	Konsumsi buah sebelum penelitian - Konsumsi selama penelitian	-14,11714	17,73058	3,35076	-20,99234	-7,24194	-4,213	27	,000
Pair 2	TOTCSED - TOTPOSTDEP	-1,07143	5,97481	1,12913	-3,38822	1,24536	-,949	27	,351
Pair 3	TOTMOOD - TOTPOSTMOOD1	,09643	,40619	,07676	-,06107	,25393	1,256	27	,220
Pair 4	TOTVIT – TOTPOSTVAR	,35714	18,40534	3,47828	-6,77970	7,49399	,103	27	,919

Selisih Perbedaan kelompok Perlakuan dan kontrol Sebelum Intervensi

Group Statistics

	Kelompok	N	Mean	Std. Deviation	Std. Error Mean
TOTCSED	kontrol	30	23,0000	6,09692	1,11314
	Eksperimen	30	24,0667	6,78707	1,23914
TOTMOOD	kontrol	30	1,6817	,41884	,07647
	Eksperimen	30	1,5567	,28820	,05262
TOTVIT	kontrol	30	52,6667	13,81736	2,52269
	Eksperimen	30	49,3333	12,84747	2,34562
Konsumsi buah sebelum penelitian	kontrol	30	17,2760	13,32246	2,43234
	Eksperimen	30	15,2083	15,78932	2,88272

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
									95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
TOTCSED	Equal variances assumed	,806	,373	-,640	58	,524	-1,06667	1,66570	-4,40093	2,26760
	Equal variances not assumed			-,640	57,346	,524	-1,06667	1,66570	-4,40174	2,26841
TOTMOOD	Equal variances assumed	3,428	,069	1,347	58	,183	,12500	,09282	-,06081	,31081
	Equal variances not assumed			1,347	51,432	,184	,12500	,09282	-,06131	,31131
TOTVIT	Equal variances assumed	,012	,913	,968	58	,337	3,33333	3,44469	-3,56197	10,22863
	Equal variances not assumed			,968	57,695	,337	3,33333	3,44469	-3,56274	10,22941
Konsumsi buah sebelum penelitian	Equal variances assumed	,194	,661	,548	58	,586	2,06767	3,77178	-5,48238	9,61771
	Equal variances not assumed			,548	56,403	,586	2,06767	3,77178	-5,48693	9,62226

Selisih Perbedaan kelompok Perlakuan dan kontrol Setelah Intervensi

Group Statistics

	Kelompok	N	Mean	Std. Deviation	Std. Error Mean
SELISIHDEP	kontrol	28	,5357	7,21358	1,36324
	Eksperimen	26	-4,3846	5,23891	1,02743
SELISIHMOOD	kontrol	28	-0,964	,40619	,07676
	Eksperimen	26	,1096	,32803	,06433
SELISIHVITAL	kontrol	28	-,3571	18,40534	3,47828
	Eksperimen	26	5,5769	12,19237	2,39112
SELISIHBUAH	kontrol	28	14,1171	17,73058	3,35076
	Eksperimen	26	186,0785	16,95719	3,32558

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
									95% Confidence Interval of the Difference	
		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
SELISIHDEP	Equal variances assumed	,958	,332	2,849	52	,006	4,91484	1,72711	1,45464	8, 38602
	Equal variances not assumed			2,882	49,230	,006	4,91484	1,70706	1,49028	8, 35038
SELISIHMOOD	Equal variances assumed	,051	,822	-2,041	52	,046	,20604	,10095	,00347	,40862
	Equal variances not assumed			-2,057	51,049	,045	,20604	,10015	,00498	,40711
SELISIHVITAL	Equal variances assumed	2,643	,110	-1,385	52	,172	-5,93407	4,28348	-14,52950	2,66137
	Equal variances not assumed			-1,406	47,172	,166	-5,93407	4,22089	-14,42458	2,55645
SELISIHBUAH	Equal variances assumed	1,293	,261	-36,364	52	,000	-171,96132	4,72887	-181,45049	-162,47215
	Equal variances not assumed			-36,425	51,950	,000	-171,96132	4,72092	-181,43475	-162,48788

DOKUMENTASI

1. Pengenalan

2. Proses Penimbangan

3. Intervensi