

Lampiran II

Data Penelitian

Sampel	Kelompok	Usia	Riwayat kehamilan	Usia kehamilan (bln)	Usia kehamilan	Jarak (m) yang ditempuh sebelum intervensi	Jarak (m) yang ditempuh sesudah intervensi
1	1	35	2	5	2	403,5	750
2	1	39	3	7	3	345	687
3	1	38	3	6	2	306	675
4	1	33	2	6	2	462	780
5	1	35	3	5	2	400	720
6	1	36	3	6	2	380	738
7	2	37	3	6	2	410	775,5
8	2	33	3	7	3	380	759
9	2	36	2	7	3	402	770
10	2	32	2	5	2	420	880
11	2	33	2	5	2	412	865
12	2	34	2	5	2	379,5	849

Hasil Pengukuran Kebugaran VO_2max (ml/kg/min) dengan six minute walk test

$$VO_2max \text{ (ml/kg/min)} = 4,948 + 0,023 \times \text{distance 6 minute walk test (meters)}$$

Sampel	Kelompok	Nilai sebelum perlakuan	Nilai setelah perlakuan	Selisih
1	1	14.22	22.19	7.97
2	1	12.88	20.74	7.86
3	1	11.98	20.47	8.49
4	1	15.57	22.88	7.31
5	1	14.14	21.50	7.36
6	1	13.68	21.92	8.24
7	2	14.37	22.78	8.41
8	2	13.68	22.40	8.72
9	2	14.19	22.65	8.46
10	2	14.60	24.49	9.89
11	2	14.42	24.84	10.42
12	2	13.67	24.47	10.80

Output Data SPSS

Data Descriptive

usia_sampel

		Frequency	Percent	Valid Percent	CumulativePercent
Valid	32	1	8.3	8.3	8.3
	33	3	25.0	25.0	33.3
	34	1	8.3	8.3	41.7
	35	2	16.7	16.7	58.3
	36	2	16.7	16.7	75.0
	37	1	8.3	8.3	83.3
	38	1	8.3	8.3	91.7
	39	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Independent Samples Test

	Levene's Test for Equality of Variances	t-test for Equality of Means								
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
usiasampel	Equal variances assumed	.032	.862	1.534	10	.156	1.833	1.195	-.829	4.496
	Equal variances not assumed			1.534	9.857	.156	1.833	1.195	-.834	4.501

anakke * kelompokperlakuan Crosstabulation

		kelompokperlakuan		Total
		1	2	
anakke anak kedua	Count	2	4	6
	Expected Count	3.0	3.0	6.0
	% within anakke	33.3%	66.7%	100.0%
	% within kelompokperlakuan	33.3%	66.7%	50.0%
	% of Total	16.7%	33.3%	50.0%
anak ketiga	Count	4	2	6
	Expected Count	3.0	3.0	6.0
	% within anakke	66.7%	33.3%	100.0%
	% within kelompokperlakuan	66.7%	33.3%	50.0%
	% of Total	33.3%	16.7%	50.0%
Total	Count	6	6	12
	Expected Count	6.0	6.0	12.0
	% within anakke	50.0%	50.0%	100.0%
	% within kelompokperlakuan	100.0%	100.0%	100.0%
	% of Total	50.0%	50.0%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	1.333 ^a	1	.248		
Continuity Correction ^b	.333	1	.564		
Likelihood Ratio	1.359	1	.244		
Fisher's Exact Test				.567	.284
Linear-by-Linear Association	1.222	1	.269		
N of Valid Cases ^b	12				

a. 4 cells (100,0%) have expected count less than 5. The minimum expected count is 3,00.

b. Computed only for a 2x2 table

bulankehamilan * kelompokperlakuan Crosstabulation

			kelompokperlakuan		Total
			1	2	
bulankehamilan	5 bulan	Count	2	3	5
		Expected Count	2.5	2.5	5.0
		% within bulankehamilan	40.0%	60.0%	100.0%
		% within kelompokperlakuan	33.3%	50.0%	41.7%
		% of Total	16.7%	25.0%	41.7%
	6 bulan	Count	3	1	4
		Expected Count	2.0	2.0	4.0
		% within bulankehamilan	75.0%	25.0%	100.0%
		% within kelompokperlakuan	50.0%	16.7%	33.3%
		% of Total	25.0%	8.3%	33.3%
	7 bulan	Count	1	2	3
		Expected Count	1.5	1.5	3.0
		% within bulankehamilan	33.3%	66.7%	100.0%
		% within kelompokperlakuan	16.7%	33.3%	25.0%
		% of Total	8.3%	16.7%	25.0%
Total		Count	6	6	12
		Expected Count	6.0	6.0	12.0
		% within bulankehamilan	50.0%	50.0%	100.0%
		% within kelompokperlakuan	100.0%	100.0%	100.0%
		% of Total	50.0%	50.0%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	1.533 ^a	2	.465
Likelihood Ratio	1.588	2	.452
Linear-by-Linear Association	.000	1	1.000
N of Valid Cases	12		

a. 6 cells (100,0%) have expected count less than 5. The minimum expected count is 1,50.

trimester * kelompokperlakuan Crosstabulation

			kelompokperlakuan		Total
			1	2	
trimester	trimester kedua	Count	5	4	9
		Expected Count	4.5	4.5	9.0
		% within trimester	55.6%	44.4%	100.0%
		% within kelompokperlakuan	83.3%	66.7%	75.0%
		% of Total	41.7%	33.3%	75.0%
trimester	trimester ketiga	Count	1	2	3
		Expected Count	1.5	1.5	3.0
		% within trimester	33.3%	66.7%	100.0%
		% within kelompokperlakuan	16.7%	33.3%	25.0%
		% of Total	8.3%	16.7%	25.0%
Total		Count	6	6	12
		Expected Count	6.0	6.0	12.0
		% within trimester	50.0%	50.0%	100.0%
		% within kelompokperlakuan	100.0%	100.0%	100.0%
		% of Total	50.0%	50.0%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.444 ^a	1	.505		
Continuity Correction ^b	.000	1	1.000		
Likelihood Ratio	.451	1	.502		
Fisher's Exact Test				1.000	.500
Linear-by-Linear Association	.407	1	.523		
N of Valid Cases ^b	12				

a. 4 cells (100,0%) have expected count less than 5. The minimum expected count is 1,50.

b. Computed only for a 2x2 table

Uji Normalitas

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Perlakuan I sebelum	.183	6	.200*	.980	6	.950
Perlakuan I sesudah	.166	6	.200*	.966	6	.866
Perlakuan I selisih	.195	6	.200*	.933	6	.604
Perlakuan II sebelum	.219	6	.200*	.869	6	.223
Perlakuan II sesudah	.283	6	.144	.818	6	.085
Perlakuan II selisih	.256	6	.200*	.864	6	.203

a. Lilliefors Significance Correction

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

Uji Homogenitas

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Equal variances assumed	11.786	.006	3.351	10	.007	-1.57833	.47105	-2.62790	-.52877
Equal variances not assumed			3.351	6.915	.012	-1.57833	.47105	-2.69498	-.46168

Uji Hipotesis I

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 nilaisebelum	13.7450	6	1.23126	.50266
nilaisesudah	21.6167	6	.90705	.37030

Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 nilaisebelum&nilaisesudah	6	.948	.004

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 nilaisebelum - nilaisesudah	-7.87167	.47012	.19193	-8.36503	-7.37830	-41.014	5	.000

Uji hipotesis II

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 nilaisebelum	14.1550	6	.39409	.16089
nilaisesudah	23.6050	6	1.10466	.45097

Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 nilaisebelum&nilaisesudah	6	.305	.557

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 nilaisebelum - nilaisesudah	-9.45000	1.05372	.43018	10.55581	-8.34419	21.968	5	.000

Uji Hipotesis III

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
se Equal lisi variances h assumed	11.786	.006	-3.351	10	.007	-1.57833	.47105	-2.62790	-.52877
Equal variances not assumed			-3.351	6.915	.012	-1.57833	.47105	-2.69498	-.46168