

## LAMPIRAN

### A. Hubungan Asupan Karbohidrat, Lemak, kalsium dan indeks massa tubuh pada wanita premenoapuse di Indonesia

#### 1. Hubungan Asupan KH dan IMT wanita premenoapuse

| Correlations       |                     |                   |                    |
|--------------------|---------------------|-------------------|--------------------|
|                    |                     | Indeks Masa Tubuh | Asupan Karbohidrat |
| Indeks Masa Tubuh  | Pearson Correlation | 1                 | -.028*             |
|                    | Sig. (2-tailed)     |                   | .028               |
|                    | N                   | 6057              | 6057               |
| Asupan Karbohidrat | Pearson Correlation | -.028*            | 1                  |
|                    | Sig. (2-tailed)     | .028              |                    |
|                    | N                   | 6057              | 6057               |

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

2. Hubungan asupan lemak dan IMT wanita premenoapuse

**Correlations**

|                   |                     | Indeks Masa Tubuh | Asupan Lemak |
|-------------------|---------------------|-------------------|--------------|
| Indeks Masa Tubuh | Pearson Correlation | 1                 | .007         |
|                   | Sig. (2-tailed)     |                   | .562         |
|                   | N                   | 6057              | 6057         |
| Asupan Lemak      | Pearson Correlation | .007              | 1            |
|                   | Sig. (2-tailed)     | .562              |              |
|                   | N                   | 6057              | 6057         |

3. Hubungan asupan kalsium dan IMT wanita premenoapuse

**Correlations**

|                   |                     | Indeks Masa Tubuh | Asupan Kalsium |
|-------------------|---------------------|-------------------|----------------|
| Indeks Masa Tubuh | Pearson Correlation | 1                 | -.018          |
|                   | Sig. (2-tailed)     |                   | .159           |
|                   | N                   | 6057              | 6057           |

|                |                     |        |      |
|----------------|---------------------|--------|------|
| Asupan Kalsium | Pearson Correlation | -0.018 | 1    |
|                | Sig. (2-tailed)     | .159   |      |
|                | N                   | 6057   | 6057 |

B. Hubungan Asupan Karbohidrat, Lemak, kalsium dan indeks massa tubuh pada wanita postmenoapuse di Indonesia

1. Hubungan Asupan KH dan IMT wanita postmenoapuse

**Correlations**

|                   |                     | Indeks Masa tubuh | Karbohidrat |
|-------------------|---------------------|-------------------|-------------|
| Indeks Masa tubuh | Pearson Correlation | 1                 | -.033*      |
|                   | Sig. (2-tailed)     |                   | .024        |
|                   | N                   | 4787              | 4787        |
| Karbohidrat       | Pearson Correlation | -.033*            | 1           |
|                   | Sig. (2-tailed)     | .024              |             |
|                   | N                   | 4787              | 4787        |

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

2. Hubungan asupan lemak dan IMT wanita postmenoapuse

**Correlations**

|                   |                     | Indeks Masa<br>tubuh | Lemak |
|-------------------|---------------------|----------------------|-------|
| Indeks Masa tubuh | Pearson Correlation | 1                    | .015  |
|                   | Sig. (2-tailed)     |                      | .312  |
|                   | N                   | 4787                 | 4787  |
| Lemak             | Pearson Correlation | .015                 | 1     |
|                   | Sig. (2-tailed)     | .312                 |       |
|                   | N                   | 4787                 | 4787  |

3. Hubungan asupan kalsium dan IMT wanita postmenoapuse

**Correlations**

|  |  | Indeks Masa<br>tubuh | Kalsium |
|--|--|----------------------|---------|
|--|--|----------------------|---------|

|                   |                     |       |       |
|-------------------|---------------------|-------|-------|
|                   | Pearson Correlation | 1     | -.008 |
| Indeks Masa tubuh | Sig. (2-tailed)     |       | .562  |
|                   | N                   | 4787  | 4787  |
|                   | Pearson Correlation | -.008 | 1     |
| Kalsium           | Sig. (2-tailed)     | .562  |       |
|                   | N                   | 4787  | 4787  |

C. Analisis Regresi usia, asupan karbohidrat, lemak, kalsium dan indeks massa tubuh pada wanita premenopause dan postmenopause di Indonesia

#### Descriptive Statistics

|                    | Mean   | Std. Deviation | N     |
|--------------------|--------|----------------|-------|
| IMT                | 23.409 | 3.6360         | 10844 |
| Usia               | 48.99  | 2.847          | 10844 |
| Asupan Karbohidrat | 1.4234 | .49654         | 10844 |
| Asupan Lemak       | 1.9987 | .56211         | 10844 |

|                |        |        |       |
|----------------|--------|--------|-------|
| Asupan Kalsium | 1.0342 | .18178 | 10844 |
|----------------|--------|--------|-------|

**Coefficients<sup>a</sup>**

| Model |                    | Correlations |         |       | Collinearity Statistics |       |
|-------|--------------------|--------------|---------|-------|-------------------------|-------|
|       |                    | Zero-order   | Partial | Part  | Tolerance               | VIF   |
| 1     | (Constant)         |              |         |       |                         |       |
|       | Usia               | -.026        | -.027   | -.026 | 1.000                   | 1.000 |
|       | Asupan Karbohidrat | -.038        | -.039   | -.039 | .987                    | 1.014 |
|       | Asupan Lemak       | .003         | .007    | .007  | .988                    | 1.012 |
|       | Asupan Kalsium     | -.001        | .000    | .000  | .998                    | 1.002 |
| 2     | (Constant)         |              |         |       |                         |       |
|       | Usia               | -.026        | -.027   | -.026 | 1.000                   | 1.000 |

|   |                    |       |       |       |       |       |
|---|--------------------|-------|-------|-------|-------|-------|
|   | Asupan Karbohidrat | -.038 | -.039 | -.039 | .988  | 1.012 |
|   | Asupan Lemak       | .003  | .007  | .007  | .988  | 1.012 |
|   | (Constant)         |       |       |       |       |       |
| 3 | Usia               | -.026 | -.027 | -.027 | 1.000 | 1.000 |
|   | Asupan Karbohidrat | -.038 | -.039 | -.039 | 1.000 | 1.000 |

**Coefficients<sup>a</sup>**

| Model | Unstandardized Coefficients |            | Standardized Coefficients | t     | Sig.   |      |
|-------|-----------------------------|------------|---------------------------|-------|--------|------|
|       | B                           | Std. Error | Beta                      |       |        |      |
|       | (Constant)                  | 25.392     | .654                      |       | 38.846 | .000 |
|       | Usia                        | -.034      | .012                      | -.026 | -2.760 | .006 |
| 1     | Asupan Karbohidrat          | -.290      | .071                      | -.040 | -4.093 | .000 |
|       | Asupan Lemak                | .043       | .062                      | .007  | .687   | .492 |
|       | Asupan Kalsium              | .001       | .192                      | .000  | .005   | .996 |

a. Dependent Variable: IMT

**Model Summary<sup>d</sup>**

| Model | R                 | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics |          |
|-------|-------------------|----------|-------------------|----------------------------|-------------------|----------|
|       |                   |          |                   |                            | R Square Change   | F Change |
| 1     | .047 <sup>a</sup> | .002     | .002              | 3.6326                     | .002              | 6.053    |
| 2     | .047 <sup>b</sup> | .002     | .002              | 3.6324                     | .000              | .000     |
| 3     | .047 <sup>c</sup> | .002     | .002              | 3.6323                     | .000              | .472     |

**Coefficients<sup>a</sup>**

| Model |                    | Unstandardized Coefficients |            | Standardized Coefficients | t      | Sig. |
|-------|--------------------|-----------------------------|------------|---------------------------|--------|------|
|       |                    | B                           | Std. Error | Beta                      |        |      |
|       | (Constant)         | 25.477                      | .611       |                           | 41.698 | .000 |
| 1     | Usia               | -.034                       | .012       | -.027                     | -2.771 | .006 |
|       | Asupan Karbohidrat | -.284                       | .070       | -.039                     | -4.046 | .000 |

a. Dependent Variable: IMT