

One-Sample Kolmogorov-Smirnov Test

		prekeseimbang ancorestrenthen ing	Postkeseimban gancorestrenthe ning
N		55	55
Normal Parameters ^{a,b}	Mean	15.93	20.40
	Std. Deviation	4.140	5.930
	Absolute	.145	.200
Most Extreme Differences	Positive	.145	.200
	Negative	-.110	-.125
Kolmogorov-Smirnov Z		1.073	1.480
Asymp. Sig. (2-tailed)		.200	.025

a. Test distribution is Normal.

b. Calculated from data.

One-Sample Kolmogorov-Smirnov Test

		prekeseimbang anromaktif	Postkeseimban ganromaktif
N		55	55
Normal Parameters ^{a,b}	Mean	15.13	25.60
	Std. Deviation	3.606	7.637
	Absolute	.189	.158
Most Extreme Differences	Positive	.189	.158
	Negative	-.151	-.119
Kolmogorov-Smirnov Z		1.401	1.175
Asymp. Sig. (2-tailed)		.039	.126

a. Test distribution is Normal.

b. Calculated from data.

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 pre test core	.00	55	.000	.000
post test coe	.33	55	.474	.064

Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 pre test core & post test coe	55	.	.

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 pre test core - post test coe	-.327	.474	.064	-.455	-.199	-5.125	54	.000

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 pre test rom	.00	55	.000	.000
post test rom	.76	55	.429	.058

Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 pre test rom & post test rom	55	.	.

Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Paired sample 1: pre test rom - post test rom	-0.764	.429	.058	-0.880	-0.648	-13.208	54	.000

usiacore * jeniskelamincore Crosstabulation

		jeniskelamincore		Total
		1	2	
1	Count	15	9	24
	% within jeniskelamincore	42.9%	45.0%	43.6%
2	Count	18	10	28
	% within jeniskelamincore	51.4%	50.0%	50.9%
3	Count	2	1	3
	% within jeniskelamincore	5.7%	5.0%	5.5%
Total	Count	35	20	55
	% within jeniskelamincore	100.0%	100.0%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	.030 ^a	2	.985
Likelihood Ratio	.031	2	.985
Linear-by-Linear Association	.030	1	.864
N of Valid Cases	55		

a. 2 cells (33.3%) have expected count less than 5. The minimum expected count is 1.09.

usiaromaktif * jeniskelaminn Crosstabulation

		jeniskelaminn		Total	
		1.00	2.00		
usiaromaktif	1.00	Count	20	5	25
		% within jeniskelaminn	43.5%	55.6%	45.5%
	2.00	Count	23	3	26
		% within jeniskelaminn	50.0%	33.3%	47.3%
	3.00	Count	3	1	4
		% within jeniskelaminn	6.5%	11.1%	7.3%
Total		Count	46	9	55
		% within jeniskelaminn	100.0%	100.0%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	.902 ^a	2	.637
Likelihood Ratio	.906	2	.636
Linear-by-Linear Association	.109	1	.742
N of Valid Cases	55		

a. 4 cells (66.7%) have expected count less than 5. The minimum expected count is .65.

Statistics

		usia core strenthening	jenis kelamin core strenthening
N	Valid	55	55
	Missing	0	0

usia core strengthening

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	55-65	24	43.6	43.6	43.6
	66-75	28	50.9	50.9	94.5
	76-90	3	5.5	5.5	100.0
	Total	55	100.0	100.0	

jenis kelamin core strengthening

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	perempuan	35	63.6	63.6	63.6
	laki-laki	20	36.4	36.4	100.0
	Total	55	100.0	100.0	

Statistics

		usia rom aktif	jenis kelamin rom
N	Valid	55	55
	Missing	0	0

usia rom aktif

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 55-65	25	45.5	45.5	45.5
66-75	26	47.3	47.3	92.7
76-90	4	7.3	7.3	100.0
Total	55	100.0	100.0	

jenis kelamin rom

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid perempuan	46	83.6	83.6	83.6
laki-laki	9	16.4	16.4	100.0
Total	55	100.0	100.0	

Statistics

		pre test core	post test core
N	Valid	55	55
	Missing	0	0

pre test core

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Pre core	55	100.0	100.0	100.0

post test core

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	tidak berhasil	37	67.3	67.3	67.3
	Berhasil	18	32.7	32.7	100.0
	Total	55	100.0	100.0	

Statistics

		pre test rom	post test rom
N	Valid	55	55
	Missing	0	0

Frequency Table

pre test rom

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Pre Rom	55	100.0	100.0	100.0

post test rom

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	tidak berhasil	13	23.6	23.6	23.6
	Berhasil	42	76.4	76.4	100.0
	Total	55	100.0	100.0	

keseimbangan core strengthening

	Frequency	Percent	Valid Percent	Cumulative Percent
gangguan keseimbangan	37	67.3	67.3	67.3
Valid keseimbangan baik	18	32.7	32.7	100.0
Total	55	100.0	100.0	

Keseimbangan rom aktif

	Frequency	Percent	Valid Percent	Cumulative Percent
gangguan keseimbangan	13	23.6	23.6	23.6
Valid keseimbangan baik	42	76.4	76.4	100.0
Total	55	100.0	100.0	

Group Statistics

	keseimbangan otot	N	Mean	Std. Deviation	Std. Error Mean
core strenthening	gangguan keseimbangan	37	17.32	2.926	.481
	keseimbangan baik	18	26.72	5.539	1.306

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
core strenthening	Equal variances assumed	6.364	.015	-8.265	53	.000	-9.398	1.137	-11.678	-7.117
	Equal variances not assumed			-6.754	21.738	.000	-9.398	1.391	-12.285	-6.510

Group Statistics

	keseimbangan otot	N	Mean	Std. Deviation	Std. Error Mean
Rom Aktif	gangguan keseimbangan	13	17.85	7.581	2.103
	keseimbangan baik	42	27.98	5.994	.925

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
rom	.079	.780	-	53	.000	-10.130	2.027	-14.197	-6.064
aktif			4.997	-	16.90	.000	-10.130	2.297	-14.978
			4.410	7					

Keterangan

Core strengthening

Usia	jenis kelamin	core strengthening	keterangan core strengthening
1. 55- 65	1. Perempuan	1. Berhasil	1. Berhasil diberi nilai 1
2. 66-75	2. laki-laki	2. Tidak berhasil	2. Tidak berhasil diberi nilai 0
3. 76-90			

Keseimbangan otot

ket keseimbangan otot

- | | |
|--------------------------|---|
| 1. Gangguan keseimbangan | 1. Gangguan keseimbangan diberi nilai 1 |
| 2. Keseimbangan baik | 2. Keseimbangan baik diberi nilai 2 |

Rom Aktif

Usia	jenis kelamin	Rom Aktif	keterangan Rom Aktif
1. 55- 65	1. Perempuan	1. Berhasil	1. Berhasil diberi nilai 1
2. 66-75	2. laki-laki	2. Tidak berhasil	2. Tidak berhasil diberi nilai 0
3. 76-90			

Keseimbangan otot

Ket keseimbangan otot

- | | |
|--------------------------|---|
| 1. Gangguan keseimbangan | 1. Gangguan keseimbangan diberi nilai 1 |
| 2. Keseimbangan baik | 2. Keseimbangan baik diberi nilai 2 |