KUISIONER

Nama :

Umur : Berat Badan : kg

Alamat :

Pekerjaan/Posisi Jab. : Masa Kerja : bulan

No. Telp :

Pertanyaan : (Beri tanda ✓ pada jawaban anda)

1. Apakah anda memiliki riwayat penyakit jantung?

   ☐ Ya ☐ Tidak

2. Apakah anda pernah mengalami riwayat sakit pinggang?

   ☐ Ya ☐ Tidak

3. Apakah anda sedang mengalami sakit pinggang?

   ☐ Ya ☐ Tidak

4. Aktifitas/posisi yang paling lama saat bekerja?

   ☐ Duduk ☐ Berdiri ☐ Berjalan ☐ Dll (sebutkan):

5. Apakah anda sering melakukan olahraga :

   ☐ Ya ; (Apa dan berapa kali seminggu) :

   ☐ Tidak : (Alasan tidak melakukan olahraga) :

6. Apakah anda mengetahui jenis latihan dibawah ini secara umum: (boleh pilih lebih dari satu):

   ☐ Crunches ☐ Plank ☐ Tidak tahu keduanya

Jika anda mengetahui latihan diatas, latihan manakah yang lebi anda tertarik untuk melakukan latihan diatas:

☐ Crunches ☐ Plank ☐ Crunches&Plank ☐Sama saja

7. Apakah anda berminat melakukan latihan untuk otot perut anda untuk meningkatkan daya tahan otot perut anda sebagai sampel penelitian:

   ☐ Ya , Berminat ☐ Tidak Berminat

   Jika Ya, silahkan baca ketentuan dibawah ini;

   Apabila anda bersedia dan memenuhi kriteria menjadi sampel penelitian, Latihan akan dilakukan selama 8 minggu, 3 kali seminggu untuk melakukan latihan terprogram untuk meningkatkan daya tahan otot perut. Latihan dan metode akan ditetapkan oleh peneliti dan metode akan diajarkan saat awal latihan. Latihan dapat dilakukan di klinik maupun dirumah sesuai dengan instruksi dari peneliti.

Jakarta, February 2013

LAMPIRAN

Normalitas Kelompok I

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
DTPreK1	10	100.0%	0	.0%	10	100.0%
DTPostK1	10	100.0%	0	.0%	10	100.0%
SelisihDT	10	100.0%	0	.0%	10	100.0%

Descriptives

			Statistic	Std. Error
DTPreK1		Mean	13.00	1.513
	95% Confidence Interval for Mean	Lower Bound	9.58	
		Upper Bound	16.42	
		5% Trimmed Mean	12.83	
		Median	11.50	
		Variance	22.889	
		Std. Deviation	4.784	
		Minimum	8	
		Maximum	21	
		Range	13	
		Interquartile Range	7	
		Skewness	.913	.687
		Kurtosis	-.324	1.334
DTPostK1		Mean	30.90	.767
	95% Confidence Interval for Mean	Lower Bound	29.17	
		Upper Bound	32.63	
		5% Trimmed Mean	30.83	
		Median	30.00	
		Variance	5.878	
		Std. Deviation	2.424	
		Minimum	28	
		Maximum	35	
		Range	7	
		Interquartile Range	4	
		Skewness	.964	.687
		Kurtosis	-.136	1.334
SelisihDT		Mean	17.90	.836
	95% Confidence Interval for Mean	Lower Bound	16.01	
		Upper Bound	19.79	

Descriptives

		Statistic	Std. Error
SelisihDT	5% Trimmed Mean	17.94	
	Median	18.50	
	Variance	6.989	
	Std. Deviation	2.644	
	Minimum	14	
	Maximum	21	
	Range	7	
	Interquartile Range	5	
	Skewness	-.632	.687
	Kurtosis	-1.276	1.334

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
DTPreK1	.183	10	.200*	.864	10	.084
DTPostK1	.245	10	.091	.863	10	.082
SelisihDT	.215	10	.200*	.858	10	.073

a. Lilliefors Significance Correction

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

Normalitas Kelompok Perlakuan II

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
DTPreK2	10	100.0%	0	.0%	10	100.0%
DTPostK2	10	100.0%	0	.0%	10	100.0%
SelisihDT	10	100.0%	0	.0%	10	100.0%

Descriptives

			Statistic	Std. Error
DTPreK2		Mean	12.70	1.461
	95% Confidence Interval for Mean	Lower Bound	9.40	
		Upper Bound	16.00	
		5% Trimmed Mean	12.50	
		Median	11.00	
		Variance	21.344	
		Std. Deviation	4.620	
		Minimum	8	
		Maximum	21	
		Range	13	
		Interquartile Range	7	
		Skewness	1.026	.687
		Kurtosis	-.228	1.334
DTPostK2		Mean	21.80	1.093
	95% Confidence Interval for Mean	Lower Bound	19.33	
		Upper Bound	24.27	
		5% Trimmed Mean	21.78	
		Median	22.00	
		Variance	11.956	
		Std. Deviation	3.458	
		Minimum	17	
		Maximum	27	
		Range	10	
		Interquartile Range	5	
		Skewness	.311	.687
		Kurtosis	-.857	1.334
SelisihDT		Mean	9.10	.605
	95% Confidence Interval for Mean	Lower Bound	7.73	
		Upper Bound	10.47	

Descriptives

		Statistic	Std. Error
SelisihDT	5% Trimmed Mean	9.17	
	Median	9.00	
	Variance	3.656	
	Std. Deviation	1.912	
	Minimum	6	
	Maximum	11	
	Range	5	
	Interquartile Range	3	
	Skewness	-.296	.687
	Kurtosis	-1.579	1.334

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
DTPreK2	.221	10	.184	.854	10	.066
DTPostK2	.164	10	.200*	.930	10	.449
SelisihDT	.240	10	.108	.846	10	.052

a. Lilliefors Significance Correction

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

T-Test

Uji Homogenitas

Group Statistics

	JenisLat	N	Mean	Std. Deviation	Std. Error Mean
DTPre	Isotonik	10	13.00	4.784	1.513
	Isometrik	10	12.70	4.620	1.461

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
DTPre	Equal variances assumed	.019	.892	.143	18
	Equal variances not assumed			.143	17.978

Independent Samples Test

		t-test for Equality of Means		
		Sig. (2-tailed)	Mean Difference	Std. Error Difference
DTPre	Equal variances assumed	.888	.300	2.103
	Equal variances not assumed	.888	.300	2.103

Independent Samples Test

		t-test for Equality of Means	
		95% Confidence Interval of the Difference	
		Lower	Upper
DTPre	Equal variances assumed	-4.119	4.719
	Equal variances not assumed	-4.119	4.719

Hipotesis I

T-Test

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	DTPreK1	13.00	10	4.784	1.513
	DTPostK1	30.90	10	2.424	.767

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	DTPreK1 & DTPostK1	10	.939	.000

Paired Samples Test

		Paired Differences		
		Mean	Std. Deviation	Std. Error Mean
Pair 1	DTPreK1 - DTPostK1	-17.900	2.644	.836

Paired Samples Test

		Paired Differences				
		95% Confidence Interval of the Difference				
		Lower	Upper	t	df	Sig. (2-tailed)
Pair 1	DTPreK1 - DTPostK1	-19.791	-16.009	-21.412	9	.000

Hipotesis II

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	DTPreK2	12.70	10	4.620	1.461
	DTPostK2	21.80	10	3.458	1.093

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	DTPreK2 & DTPostK2	10	.928	.000

Paired Samples Test

		Paired Differences		
		Mean	Std. Deviation	Std. Error Mean
Pair 1	DTPreK2 - DTPostK2	-9.100	1.912	.605

Paired Samples Test

		Paired Differences				
		95% Confidence Interval of the Difference				
		Lower	Upper	t	df	Sig. (2-tailed)
Pair 1	DTPreK2 - DTPostK2	-10.468	-7.732	-15.051	9	.000

Hipotesis III

Group Statistics

	JenisLat	N	Mean	Std. Deviation	Std. Error Mean
SelisihPrePos	Isotonik	10	17.90	2.644	.836
	Isometrik	10	9.10	1.912	.605

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
SelisihPrePos	Equal variances assumed	.826	.376	8.529	18
	Equal variances not assumed			8.529	16.392

Independent Samples Test

		t-test for Equality of Means		
		Sig. (2-tailed)	Mean Difference	Std. Error Difference
SelisihPrePos	Equal variances assumed	.000	8.800	1.032
	Equal variances not assumed	.000	8.800	1.032

Independent Samples Test

		t-test for Equality of Means	
		95% Confidence Interval of the Difference	
		Lower	Upper
SelisihPrePos	Equal variances assumed	6.632	10.968
	Equal variances not assumed	6.617	10.983