

**LAMPIRAN 3****Pengolahan Data Statistik Sampel Hasil Penelitian****A. Deskripsi Data****JENIS KELAMIN**

|       |           | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|-----------|---------|---------------|--------------------|
| Valid | PEREMPUAN | 19        | 63.3    | 63.3          | 63.3               |
|       | LAKI-LAKI | 11        | 36.7    | 36.7          | 100.0              |
|       | Total     | 30        | 100.0   | 100.0         |                    |

**USIA**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | 36    | 1         | 3.3     | 3.3           | 3.3                |
|       | 38    | 1         | 3.3     | 3.3           | 6.7                |
|       | 39    | 2         | 6.7     | 6.7           | 13.3               |
|       | 40    | 2         | 6.7     | 6.7           | 20.0               |
|       | 41    | 3         | 10.0    | 10.0          | 30.0               |
|       | 42    | 2         | 6.7     | 6.7           | 36.7               |
|       | 43    | 2         | 6.7     | 6.7           | 43.3               |
|       | 45    | 3         | 10.0    | 10.0          | 53.3               |
|       | 46    | 2         | 6.7     | 6.7           | 60.0               |
|       | 47    | 2         | 6.7     | 6.7           | 66.7               |
|       | 49    | 1         | 3.3     | 3.3           | 70.0               |
|       | 50    | 3         | 10.0    | 10.0          | 80.0               |
|       | 51    | 2         | 6.7     | 6.7           | 86.7               |
|       | 55    | 2         | 6.7     | 6.7           | 93.3               |
|       | 57    | 1         | 3.3     | 3.3           | 96.7               |
|       | 60    | 1         | 3.3     | 3.3           | 100.0              |
|       | Total | 30        | 100.0   | 100.0         |                    |

**OBESITAS**

|          | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-----------|---------|---------------|--------------------|
| Valid 25 | 10        | 33.3    | 33.3          | 33.3               |
| 26       | 8         | 26.7    | 26.7          | 60.0               |
| 27       | 9         | 30.0    | 30.0          | 90.0               |
| 28       | 2         | 6.7     | 6.7           | 96.7               |
| 29       | 1         | 3.3     | 3.3           | 100.0              |
| Total    | 30        | 100.0   | 100.0         |                    |

**LINGKUP GERAK SENDI FLEKSI**

|             | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------|-----------|---------|---------------|--------------------|
| Valid 90.00 | 5         | 16.7    | 16.7          | 16.7               |
| 95.00       | 2         | 6.7     | 6.7           | 23.3               |
| 100.00      | 7         | 23.3    | 23.3          | 46.7               |
| 110.00      | 6         | 20.0    | 20.0          | 66.7               |
| 120.00      | 7         | 23.3    | 23.3          | 90.0               |
| 125.00      | 3         | 10.0    | 10.0          | 100.0              |
| Total       | 30        | 100.0   | 100.0         |                    |

**Q-ANGLE**

|          | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-----------|---------|---------------|--------------------|
| Valid 10 | 3         | 10.0    | 10.0          | 10.0               |
| 12       | 4         | 13.3    | 13.3          | 23.3               |
| 13       | 3         | 10.0    | 10.0          | 33.3               |
| 14       | 4         | 13.3    | 13.3          | 46.7               |
| 15       | 5         | 16.7    | 16.7          | 63.3               |
| 16       | 8         | 26.7    | 26.7          | 90.0               |
| 17       | 3         | 10.0    | 10.0          | 100.0              |
| Total    | 30        | 100.0   | 100.0         |                    |

**B. Uji Normalitas Data**

**Tests of Normality**

|                            | Kolmogorov-Smirnov <sup>a</sup> |    |      | Shapiro-Wilk |    |      |
|----------------------------|---------------------------------|----|------|--------------|----|------|
|                            | Statistic                       | df | Sig. | Statistic    | df | Sig. |
| OBESITAS                   | .197                            | 30 | .004 | .868         | 30 | .002 |
| LINGKUP GERAK SENDI FLEKSI | .189                            | 30 | .008 | .893         | 30 | .006 |
| Q-ANGLE                    | .175                            | 30 | .020 | .905         | 30 | .011 |

a. Lilliefors Significance Correction

**Case Processing Summary**

|          | Cases |         |         |         |       |         |
|----------|-------|---------|---------|---------|-------|---------|
|          | Valid |         | Missing |         | Total |         |
|          | N     | Percent | N       | Percent | N     | Percent |
| OBESITAS | 30    | 100.0%  | 0       | .0%     | 30    | 100.0%  |

|                            |    |        |   |     |    |        |
|----------------------------|----|--------|---|-----|----|--------|
| LINGKUP GERAK SENDI FLEKSI | 30 | 100.0% | 0 | .0% | 30 | 100.0% |
| Q-ANGLE                    | 30 | 100.0% | 0 | .0% | 30 | 100.0% |

Universitas  
Esa Unggul

**Descriptives**

|                            |                                  | Statistic | Std. Error |
|----------------------------|----------------------------------|-----------|------------|
| OBESITAS                   | Mean                             | 26.2000   | .20000     |
|                            | 95% Confidence Interval for Mean |           |            |
|                            | Lower Bound                      | 25.7910   |            |
|                            | Upper Bound                      | 26.6090   |            |
|                            | 5% Trimmed Mean                  | 26.1296   |            |
|                            | Median                           | 26.0000   |            |
|                            | Variance                         | 1.200     |            |
|                            | Std. Deviation                   | 1.09545   |            |
|                            | Minimum                          | 25.00     |            |
|                            | Maximum                          | 29.00     |            |
|                            | Range                            | 4.00      |            |
|                            | Interquartile Range              | 2.00      |            |
|                            | Skewness                         | .587      | .427       |
| Kurtosis                   | -.188                            | .833      |            |
| LINGKUP GERAK SENDI FLEKSI | Mean                             | 107.1667  | 2.21908    |
|                            | 95% Confidence Interval for Mean |           |            |
|                            | Lower Bound                      | 102.6281  |            |
|                            | Upper Bound                      | 111.7052  |            |
|                            | 5% Trimmed Mean                  | 107.1296  |            |
|                            | Median                           | 110.0000  |            |
|                            | Variance                         | 147.730   |            |
|                            | Std. Deviation                   | 12.15442  |            |
|                            | Minimum                          | 90.00     |            |
|                            | Maximum                          | 125.00    |            |
|                            | Range                            | 35.00     |            |

|         |                                  |             |         |        |
|---------|----------------------------------|-------------|---------|--------|
|         | Interquartile Range              |             | 21.25   |        |
|         | Skewness                         |             | .010    | .427   |
|         | Kurtosis                         |             | -1.413  | .833   |
| Q-ANGLE | Mean                             |             | 14.2333 | .38561 |
|         | 95% Confidence Interval for Mean | Lower Bound | 13.4447 |        |
|         |                                  | Upper Bound | 15.0220 |        |
|         | 5% Trimmed Mean                  |             | 14.3148 |        |
|         | Median                           |             | 15.0000 |        |
|         | Variance                         |             | 4.461   |        |
|         | Std. Deviation                   |             | 2.11209 |        |
|         | Minimum                          |             | 10.00   |        |
|         | Maximum                          |             | 17.00   |        |
|         | Range                            |             | 7.00    |        |
|         | Interquartile Range              |             | 3.25    |        |
|         | Skewness                         |             | -.659   | .427   |
|         | Kurtosis                         |             | -.512   | .833   |

### C. Uji Hipotesis

|                |                            |                         | Correlations |                            |
|----------------|----------------------------|-------------------------|--------------|----------------------------|
|                |                            |                         | OBESITAS     | LINGKUP GERAK SENDI FLEKSI |
| Spearman's rho | OBESITAS                   | Correlation Coefficient | 1.000        | -.394*                     |
|                |                            | Sig. (2-tailed)         | .            | .031                       |
|                |                            | N                       | 30           | 30                         |
|                | LINGKUP GERAK SENDI FLEKSI | Correlation Coefficient | -.394*       | 1.000                      |
|                |                            | Sig. (2-tailed)         | .031         | .                          |
|                |                            | N                       | 30           | 30                         |

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

**Correlations**

|                |          |                         | OBESITAS | Q-ANGLE |
|----------------|----------|-------------------------|----------|---------|
| Spearman's rho | OBESITAS | Correlation Coefficient | 1.000    | .264    |
|                |          | Sig. (2-tailed)         | .        | .159    |
|                |          | N                       | 30       | 30      |
|                | Q-ANGLE  | Correlation Coefficient | .264     | 1.000   |
|                |          | Sig. (2-tailed)         | .159     | .       |
|                |          | N                       | 30       | 30      |