

Lampiran 1

KUISIONER PENELITIAN

Petunjuk pengisian

Responden diharapkan :

1. Menjawab setiap pertanyaan yang tersedia dengan jujur
2. Menjawab setiap pertanyaan yang tersedia dengan memberikan tanda \surd (conteng) pada tempat yang telah tersedia.
3. Membaca dan mengikuti instruksi pengisian kuisisioner secara tepat
4. Bila ada yang kurang dimengerti mengenai pengisian kuisisioner maka dapat ditanyakan kepada peneliti
5. Keterangan kuisisioner

STS = Sangat Tidak Setuju

TS = Tidak Setuju

S = Setuju

SS = Sangat Setuju

Ya = Ya

Tidak = Tidak

A. Data Demografi

1. Nomor Responden :
2. Inisial Responden :
3. Usia :
4. Jenis Kelamin : Laki-laki Perempuan
5. BB : Kg
6. TB : Cm

B. Faktor-Faktor Penyebab Nyeri

No	Pernyataan	ya	tidak		
Aktivitas					
7.	Saya mengangkat beban > 5Kg/hari dalam aktivitas keseharian saya				
8.	Saya berjalan > 1 Km/hari				
9.	Saya merasakan nyeri persendian saat melakukan aktifitas keseharian				
10.	Saya tetap melakukan aktifitas yang melelahkan walau persendian saya terasa sakit				
11.	Saya merasa aktivitas yang saya lakukan banyak memberikan beban pada persendian saya (naik tangga, menyapu, pengepel)				
Makananan		STS	TS	S	SS
12	Saya suka memakan makanan cepat saji				
13	saya suka makan makanan laut (kerang, cumi, udang)				
14.	Saya suka makan makanan jeroan hewan				
15.	Saya suka makan makanan yang mengandung lemak tinggi (daging mreah, kaldu)				
16.	Saya suka makan makanan olahan seperti ikan sarden.				

Cedera		ya	tidak		
17.	Saya pernah mengalami kecelakaan sehingga daerah persendian saya terluka				
18.	Saya pernah mengalami dislokasi persendian				
19.	Saya pernah mengalami nyeri hebat akibat melakukan aktivitas yang berlebihan				
20.	Saya melakukan aktivitas yang mengakibatkan benturan pada persendian saya				
21.	Saya melakukan aktivitas yang membuat persendian saya bekerja lebih lama				
Psikologis		STS	TS	S	SS
22.	Saya merasa putus asa terhadap penyakit yang saya derita				
23.	Saya merasakan khawatir yang berlebihan saat mengalami nyeri pada persendian saya				
24.	saya seringkali merasa kelelahan				
25.	Saya merasakan stress > 2 kali dalam seminggu				
26.	Saya merasakan kesulitan tidur di malam hari				
Radikal bebas		STS	TS	S	SS
27.	Saya menghirup asap kendaraan bermotor hampir setiap hari				

28.	Saya berkontak langsung dengan zat-zat berbahaya				
29.	Saya menghirup asap rokok hampir setiap hari				
30.	lingkungan tempat tinggal saya berada di tepi jalan besar				
31.	lingkungan saya terasa kotor dan bau				

C. Nyeri Berulang

Nyeri Berulang		STS	TS	S	SS
32.	Saya selalu merasa nyeri persendian di malam hari				
33.	Setiap selesai melakukan aktivitas keseharian maka persendian saya terasa sakit				
34.	Saya sering kali tidak dapat tidur di malam hari karena mengalami nyeri persendian				
35.	Saya merasakan kaku dan nyeri persendian setiap bangun tidur				

Uji Validitas dan Reabilitas

Validity Aktifitas

		Correlations					
		P7	P8	P9	P10	P11	total
P7	Pearson Correlation	1	.289	-.333	-.126	.126	.331
	Sig. (2-tailed)		.217	.151	.597	.597	.154
	N	20	20	20	20	20	20
P8	Pearson Correlation	.289	1	.289	.055	.327	.676**
	Sig. (2-tailed)	.217		.217	.819	.159	.001
	N	20	20	20	20	20	20
P9	Pearson Correlation	-.333	.289	1	.378	.126	.520*
	Sig. (2-tailed)	.151	.217		.100	.597	.019
	N	20	20	20	20	20	20
P10	Pearson Correlation	-.126	.055	.378	1	.286	.590**
	Sig. (2-tailed)	.597	.819	.100		.222	.006
	N	20	20	20	20	20	20
P11	Pearson Correlation	.126	.327	.126	.286	1	.679**
	Sig. (2-tailed)	.597	.159	.597	.222		.001
	N	20	20	20	20	20	20
total	Pearson Correlation	.331	.676**	.520*	.590**	.679**	1
	Sig. (2-tailed)	.154	.001	.019	.006	.001	
	N	20	20	20	20	20	20

** . Correlation is significant at the 0.01 level (2-tailed).

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

Reliability

Case Processing Summary

		N	%
Cases	Valid	20	100.0
	Excluded ^a	0	.0
	Total	20	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.621	4

Validity Makanan

Correlations

		P12	P13	P14	P15	P16	total
P12	Pearson Correlation	1	.724**	.524*	.456*	.233	.812**
	Sig. (2-tailed)		.000	.018	.043	.323	.000
	N	20	20	20	20	20	20
P13	Pearson Correlation	.724**	1	.443	.366	.315	.798**
	Sig. (2-tailed)	.000		.050	.112	.176	.000
	N	20	20	20	20	20	20
P14	Pearson Correlation	.524*	.443	1	.903**	.267	.799**
	Sig. (2-tailed)	.018	.050		.000	.255	.000
	N	20	20	20	20	20	20
P15	Pearson Correlation	.456*	.366	.903**	1	.223	.742**
	Sig. (2-tailed)	.043	.112	.000		.344	.000
	N	20	20	20	20	20	20
P16	Pearson Correlation	.233	.315	.267	.223	1	.567**
	Sig. (2-tailed)	.323	.176	.255	.344		.009
	N	20	20	20	20	20	20
total	Pearson Correlation	.812**	.798**	.799**	.742**	.567**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.009	
	N	20	20	20	20	20	20

** . Correlation is significant at the 0.01 level (2-tailed).

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

Reliability

Case Processing Summary

		N	%
Cases	Valid	20	100.0
	Excluded ^a	0	.0
	Total	20	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.787	5

Validity Cedera

Correlations

		P17	P18	P19	P20	P21	total
P17	Pearson Correlation	1	.792**	.250	.492*	.375	.765**
	Sig. (2-tailed)		.000	.288	.027	.103	.000
	N	20	20	20	20	20	20
P18	Pearson Correlation	.792**	1	.250	.698**	.375	.820**
	Sig. (2-tailed)	.000		.288	.001	.103	.000
	N	20	20	20	20	20	20
P19	Pearson Correlation	.250	.250	1	.328	.458*	.601**
	Sig. (2-tailed)	.288	.288		.158	.042	.005
	N	20	20	20	20	20	20
P20	Pearson Correlation	.492*	.698**	.328	1	.698**	.848**
	Sig. (2-tailed)	.027	.001	.158		.001	.000
	N	20	20	20	20	20	20
P21	Pearson Correlation	.375	.375	.458*	.698**	1	.765**
	Sig. (2-tailed)	.103	.103	.042	.001		.000
	N	20	20	20	20	20	20
total	Pearson Correlation	.765**	.820**	.601**	.848**	.765**	1
	Sig. (2-tailed)	.000	.000	.005	.000	.000	
	N	20	20	20	20	20	20

** . Correlation is significant at the 0.01 level (2-tailed).

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

Reliability

Case Processing Summary

		N	%
Cases	Valid	20	100.0
	Excluded ^a	0	.0
	Total	20	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.817	5

Validity Psikologis

Correlations

		P22	P23	P24	P25	P26	total
P22	Pearson Correlation	1	.381	.107	-.102	-.065	.543 [*]
	Sig. (2-tailed)		.098	.654	.670	.784	.013
	N	20	20	20	20	20	20
P23	Pearson Correlation	.381	1	.281	.312	.229	.788 ^{**}
	Sig. (2-tailed)	.098		.230	.181	.332	.000
	N	20	20	20	20	20	20
P24	Pearson Correlation	.107	.281	1	.150	.546 [*]	.544 [*]
	Sig. (2-tailed)	.654	.230		.527	.013	.013
	N	20	20	20	20	20	20
P25	Pearson Correlation	-.102	.312	.150	1	.275	.553 [*]
	Sig. (2-tailed)	.670	.181	.527		.241	.012
	N	20	20	20	20	20	20
P26	Pearson Correlation	-.065	.229	.546 [*]	.275	1	.546 [*]
	Sig. (2-tailed)	.784	.332	.013	.241		.013
	N	20	20	20	20	20	20
total	Pearson Correlation	.543 [*]	.788 ^{**}	.544 [*]	.553 [*]	.546 [*]	1
	Sig. (2-tailed)	.013	.000	.013	.012	.013	
	N	20	20	20	20	20	20

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

** . Correlation is significant at the 0.01 level (2-tailed).

Reliability

Case Processing Summary

		N	%
Cases	Valid	20	100.0
	Excluded ^a	0	.0
	Total	20	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.702	5

Validity Radikal Bebas

Correlations

		P27	P28	P29	P30	P31	total
P27	Pearson Correlation	1	.331	.527 [*]	.000	.000	.512 [*]
	Sig. (2-tailed)		.153	.017	1.000	1.000	.021
	N	20	20	20	20	20	20
P28	Pearson Correlation	.331	1	-.105	.314	.257	.674 ^{**}
	Sig. (2-tailed)	.153		.660	.177	.274	.001
	N	20	20	20	20	20	20
P29	Pearson Correlation	.527 [*]	-.105	1	.000	.272	.445 [*]
	Sig. (2-tailed)	.017	.660		1.000	.246	.049
	N	20	20	20	20	20	20
P30	Pearson Correlation	.000	.314	.000	1	.204	.607 ^{**}
	Sig. (2-tailed)	1.000	.177	1.000		.388	.005
	N	20	20	20	20	20	20
P31	Pearson Correlation	.000	.257	.272	.204	1	.644 ^{**}
	Sig. (2-tailed)	1.000	.274	.246	.388		.002
	N	20	20	20	20	20	20
total	Pearson Correlation	.512 [*]	.674 ^{**}	.445 [*]	.607 ^{**}	.644 ^{**}	1
	Sig. (2-tailed)	.021	.001	.049	.005	.002	
	N	20	20	20	20	20	20

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

** . Correlation is significant at the 0.01 level (2-tailed).

Reliability

Case Processing Summary

		N	%
Cases	Valid	20	100.0
	Excluded ^a	0	.0
	Total	20	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.618	5

Validity Nyeri Berulang

Correlations

		P32	P33	P34	P35	total
P32	Pearson Correlation	1	.444 [*]	.688 ^{**}	.250	.742 ^{**}
	Sig. (2-tailed)		.050	.001	.288	.000
	N	20	20	20	20	20
P33	Pearson Correlation	.444 [*]	1	.688 ^{**}	.250	.742 ^{**}
	Sig. (2-tailed)	.050		.001	.288	.000
	N	20	20	20	20	20
P34	Pearson Correlation	.688 ^{**}	.688 ^{**}	1	.459 [*]	.885 ^{**}
	Sig. (2-tailed)	.001	.001		.042	.000
	N	20	20	20	20	20
P35	Pearson Correlation	.250	.250	.459 [*]	1	.706 ^{**}
	Sig. (2-tailed)	.288	.288	.042		.001
	N	20	20	20	20	20
total	Pearson Correlation	.742 ^{**}	.742 ^{**}	.885 ^{**}	.706 ^{**}	1
	Sig. (2-tailed)	.000	.000	.000	.001	
	N	20	20	20	20	20

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

** Correlation is significant at the 0.01 level (2-tailed).

Reliability

Case Processing Summary

		N	%
Cases	Valid	20	100.0
	Excluded ^a	0	.0
	Total	20	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.724	4

Hasil Hitung SPSS**Frequency Table****Usia**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 60 - 74 tahun	43	97.7	97.7	97.7
Valid 75 - 90 tahun	1	2.3	2.3	100.0
Total	44	100.0	100.0	

Jenis Kelamin

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid laki-laki	14	31.8	31.8	31.8
Valid perempuan	30	68.2	68.2	100.0
Total	44	100.0	100.0	

Aktifitas

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid aktifitas membebani persendian	27	61.4	61.4	61.4
Valid aktifitas tidak membebani persendian	17	38.6	38.6	100.0
Total	44	100.0	100.0	

Makanan

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid makan makanan tidak mengandung purin	28	63.6	63.6	63.6
Valid makan makanan mengandung purin	16	36.4	36.4	100.0
Total	44	100.0	100.0	

Cedera

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid pernah mendapat cedera di persendian	19	43.2	43.2	43.2
Valid tidak pernah mendapat cedera di persendian	25	56.8	56.8	100.0
Total	44	100.0	100.0	

Obesitas

	Frequency	Percent	Valid Percent	Cumulative Percent
	berat badan kurang	20	45.5	45.5
	berat badan ideal	8	18.2	63.6
Valid	berat badan berlebih	12	27.3	90.9
	Obesitas	4	9.1	100.0
	Total	44	100.0	100.0

Psikologis

	Frequency	Percent	Valid Percent	Cumulative Percent
	stressor tinggi	25	56.8	56.8
Valid	stressor rendah	19	43.2	100.0
	Total	44	100.0	100.0

Radikal Bebas

	Frequency	Percent	Valid Percent	Cumulative Percent
	lingkungan tercemar	24	54.5	54.5
Valid	lingkungan sehat	20	45.5	100.0
	Total	44	100.0	100.0

Nyeri Berulang

	Frequency	Percent	Valid Percent	Cumulative Percent
	tidak mengalami nyeri berulang	14	31.8	31.8
Valid	mengalami nyeri berulang	30	68.2	100.0
	Total	44	100.0	100.0

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
usia * nyeri berulang	44	100.0%	0	0.0%	44	100.0%

usia * nyeri berulang Crosstabulation

Count

		nyeri berulang		Total
		tidak mengalami nyeri berulang	mengalami nyeri berulang	
usia	60-74 tahun	14	29	43
	75-90 tahun	0	1	1
Total		14	30	44

usia * nyeri berulang Crosstabulation

Count

		nyeri berulang		Total
		tidak mengalami nyeri berulang	mengalami nyeri berulang	
usia	60-74 tahun	14	29	43
	75-90 tahun	0	1	1
Total		14	30	44

usia * nyeri berulang Crosstabulation

Count

		nyeri berulang		Total
		tidak mengalami nyeri berulang	mengalami nyeri berulang	
usia	60-74 tahun	14	29	43
	75-90 tahun	0	1	1
Total		14	30	44

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
jenis kelamin * nyeri berulang	44	100.0%	0	0.0%	44	100.0%

jenis kelamin * nyeri berulang Crosstabulation

Count

		nyeri berulang		Total
		tidak mengalami nyeri berulang	mengalami nyeri berulang	
jenis kelamin	laki-laki	3	11	14
	perempuan	11	19	30
Total		14	30	44

Test Statistics

	jenis kelamin	nyeri berulang
Chi-Square	5.818 ^a	5.818 ^a
df	1	1
Asymp. Sig.	.016	.016

a. 0 cells (0.0%) have expected frequencies less than 5.
The minimum expected cell frequency is 22.0.

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Berat badan * nyeri berulang	44	100.0%	0	0.0%	44	100.0%

obesitas * nyeri berulang Crosstabulation

Count

		nyeri berulang		Total
		tidak mengalami nyeri berulang	mengalami nyeri berulang	
Berat badan	berat badan kurang	8	12	20
	berat badan ideal	1	7	8
	berat badan berlebih	3	9	12
	obesitas	2	2	4
Total		14	30	44

Test Statistics

	Berat badan	nyeri berulang
Chi-Square	12.727 ^a	5.818 ^b
df	3	1
Asymp. Sig.	.005	.016

a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 11.0.

b. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 22.0.

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
aktivitas * nyeri berulang	44	100.0%	0	0.0%	44	100.0%

aktivitas * nyeri berulang Crosstabulation

Count

		nyeri berulang		Total
		tidak mengalami nyeri berulang	mengalami nyeri berulang	
aktivitas	membebani persendian	8	19	27
	tidak membebani persendian	6	11	17
Total		14	30	44

Test Statistics

	aktivitas	nyeri berulang
Chi-Square	14.273 ^a	5.818 ^a
df	1	1
Asymp. Sig.	.003	.016

a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 22.0.

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
makanan * nyeri berulang	44	100.0%	0	0.0%	44	100.0%

makanan * nyeri berulang Crosstabulation

Count

		nyeri berulang		Total
		tidak mengalami nyeri berulang	mengalami nyeri berulang	
makanan	tidak mengandung purin	12	16	28
	mengandung purin	2	14	16
Total		14	30	44

Test Statistics

	makanan	nyeri berulang
Chi-Square	5.273 ^a	5.818 ^a
df	1	1
Asymp. Sig.	.007	.016

a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 22.0.

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
cedera * nyeri berulang	44	100.0%	0	0.0%	44	100.0%

cedera * nyeri berulang Crosstabulation

Count

		nyeri berulang		Total
		tidak mengalami nyeri berulang	mengalami nyeri berulang	
cedera	pernah mendapat cedera	2	17	19
	tidak pernah mendapat cedera	12	13	25
Total		14	30	44

Test Statistics

	cedera	nyeri berulang
Chi-Square	12.018 ^a	5.818 ^a
df	1	1
Asymp. Sig.	.036	.016

a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 22.0.

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Psikologis * nyeri berulang	44	100.0%	0	0.0%	44	100.0%

Psikologis * nyeri berulang Crosstabulation

Count

		nyeri berulang		Total
		tidak mengalami nyeri berulang	mengalami nyeri berulang	
Psikologis	stresor tinggi	7	18	25
	stresor rendah	7	12	19
Total		14	30	44

Test Statistics

	Psikologis	nyeri berulang
Chi-Square	8.818 ^a	5.818 ^a
df	1	1
Asymp. Sig.	.026	.016

a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 22.0.

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
lingkungan * nyeri berulang	44	100.0%	0	0.0%	44	100.0%

lingkungan * nyeri berulang Crosstabulation

Count

		nyeri berulang		Total
		tidak mengalami nyeri berulang	mengalami nyeri berulang	
lingkungan	lingkungan tercemar	9	15	24
	lingkungan tidak tercemar	5	15	20
Total		14	30	44

Test Statistics

	lingkungan	nyeri berulang
Chi-Square	15.364 ^a	5.818 ^a
df	1	1
Asymp. Sig.	.004	.016

a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 22.0.