

## Hasil Output

### 1. Uji Normalitas

#### Descriptives

			Statistic	Std. Error
Kategori pola konsumsi makan	Mean		33,00	,305
	95% Confidence Interval for Mean	Lower Bound	32,39	
		Upper Bound	33,61	
	5% Trimmed Mean		32,92	
	Median		33,00	
	Variance		7,067	
	Std. Deviation		2,658	
	Minimum		28	
	Maximum		44	
	Range		16	
	Interquartile Range		4	
	Skewness		,713	,276
	Kurtosis		2,593	,545

#### Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Kategori pola konsumsi makan	,090	76	,200*	,939	76	,001

## 2. Uji Univariat

### 3. Usia

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 63	7	9,2	9,2	9,2
64	9	11,8	11,8	21,1
65	12	15,8	15,8	36,8
66	9	11,8	11,8	48,7
67	9	11,8	11,8	60,5
68	5	6,6	6,6	67,1
69	8	10,5	10,5	77,6
70	9	11,8	11,8	89,5
71	5	6,6	6,6	96,1
73	1	1,3	1,3	97,4
74	2	2,6	2,6	100,0
Total	76	100,0	100,0	

### Usia\_kategori

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid <i>Early old age</i>	68	89,5	89,5	89,5
<i>Advancedold</i>	8	10,5	10,5	100,0
Total	76	100,0	100,0	

### Jenis Kelamin

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid laki-laki	58	76,3	76,3	76,3
perempuan	18	23,7	23,7	100,0
Total	76	100,0	100,0	

### Tekanan Darah Sistolik

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 100	2	2,6	2,6	2,6
110	10	13,2	13,2	15,8
120	15	19,7	19,7	35,5
130	6	7,9	7,9	43,4
140	10	13,2	13,2	56,6
150	16	21,1	21,1	77,6
160	11	14,5	14,5	92,1
170	6	7,9	7,9	100,0
Total	76	100,0	100,0	

### Tekanan Darah Diastolik

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 70	12	15,8	15,8	15,8
80	19	25,0	25,0	40,8
90	4	5,3	5,3	46,1
100	24	31,6	31,6	77,6
110	8	10,5	10,5	88,2
120	3	3,9	3,9	92,1
130	5	6,6	6,6	98,7
140	1	1,3	1,3	100,0
Total	76	100,0	100,0	

### Kategori Hipertensi

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid hipertensi	43	56,6	56,6	56,6
tidak hipertensi	33	43,4	43,4	100,0
Total	76	100,0	100,0	

### Riwayat Hipertensi 1

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid ya	56	73,7	73,7	73,7
tidak	20	26,3	26,3	100,0
Total	76	100,0	100,0	

### Riwayat Hipertensi 2

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid ya	56	73,7	100,0	100,0
Missing System	20	26,3		
Total	76	100,0		

### Kategori Riwayat Hipertensi

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid ya	56	73,7	73,7	73,7
tidak	20	26,3	26,3	100,0
Total	76	100,0	100,0	

### Aktifitas fisik 1

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid tidak	31	40,8	40,8	40,8
ya	45	59,2	59,2	100,0
Total	76	100,0	100,0	

### Aktifitas fisik2\_seminggu

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1	8	10,5	17,8	17,8
2	17	22,4	37,8	55,6
3	20	26,3	44,4	100,0
Total	45	59,2	100,0	
Missing System	31	40,8		
Total	76	100,0		

### Aktifitas fisik 3\_menit

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 30	11	14,5	24,4	24,4
60	34	44,7	75,6	100,0
Total	45	59,2	100,0	
Missing System	31	40,8		
Total	76	100,0		

**Aktifitas fisik 4**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid tidak	51	67,1	67,1	67,1
ya	25	32,9	32,9	100,0
Total	76	100,0	100,0	

**Aktifitas fisik 5\_seminggu**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1	1	1,3	4,0	4,0
2	13	17,1	52,0	56,0
3	11	14,5	44,0	100,0
Total	25	32,9	100,0	
Missing System	51	67,1		
Total	76	100,0		

**Aktifitas fisik 6\_menit**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 30	21	27,6	84,0	84,0
60	4	5,3	16,0	100,0
Total	25	32,9	100,0	
Missing System	51	67,1		
Total	76	100,0		

**Kategori aktifitas fisik**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid latihan fisik ringan	31	40,8	40,8	40,8
latihan fisik berat	45	59,2	59,2	100,0
Total	76	100,0	100,0	

### Waktu Rata-rata

	N	Minimum	Maximum	Mean	Std. Deviation
Menit_latberat	9	60	90	73,33	15,811
Menit_latringan	9	60	90	73,33	15,811
Valid N (listwise)	9				

### Bihun

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	43	56,6	56,6	56,6
jarang	31	40,8	40,8	97,4
tidak pernah	2	2,6	2,6	100,0
Total	76	100,0	100,0	

### Mie Basah

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	56	73,7	73,7	73,7
jarang	20	26,3	26,3	100,0
Total	76	100,0	100,0	

### Mie Kering

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	5	6,6	6,6	6,6
jarang	48	63,2	63,2	69,7
tidak pernah	23	30,3	30,3	100,0
Total	76	100,0	100,0	

### Daging Sapi/kerbau

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	16	21,1	21,1	21,1
jarang	47	61,8	61,8	82,9
tidak pernah	13	17,1	17,1	100,0
Total	76	100,0	100,0	

### Daging Babi

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid tidak pernah	76	100,0	100,0	100,0

**Daging Ayam**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	44	57,9	57,9	57,9
jarang	31	40,8	40,8	98,7
tidak pernah	1	1,3	1,3	100,0
Total	76	100,0	100,0	

**Dadih Sapi**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	4	5,3	5,3	5,3
jarang	40	52,6	52,6	57,9
tidak pernah	32	42,1	42,1	100,0
Total	76	100,0	100,0	

**Babat**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	7	9,2	9,2	9,2
jarang	28	36,8	36,8	46,1
tidak pernah	41	53,9	53,9	100,0
Total	76	100,0	100,0	

**Usus Sapi**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	5	6,6	6,6	6,6
jarang	33	43,4	43,4	50,0
tidak pernah	38	50,0	50,0	100,0
Total	76	100,0	100,0	

**Telur Ayam**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	49	64,5	64,5	64,5
jarang	26	34,2	34,2	98,7
tidak pernah	1	1,3	1,3	100,0
Total	76	100,0	100,0	

**Telur Bebek**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	4	5,3	5,3	5,3
jarang	51	67,1	67,1	72,4
tidak pernah	21	27,6	27,6	100,0
Total	76	100,0	100,0	

**Telur Puyuh**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid jarang	38	50,0	50,0	50,0
tidak pernah	38	50,0	50,0	100,0
Total	76	100,0	100,0	

**Ikan Segar**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	38	50,0	50,0	50,0
jarang	36	47,4	47,4	97,4
tidak pernah	2	2,6	2,6	100,0
Total	76	100,0	100,0	

**Ikan Asin**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	41	53,9	53,9	53,9
jarang	33	43,4	43,4	97,4
tidak pernah	2	2,6	2,6	100,0
Total	76	100,0	100,0	

**Ikan Teri**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	38	50,0	50,0	50,0
jarang	36	47,4	47,4	97,4
tidak pernah	2	2,6	2,6	100,0
Total	76	100,0	100,0	



### Udang Basah

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	15	19,7	19,7	19,7
jarang	53	69,7	69,7	89,5
tidak pernah	8	10,5	10,5	100,0
Total	76	100,0	100,0	

### Bakso Daging

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid sering	21	27,6	27,6	27,6
jarang	45	59,2	59,2	86,8
tidak pernah	10	13,2	13,2	100,0
Total	76	100,0	100,0	

### Kategori Pola Konsumsi Makan

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid pola makan buruk	44	57,9	57,9	57,9
pola makan baik	32	42,1	42,1	100,0
Total	76	100,0	100,0	

### 3. Uji Bivariat

#### Kategorijeniskelamin \* kategori hipertensi Crosstabulation

			kategori hipertensi		Total
			hipertensi	tidak hipertensi	
kategorijeniskelamin laki-laki	Count	32	26	58	
	Expected Count	32,8	25,2	58,0	
	% within kategorije niskelamin	55,2%	44,8%	100,0%	
	perempuan	Count	11	7	18
		Expected Count	10,2	7,8	18,0
		% within kategorije niskelamin	61,1%	38,9%	100,0%
Total	Count	43	33	76	
	Expected Count	43,0	33,0	76,0	
	% within kategorije niskelamin	56,6%	43,4%	100,0%	

#### Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	,197 <sup>a</sup>	1	,657		
Continuity Correction <sup>b</sup>	,030	1	,864		
Likelihood Ratio	,199	1	,656		
Fisher's Exact Test				,788	,434
Linear-by-Linear Association	,195	1	,659		
N of Valid Cases	76				

a. 0 cells (0,0%) have expected count less than 5. The minimum expected count is 7,82.

b. Computed only for a 2x2 table

**Risk Estimate**

	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for kategori jenis kelamin (laki-laki / perempuan)	,783	,266	2,306
For cohort kategori hipertensi = hipertensi	,903	,584	1,395
For cohort kategori hipertensi = tidak hipertensi	1,153	,604	2,199
N of Valid Cases	76		

**kategoriridayathipertensi \* kategori hipertensi Crosstabulation**

		kategori hipertensi		Total
		hipertensi	tidak hipertensi	
kategoriridayathipertensi ya	Count	36	20	56
	Expected Count	31,7	24,3	56,0
	% within kategoriridayathipertensi	64,3%	35,7%	100,0%
tidak	Count	7	13	20
	Expected Count	11,3	8,7	20,0
	% within kategoriridayathipertensi	35,0%	65,0%	100,0%
Total	Count	43	33	76
	Expected Count	43,0	33,0	76,0
	% within kategoriridayathipertensi	56,6%	43,4%	100,0%

**Chi-Square Tests**

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	5,145 <sup>a</sup>	1	,023		
Continuity Correction <sup>b</sup>	4,022	1	,045		
Likelihood Ratio	5,144	1	,023		
Fisher's Exact Test				,035	,023
Linear-by-Linear Association	5,077	1	,024		
N of Valid Cases	76				

a. 0 cells (0,0%) have expected count less than 5. The minimum expected count is 8,68.

b. Computed only for a 2x2 table

**Risk Estimate**

	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for kategoriridayathipertensi (ya / tidak)	3,343	1,148	9,737
For cohort kategori hipertensi = hipertensi	1,837	,980	3,443
For cohort kategori hipertensi = tidak hipertensi	,549	,341	,885
N of Valid Cases	76		

**kategorilatihanfisik \* kategori hipertensi Crosstabulation**

			kategori hipertensi		Total
			hipertensi	tidak hipertensi	
kategorilatihanfisik ringan	Count	16	8	24	
	Expected Count	13,6	10,4	24,0	
	% within kategorilatihanfisik	66,7%	33,3%	100,0%	
latihan fisik berat	Count	27	25	52	
	Expected Count	29,4	22,6	52,0	
	% within kategorilatihanfisik	51,9%	48,1%	100,0%	
Total	Count	43	33	76	
	Expected Count	43,0	33,0	76,0	
	% within kategorilatihanfisik	56,6%	43,4%	100,0%	

**Chi-Square Tests**

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	1,453 <sup>a</sup>	1	,228		
Continuity Correction <sup>b</sup>	,915	1	,339		
Likelihood Ratio	1,476	1	,224		
Fisher's Exact Test				,320	,170
N of Valid Cases	76				

a. 0 cells (0,0%) have expected count less than 5. The minimum expected count is 10,42.

b. Computed only for a 2x2 table

**Risk Estimate**

	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for kategorilatihanfisik (latihan fisik ringan / latihan fisik berat)	1,852	,676	5,075
For cohort kategori hipertensi = hipertensi	1,284	,873	1,887
For cohort kategori hipertensi = tidak hipertensi	,693	,368	1,305
N of Valid Cases	76		

**kategori pola makan \* kategori hipertensi Crosstabulation**

			kategori hipertensi		Total
			hipertensi	tidak hipertensi	
kategori pola makan	pola makan buruk	Count	34	10	44
		Expected Count	24,9	19,1	44,0
		% within kategori pola makan	77,3%	22,7%	100,0%
	pola makan baik	Count	9	23	32
		Expected Count	18,1	13,9	32,0
		% within kategori pola makan	28,1%	71,9%	100,0%
Total	Count	43	33	76	
	Expected Count	43,0	33,0	76,0	
	% within kategori pola makan	56,6%	43,4%	100,0%	

### Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	18,215 <sup>a</sup>	1	,000		
Continuity Correction <sup>b</sup>	16,270	1	,000		
Likelihood Ratio	18,850	1	,000		
Fisher's Exact Test				,000	,000
Linear-by-Linear Association	17,976	1	,000		
N of Valid Cases	76				

a. 0 cells (0,0%) have expected count less than 5. The minimum expected count is 13,89.

b. Computed only for a 2x2 table

### Risk Estimate

	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for kategori pola makan (pola makan buruk / pola makan baik)	8,689	3,057	24,694
For cohort kategori hipertensi = hipertensi	2,747	1,544	4,890
For cohort kategori hipertensi = tidak hipertensi	,316	,176	,568
N of Valid Cases	76		

**kategorijeniskelamin \* kategori hipertensi \* kategori pola makan Crosstabulation**

kategori pola makan				kategori hipertensi		Total
				hipertensi	tidak hipertensi	
pola makan buruk	Kategori jeniskelamin	laki-laki	Count	27	8	35
			Expected Count	27,0	8,0	35,0
			% within kategorijeniskelamin	77,1%	22,9%	100,0%
		perempuan	Count	7	2	9
			Expected Count	7,0	2,0	9,0
			% within kategorijeniskelamin	77,8%	22,2%	100,0%
	Total		Count	34	10	44
			Expected Count	34,0	10,0	44,0
			% within kategorijeniskelamin	77,3%	22,7%	100,0%
pola makan baik	kategorijeniskelamin	laki-laki	Count	5	18	23
			Expected Count	6,5	16,5	23,0
			% within kategorijeniskelamin	21,7%	78,3%	100,0%
		perempuan	Count	4	5	9
			Expected Count	2,5	6,5	9,0
			% within kategorijeniskelamin	44,4%	55,6%	100,0%
	Total		Count	9	23	32
			Expected Count	9,0	23,0	32,0
			% within kategorijeniskelamin	28,1%	71,9%	100,0%
Total	kategorijeniskelamin	laki-laki	Count	32	26	58
			Expected Count	32,8	25,2	58,0
			% within kategorijeniskelamin	55,2%	44,8%	100,0%
		perempuan	Count	11	7	18
			Expected Count	10,2	7,8	18,0
			% within kategorijeniskelamin	61,1%	38,9%	100,0%
	Total		Count	43	33	76
			Expected Count	43,0	33,0	76,0
			% within kategorijeniskelamin	56,6%	43,4%	100,0%



### Chi-Square Tests

kategori pola makan		Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
pola makan buruk	Pearson Chi-Square	,002 <sup>c</sup>	1	,968	1,000	,672
	Continuity Correction <sup>b</sup>	,000	1	1,000		
	Likelihood Ratio	,002	1	,968		
	Fisher's Exact Test					
	Linear-by-Linear Association	,002	1	,968		
	N of Valid Cases	44				
pola makan baik	Pearson Chi-Square	1,650 <sup>d</sup>	1	,199	,226	,197
	Continuity Correction <sup>b</sup>	,718	1	,397		
	Likelihood Ratio	1,574	1	,210		
	Fisher's Exact Test					
	Linear-by-Linear Association	1,598	1	,206		
	N of Valid Cases	32				
Total	Pearson Chi-Square	,197 <sup>a</sup>	1	,657	,788	,434
	Continuity Correction <sup>b</sup>	,030	1	,864		
	Likelihood Ratio	,199	1	,656		
	Fisher's Exact Test					
	Linear-by-Linear Association	,195	1	,659		
	N of Valid Cases	76				

a. 0 cells (0,0%) have expected count less than 5. The minimum expected count is 7,82.

b. Computed only for a 2x2 table

- c. 1 cells (25,0%) have expected count less than 5. The minimum expected count is 2,05.  
 d. 1 cells (25,0%) have expected count less than 5. The minimum expected count is 2,53.

**Risk Estimate**

kategori pola makan	Value	95% Confidence Interval		
		Lower	Upper	
pola makan buruk	Odds Ratio for kategorijeniskelamin (laki-laki / perempuan)	,964	,166	5,596
	For cohort kategori hipertensi = hipertensi	,992	,669	1,469
	For cohort kategori hipertensi = tidak hipertensi	1,029	,263	4,029
	N of Valid Cases	44		
pola makan baik	Odds Ratio for kategorijeniskelamin (laki-laki / perempuan)	,347	,067	1,801
	For cohort kategori hipertensi = hipertensi	,489	,169	1,419
	For cohort kategori hipertensi = tidak hipertensi	1,409	,756	2,626
	N of Valid Cases	32		
Total	Odds Ratio for kategorijeniskelamin (laki-laki / perempuan)	,783	,266	2,306
	For cohort kategori hipertensi = hipertensi	,903	,584	1,395
	For cohort kategori hipertensi = tidak hipertensi	1,153	,604	2,199
	N of Valid Cases	76		

**kategorilatihanfisik \* kategori hipertensi \* kategori pola makan Crosstabulation**

kategori pola makan				kategori hipertensi		Total
				hipertensi	tidak hipertensi	
pola makan buruk	Kat_latihanfisik	latihan fisik ringan	Count	15	3	18
			Expected Count	13,9	4,1	18,0
			% within kat_latihanfisik	83,3%	16,7%	100,0%
		latihan fisik berat	Count	19	7	26
			Expected Count	20,1	5,9	26,0
			% within kat_latihanfisik	73,1%	26,9%	100,0%
	Total		Count	34	10	44
			Expected Count	34,0	10,0	44,0
			% within kat_latihanfisik	77,3%	22,7%	100,0%
pola makan baik	Kat_latihanfisik	latihan fisik ringan	Count	1	5	6
			Expected Count	1,7	4,3	6,0
			% within kat_latihanfisik	16,7%	83,3%	100,0%
		latihan fisik berat	Count	8	18	26
			Expected Count	7,3	18,7	26,0
			% within kat_latihanfisik	30,8%	69,2%	100,0%
	Total		Count	9	23	32
			Expected Count	9,0	23,0	32,0
			% within kat_latihanfisik	28,1%	71,9%	100,0%
Total	Kat_latihanfisik	latihan fisik ringan	Count	16	8	24
			Expected Count	13,6	10,4	24,0
			% within kat_latihanfisik	66,7%	33,3%	100,0%
		latihan fisik berat	Count	27	25	52
			Expected Count	29,4	22,6	52,0
			% within kat_latihanfisik	51,9%	48,1%	100,0%
	Total		Count	43	33	76
			Expected Count	43,0	33,0	76,0
			% within kat_latihanfisik	56,6%	43,4%	100,0%

**Chi-Square Tests**

kategori pola makan		Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
pola makan buruk	Pearson Chi-Square	,637 <sup>c</sup>	1	,425		
	Continuity Correction <sup>b</sup>	,187	1	,665		
	Likelihood Ratio	,655	1	,418		
	Fisher's Exact Test				,489	,337
	N of Valid Cases	44				
pola makan baik	Pearson Chi-Square	,480 <sup>d</sup>	1	,489		
	Continuity Correction <sup>b</sup>	,036	1	,850		
	Likelihood Ratio	,521	1	,470		
	Fisher's Exact Test				,648	,446
	N of Valid Cases	32				
Total	Pearson Chi-Square	1,453 <sup>a</sup>	1	,228		
	Continuity Correction <sup>b</sup>	,915	1	,339		
	Likelihood Ratio	1,476	1	,224		
	Fisher's Exact Test				,320	,170
	N of Valid Cases	76				

a. 0 cells (0,0%) have expected count less than 5. The minimum expected count is 10,42.

b. Computed only for a 2x2 table

c. 1 cells (25,0%) have expected count less than 5. The minimum expected count is 4,09.

d. 2 cells (50,0%) have expected count less than 5. The minimum expected count is 1,69.

**Risk Estimate**

kategori pola makan	Value	95% Confidence Interval		
		Lower	Upper	
pola makan buruk	Odds Ratio for kategorilatihanfisik (latihan fisik ringan / latihan fisik berat)	1,842	,406	8,359
	For cohort kategori hipertensi = hipertensi	1,140	,835	1,557
	For cohort kategori hipertensi = tidak hipertensi	,619	,184	2,079
	N of Valid Cases	44		
pola makan baik	Odds Ratio for kategorilatihanfisik (latihan fisik ringan / latihan fisik berat)	,450	,045	4,501
	For cohort kategori hipertensi = hipertensi	,542	,083	3,549
	For cohort kategori hipertensi = tidak hipertensi	1,204	,775	1,869
	N of Valid Cases	32		
Total	Odds Ratio for kategorilatihanfisik (latihan fisik ringan / latihan fisik berat)	1,852	,676	5,075
	For cohort kategori hipertensi = hipertensi	1,284	,873	1,887
	For cohort kategori hipertensi = tidak hipertensi	,693	,368	1,305
	N of Valid Cases	76		