LAMPIRAN

Lampiran 1

No. Responden

KUESIONER PENELITIAN

Pengaruh Pemberian Stik Berbasis Ikan Teri (Stolephorus spp), Isolat Protein Kedelai Dan Kacang Bogor (Vigna Subterranean) Terhadap Status Gizi Pada Remaja Putri

Program Studi Ilmu Gizi

Fakultas Ilmu-Ilmu Kesehatan

Universitas Esa Unggul

Jl. Arjuna Utara No. 9 Kebon Jeruk, Jakarta Barat, 11510

LEMBAR PENJELASAN RESPONDEN

Penelitian ini adalah penelitian jenis kuantitatif dengan desain penelitian Quasi Eksperimen (rancangan penelitian eksperimen semu) dengan rancangan sebelum dan sesudah intervensi menggunakan satu kelompok atau one group pre and post test design. Penelitian ini dilakukan dengan memberikan produk stik ikan untuk dikonsumsi oleh responden selama 21 hari dan melakukan pengukuran berat badan dan tinggi badan sebelum dan sesudah pemberian produk.

Penelitian ini mengambil responden dari siswa perempuan di SMPN 3 Rangkasbitung, Lebak. Adapun manfaat dari penelitian ini adalah untuk dapat mengetahui pengaruh pemberian stik ikan berbasis ikan teri, isolat protein kedelai dan kacang bogor terhadap status gizi pada remaja putri.

Partisipasi responden bersifat sukarela tanpa paksaan dan bila tidak berkenan dapat menolak atau sewaktu-waktu dapat mengundurkam diri tanpa adanya pemberian sanksi apapun. Semua informasi dan hasil pemeriksaan yang berkaitan dengan privasi akan dijaga kerahasiaannya. Semua data tidak akan dihubungkan dengan identitas.

Lampiran 2

No. Responden

LEMBAR PERSETUJUAN SEBAGAI RESPONDEN

Saya Risti Shalsa Widyawati, mahasiswi Prodi Ilmu Gizi, Fakultas Ilmu-Ilmu Kesehatan, Universitas Esa Unggul. Saat ini saya sedang melakukan penelitian tentang "**PENGARUH PEMBERIAN STIK BERBASIS IKAN TERI (*Stolephorus spp*), ISOLAT PROTEIN KEDELAI DAN KACANG BOGOR (*Vigna subterranean*) TERHADAP STATUS GIZI PADA REMAJA PUTRI**". Kegiatan ini dilakukan untuk melengkapi data skripsi yang menjadi salah satu syarat dalam memperoleh gelar sarjana gizi. Oleh karena itu, saya mohon kesediaan saudara/i sebagai responden pada penelitian ini. Saya akan merahasiakan seluruh informasi yang saudara/i berikan dan perlu saya informasikan bahwa keikutsertaan saudara/i dalam penelitian ini bersifat sukarela.

Informed Consent :

Setelah saya mendapat penjelasan mengenai tujuan dan manfaat pengambilan data tersebut, dengan ini saya :

Nama :

Umur :

Alamat :

No. Telp :

Secara sukarela dan tanpa ada paksaan setuju untuk menjadi responden dalam penelitian ini.

Rangkasbitung, …….. 2023

Tanda Tangan Responden

( )

Tanda Tangan Peneliti

Risti Shalsa Widyawati

Lampiran 3

No. Responden

KUESIONER

Pengaruh Pemberian Stik Berbasis Ikan Teri (*Stolephorus spp*), Isolat Protein Kedelai dan Kacang Bogor (*Vigna 81ubterranean*) Terhadap Status Gizi Pada Remaja Putri

---

A. Kuesioner Karakteristik Responden (diisi oleh siswa)

1. Nama Lengkap :
2. Tanggal Lahir :
3. Usia : Tahun
4. Kelas :
5. No. Telp :
6. Uang Saku : Rp per hari/bulan (coret salah satu)
7. Pekerjaan Ayah :
8. Pekerjaan Ibu :
9. Penghasilan Ayah : Rp per hari/bulan (coret salah satu)
10. Penghasilan Ibu : Rp per hari/bulan (coret salah satu)

B. Hasil Pengukuran Antropometri (diisi oleh peneliti)

Tanggal pengukuran	Berat badan	Tinggi badan

Lampiran 4

No. Responden

MONITORING KEPATUHAN MENGONSUMSI STIK BERBASIS IKAN TERI (*Stolephorus spp*), ISOLAT PROTEIN KEDELAI DAN KACANG BOGOR (*Vigna subterranea*)

Nama : Kelas :

Hari Ke-	Tanggal Pengamatan	Stik ikan yang diberikan (gr)	Stik ikan yang dikonsumsi (gr)	Sisa (gr)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				

Lampiran 5

No. Responden

FORMULIR FOOD RECORD

Nama : Kelas :

I. Intruksi

PETUNJUK PENGISIAN KUISIONER FOOD RECORD

*(**Perhatian**: TIDAK MELAKUKAN/DIET/PUASA KETIKA MENGISI LEMBAR INI)

1. Catat makanan (termasuk minuman, suplemen) harian anda. Catat nama makanan segera sesaat atau setelah anda makan. Harap mencatat semua jenis makanan yang anda makan.
2. Catat hanya satu makanan per baris dalam lembar catatan ini (Sertakan nama-nama merk/brand bila memungkinkan).
3. Catat waktu (jam) makan anda secara jelas.
4. Catat hanya makanan yang benar-benar anda makan (misalnya: pesan 5 butir bakso, sisa 2, yang dimakan ialah 3 butir)
5. Catat jumlah makanan sesuai unitnya seperti gram, ml, atau ukuran rumah tangga (misalnya: ons, sendok, cangkir, iris, atau unit lain, seperti dalam 1 gelas susu tanpa lemak, dua iris roti gandum, atau satu buah apel)
6. Sertakan metode yang digunakan untuk menyiapkan/mengolah makanan item (misalnya: dalam bentuk segar, beku, goreng, panggang, grill/bakar, dll)
7. Untuk makanan kaleng, termasuk minuman (misalnya: manisan buah kaleng, koktail buah dalam sirup ringan, tuna dalam kaleng dengan bumbu/sarden)
8. Bahan makanan yang dimakan tanpa diketahui porsinya perkirakanlah dengan ukuran rumah tangga (1 sendok, ½ mangkok, seukuran jempol, dsb)
9. Ingatlah untuk mencatat jumlah bumbu atau bahan tambahan dalam ukuran URT (sdm/gram) (misalnya: minyak, mentega, margarin, saos, kecap dan sebagainya) yang anda makan atau menggunakan dalam memasak atau ketika makan.
10. Jika anda ragu tentang deskripsi makanan, berikanlah informasi selengkap mungkin.

II. Tabel Isian Food Record

Hari: Tanggal:

Waktu Makan (Jam)	Nama makanan & minuman	Deskripsi makanan/minuman (**persiapan:** *masak sendiri, beli;* **pengolahan:** *segar, direbus, goreng, dsb;* **Merk:** *nama merk, rasa,dsb***)**	Ukuran	
			URT	Gram

Lampiran 6

No. Responden

FORMULIR FOOD RECALL 2X24 JAM

Nama :

Enumerator :

Kelas :

Tanggal Wawancara :

Waktu Makan	Nama Masakan	Bahan Makanan	URT	Berat (Gram)

Waktu Makan	Nama Masakan	Bahan Makanan	URT	Berat (Gram)

Lampiran 7

DOKUMENTASI

Pengaruh Pemberian Stik Berbasis Ikan Teri (*Stolephorus spp*), Isolat Protein Kedelai dan Kacang Bogor (*Vigna 87ubterranean*) Terhadap Status Gizi Pada Remaja Putri

<table>
<tr><td colspan="2">Pesiapan bahan-bahan
  </td></tr>
<tr><td>Giling ikan teri hingga halus
  </td><td>Haluskan labu kuning
  </td></tr>
<tr><td>Haluskan kacang bogor
  </td><td>Uleni seluruh bahan
  </td></tr>
</table>

<table>
<tr><td>Pencetakan stik
  </td><td>Setelah dioven pada suhu 150-160 ℃ selama 15-20 menit, lalu didinginkan stik 10-15 sebelum dikemas
  </td></tr>
<tr><td colspan="2">Pengemasan
  </td></tr>
</table>

Lampiran 8

Tabel Hasil Penelitian Kelompok Intervensi

No. Responden	Nama	Umur (tahun)	Tinggi badan	Status Gizi					
				BB 1 (20/7/23)	BB 2 (28/7/23)	BB 3 (9/8/23)	Z-Score (20/7/23)	Z-Score (28/7/23)	Z-Score (9/8/23)
1	An. PA	11	150	30.3	31.4	31.7	-2.65	-2.25	-2.15
2	An. AA	13	146	29.4	30.1	30.3	-2.88	-2.62	-2.55
3	An. KA	12	132	24.4	24.1	25.4	-2.39	-2.52	-1.96
4	An. AZ	13	157	34.2	34.8	35.7	-2.83	-2.64	-2.36
5	An. R	11	156	33.9	34.3	34.5	-2.25	-2.12	-2.06
6	An. NP	11	139	26.2	26.5	27.1	-2.45	-2.32	-2.08
7	An. NA	12	148	31.9	31.7	32.1	-2.17	-2.24	-2.11
8	An. PS	13	152	32.6	33.4	33.2	-2.63	-2.37	-2.43
9	An. SA	13	140	27	28.9	29.2	-2.87	-2.14	-2.04
10	An. DP	13	154	35.5	36.1	36.5	-2.08	-1.91	-1.8
11	An. JR	12	149	32	33	32.4	-2.32	-2	-2.19
12	An. PH	14	149	32	32.4	33.1	-2.71	-2.58	-2.36
13	An. AN	14	153	34.6	36.1	36.7	-2.53	-2.11	-1.95
14	An. NR	13	155	35	36.1	36.7	-2.47	-2.15	-1.99
15	An. BA	14	152	36	36.4	37.3	-2.09	-1.98	-1.75

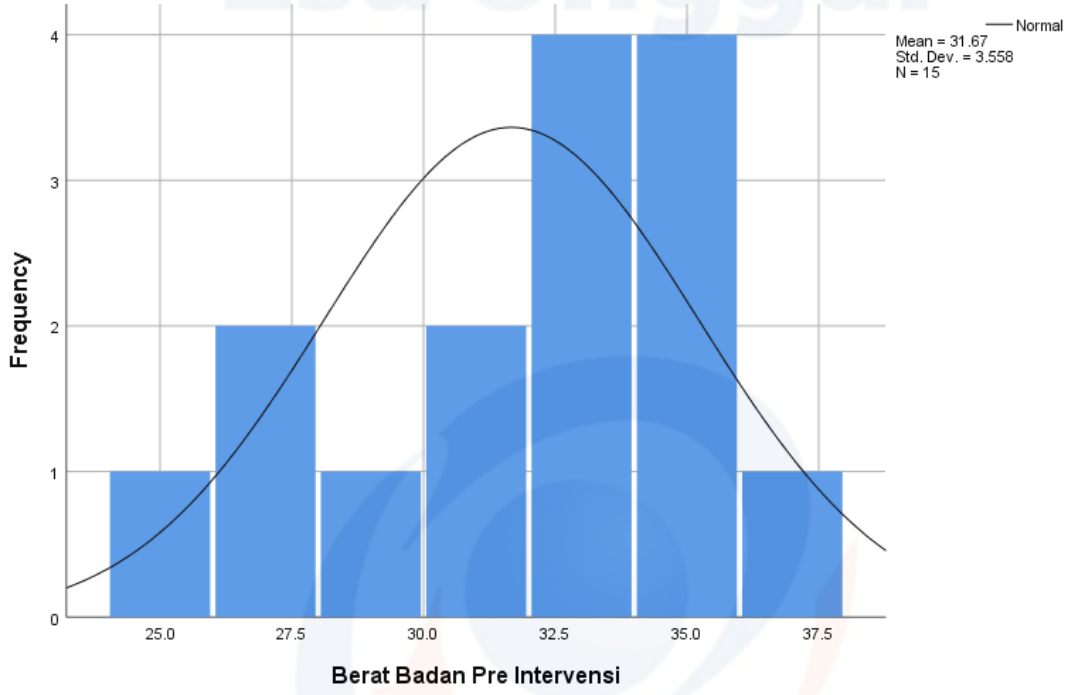
Lampiran 9

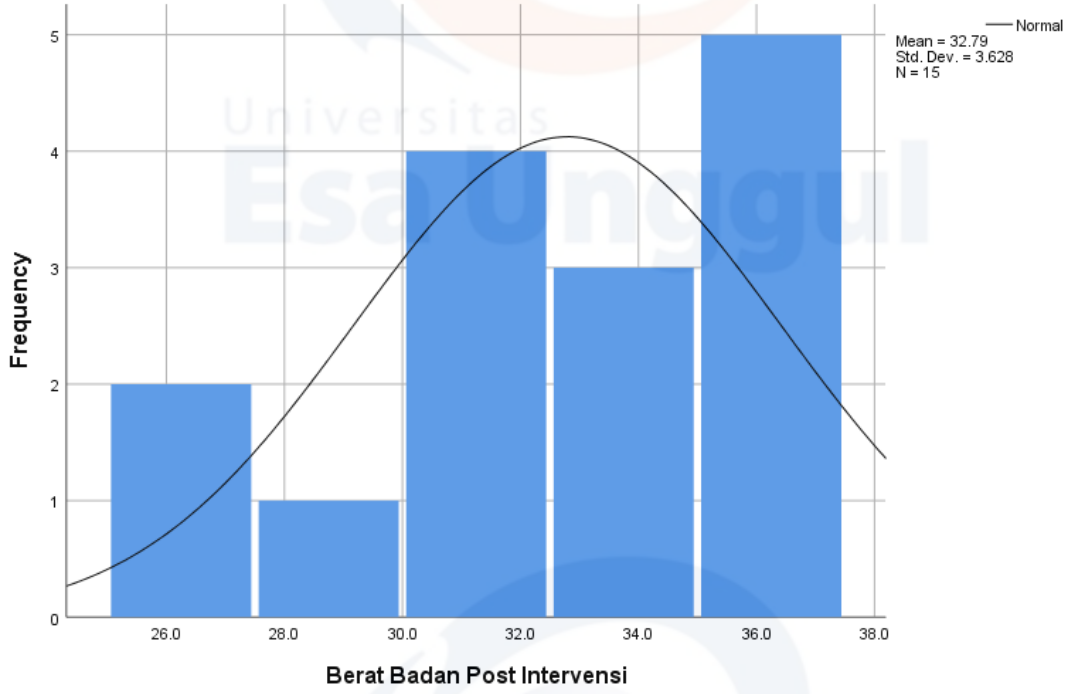
No. Responden	Nama	Umur (tahun)	Tinggi badan	Status Gizi					
				BB 1 (20/7/23)	BB 2 (28/7/23)	BB 3 (9/8/23)	Z-Score (20/7/23)	Z-Score (28/7/23)	Z-Score (9/8/23)
16	An. AR	12	146	29.8	30	30.7	-2.61	-2.54	-2.29
17	An. LA	12	147	29.3	29.6	30.1	-2.63	-2.52	-2.33
18	An. U	12	158	35.2	36.7	36.3	-2.41	-1.98	-2.09
19	An. YJ	13	156	33.9	33.8	34.4	-2.79	-2.82	-2.62
20	An. AP	12	153	33	34.4	34.2	-2.32	-1.89	-1.95
21	An. SF	12	148	30.7	32.1	32	-2.5	-2.02	-2.06
22	An. VA	14	154.5	34.9	35.9	35.1	-2.56	-2.27	-2.5
23	An. MM	14	159	37.6	38.2	38.4	-2.44	-2.28	-2.23
24	An. SM	13	144	29	29.6	30.2	-2.75	-2.52	-2.31
25	An. SS	12	141.5	28.8	29.4	29.1	-2.3	-2.09	-2.19
26	An. SA	14	153	36	36.3	36.8	-2.24	-2.16	-2.03
27	An. RA	14	146	31.5	31.2	31.5	-2.59	-2.69	-2.59
28	An. SM	14	149.5	32.2	32.8	32.6	-2.79	-2.59	-2.66
29	An. ND	13	150.5	33.8	34	34.2	-2.29	-2.23	-2.17
30	An. DH	14	151	33	32.9	33.1	-2.67	-2.7	-2.63

Lampiran 10

Hasil Uji Kelompok Intervensi

A. Uji Normalitas





Tests of Normality

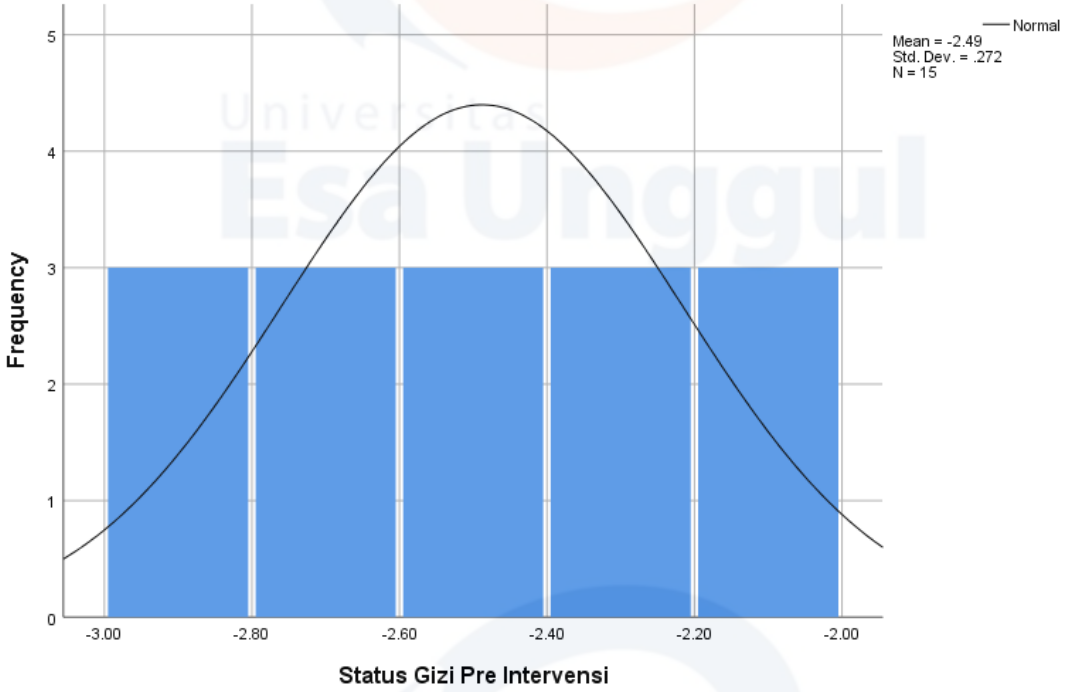
	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Berat Badan Pre Intervensi	.193	15	.138	.917	15	.176
Berat Badan Post Intervensi	.122	15	.200*	.935	15	.325

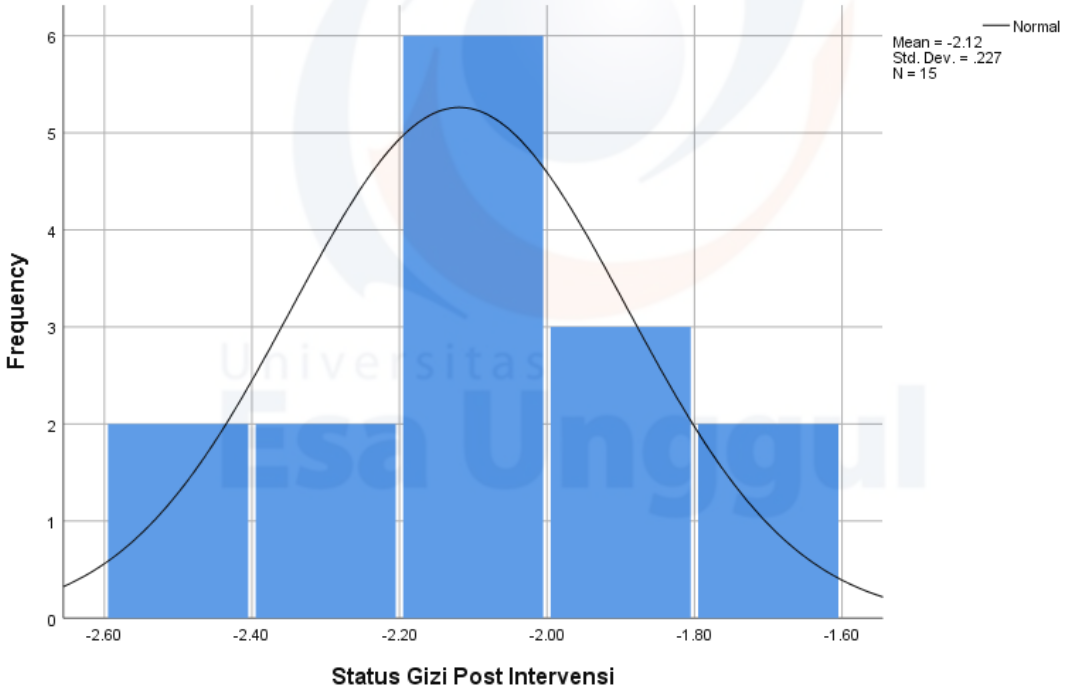
*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Descriptives

			Statistic	Std. Error
Berat Badan Pre Intervensi	Mean		31.667	.9186
	95% Confidence Interval for Mean	Lower Bound	29.696	
		Upper Bound	33.637	
	5% Trimmed Mean		31.830	
	Median		32.000	
	Variance		12.658	
	Std. Deviation		3.5578	
	Minimum		24.4	
	Maximum		36.0	
	Range		11.6	
	Interquartile Range		5.2	
	Skewness		-.795	.580
	Kurtosis		-.327	1.121
Berat Badan Post Intervensi	Mean		32.793	.9366
	95% Confidence Interval for Mean	Lower Bound	30.784	
		Upper Bound	34.802	
	5% Trimmed Mean		32.954	
	Median		33.100	
	Variance		13.159	
	Std. Deviation		3.6276	
	Minimum		25.4	
	Maximum		37.3	
	Range		11.9	
	Interquartile Range		6.2	
	Skewness		-.623	.580
	Kurtosis		-.347	1.121


Normal
Mean = -2.49
Std. Dev. = .272
N = 15
Frequency
0
1
2
3
4
5
-3.00
-2.80
-2.60
-2.40
-2.20
-2.00
Status Gizi Pre Intervensi


Normal
Mean = -2.12
Std. Dev. = .227
N = 15
Frequency
0
1
2
3
4
5
6
-2.60
-2.40
-2.20
-2.00
-1.80
-1.60
Status Gizi Post Intervensi

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Status Gizi Pre Intervensi	.099	15	.200*	.946	15	.466
Status Gizi Post Intervensi	.122	15	.200*	.966	15	.800

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

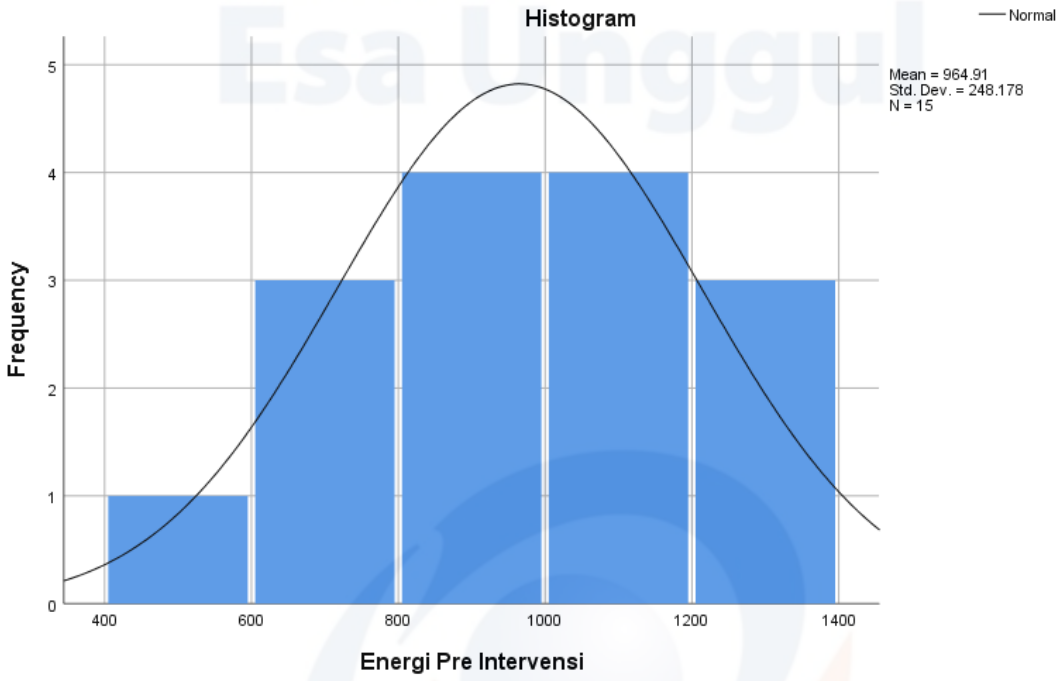
a. Lilliefors Significance Correction

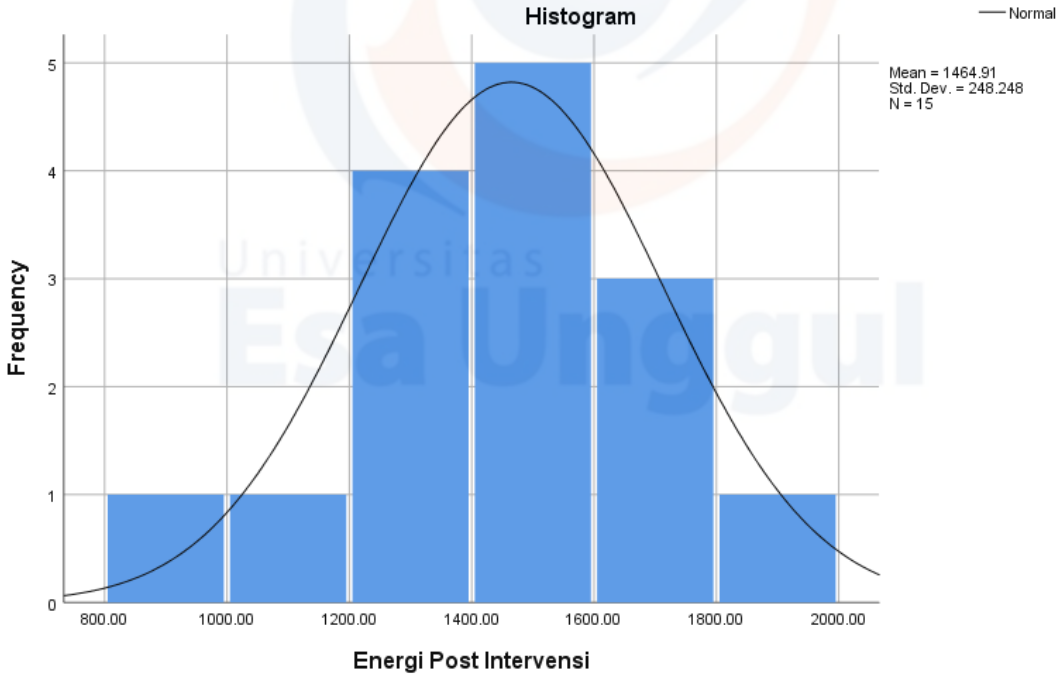
Descriptives

			Statistic	Std. Error
Status Gizi Pre Intervensi	Mean		-2.4880	.07025
	95% Confidence Interval for Mean	Lower Bound	-2.6387	
		Upper Bound	-2.3373	
	5% Trimmed Mean		-2.4889	
	Median		-2.4700	
	Variance		.074	
	Std. Deviation		.27206	
	Minimum		-2.88	
	Maximum		-2.08	
	Range		.80	
	Interquartile Range		.46	
	Skewness		.034	.580
	Kurtosis		-1.177	1.121
Status Gizi Post Intervensi	Mean		-2.1187	.05873
	95% Confidence Interval for Mean	Lower Bound	-2.2446	
		Upper Bound	-1.9927	
	5% Trimmed Mean		-2.1152	
	Median		-2.0800	
	Variance		.052	
	Std. Deviation		.22747	
	Minimum		-2.55	
	Maximum		-1.75	
	Range		.80	
	Interquartile Range		.40	
	Skewness		-.314	.580
	Kurtosis		-.429	1.121

Uji Normalitas Asupan Zat Gizi

1. Energi





Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Energi Pre Intervensi	.142	15	.200*	.977	15	.943
Energi Post Intervensi	.142	15	.200*	.977	15	.941

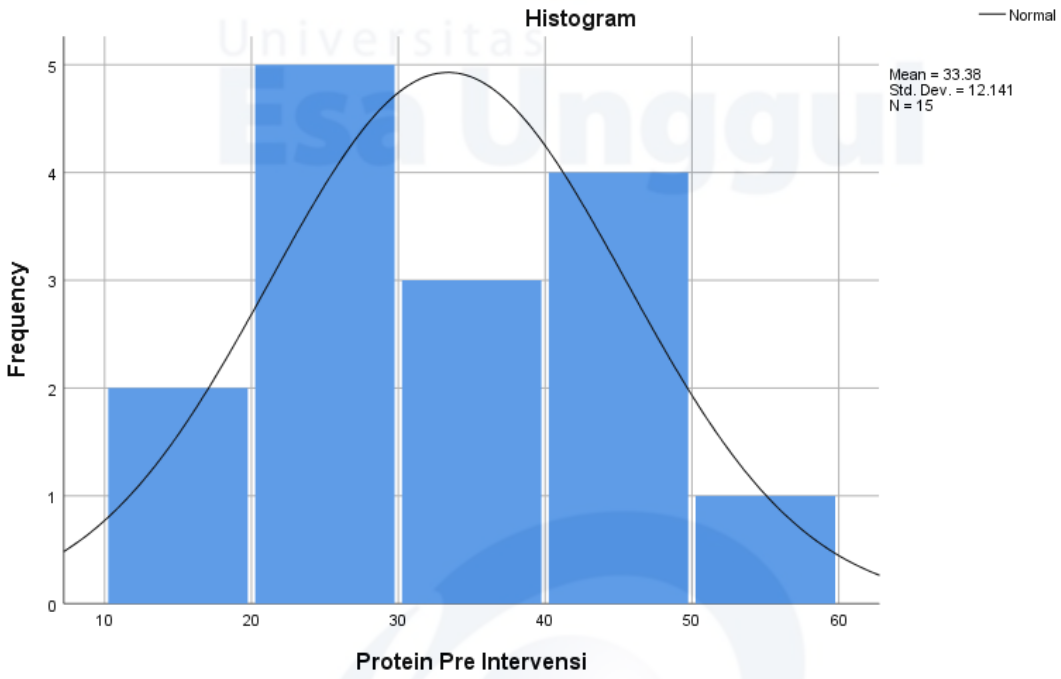
*. This is a lower bound of the true significance.

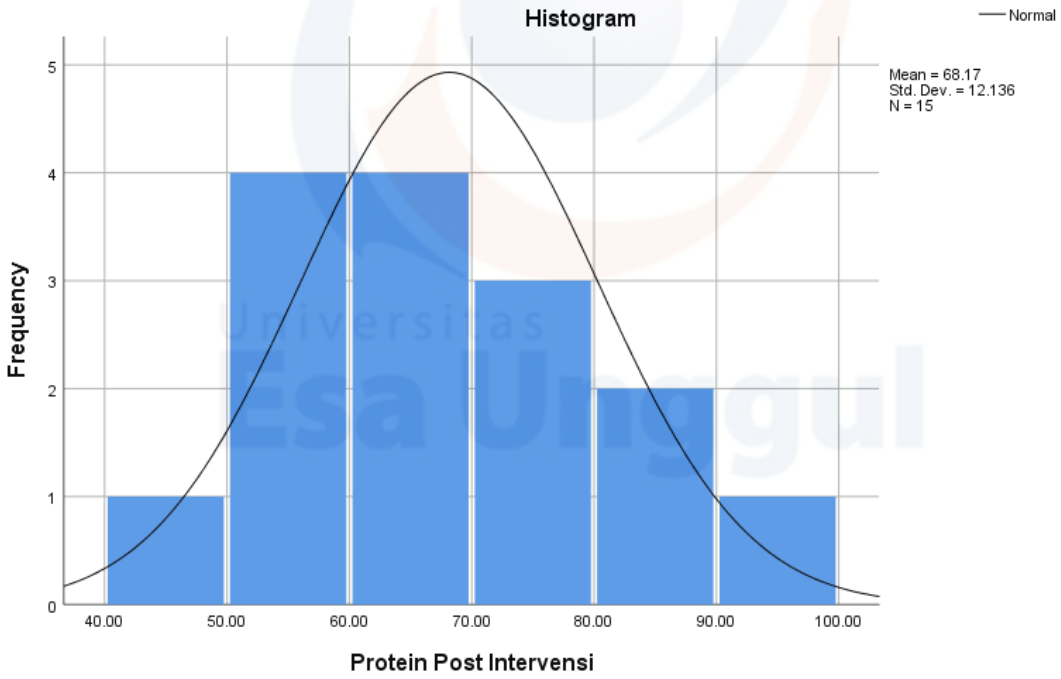
a. Lilliefors Significance Correction

Descriptives

			Statistic	Std. Error
Energi Pre Intervensi	Mean		964.91	64.079
	95% Confidence Interval for Mean	Lower Bound	827.47	
		Upper Bound	1102.34	
	5% Trimmed Mean		967.87	
	Median		979.65	
	Variance		61592.288	
	Std. Deviation		248.178	
	Minimum		485	
	Maximum		1392	
	Range		908	
	Interquartile Range		461	
	Skewness		-.080	.580
	Kurtosis		-.325	1.121
Energi Post Intervensi	Mean		1464.9087	64.09723
	95% Confidence Interval for Mean	Lower Bound	1327.4338	
		Upper Bound	1602.3836	
	5% Trimmed Mean		1467.8619	
	Median		1479.4700	
	Variance		61626.825	
	Std. Deviation		248.24751	
	Minimum		984.53	
	Maximum		1892.13	
	Range		907.60	
	Interquartile Range		461.76	
	Skewness		-.079	.580
	Kurtosis		-.327	1.121

2. Protein


Histogram
Normal
Mean = 33.38
Std. Dev. = 12.141
N = 15
Frequency
Protein Pre Intervensi


Histogram
Normal
Mean = 68.17
Std. Dev. = 12.136
N = 15
Frequency
Protein Post Intervensi

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Protein Pre Intervensi	.101	15	.200*	.980	15	.967
Protein Post Intervensi	.111	15	.200*	.978	15	.950

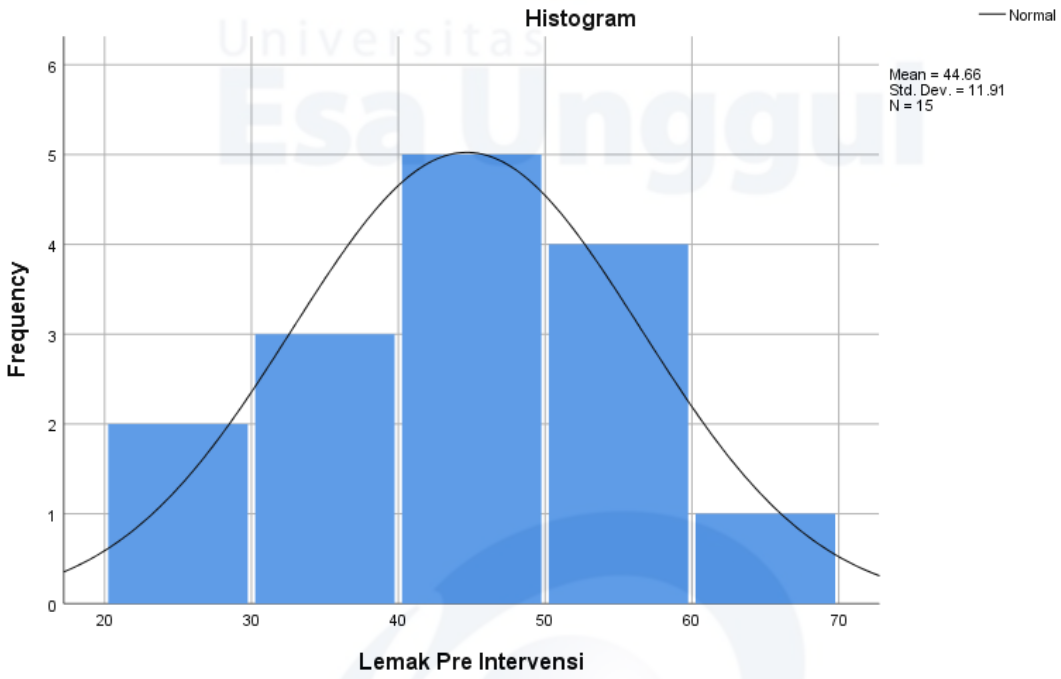
*. This is a lower bound of the true significance.

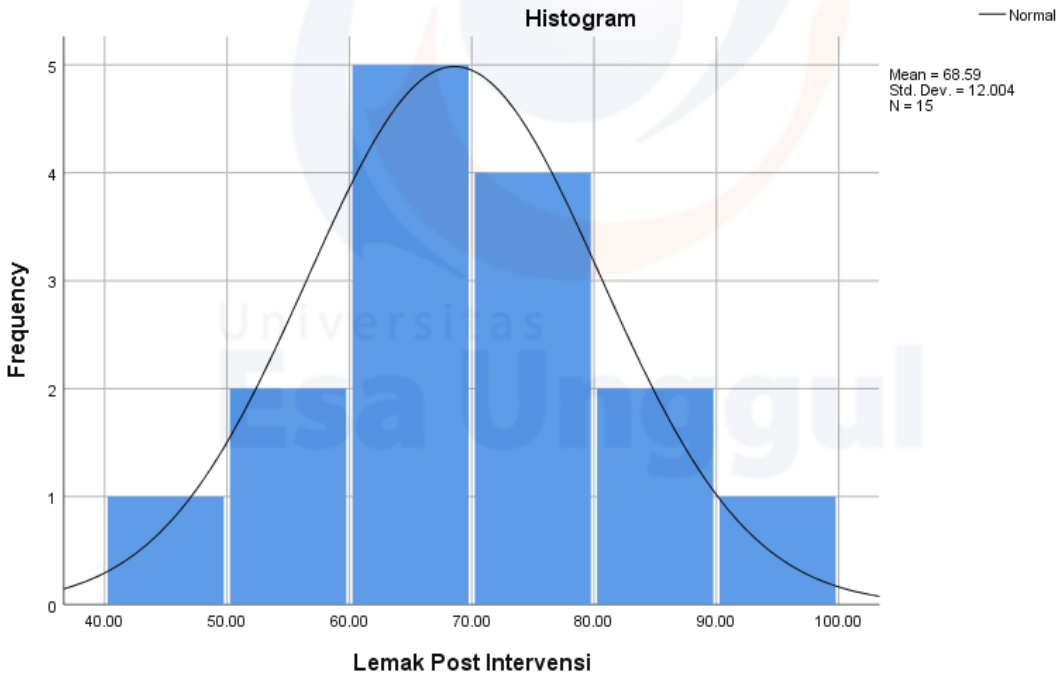
a. Lilliefors Significance Correction

Descriptives

			Statistic	Std. Error
Protein Pre Intervensi	Mean		33.38	3.135
	95% Confidence Interval for Mean	Lower Bound	26.66	
		Upper Bound	40.11	
	5% Trimmed Mean		33.19	
	Median		33.15	
	Variance		147.403	
	Std. Deviation		12.141	
	Minimum		13	
	Maximum		58	
	Range		45	
	Interquartile Range		18	
	Skewness		.217	.580
	Kurtosis		-.406	1.121
Protein Post Intervensi	Mean		68.1660	3.13357
	95% Confidence Interval for Mean	Lower Bound	61.4452	
		Upper Bound	74.8868	
	5% Trimmed Mean		67.9728	
	Median		67.7500	
	Variance		147.289	
	Std. Deviation		12.13627	
	Minimum		47.56	
	Maximum		92.25	
	Range		44.69	
	Interquartile Range		19.09	
	Skewness		.229	.580
	Kurtosis		-.460	1.121

3. Lemak


Histogram
Normal
Mean = 44.66
Std. Dev. = 11.91
N = 15
Frequency
0
1
2
3
4
5
6
20
30
40
50
60
70
Lemak Pre Intervensi


Histogram
Normal
Mean = 68.59
Std. Dev. = 12.004
N = 15
Frequency
0
1
2
3
4
5
40.00
50.00
60.00
70.00
80.00
90.00
100.00
Lemak Post Intervensi

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Lemak Pre Intervensi	.097	15	.200*	.986	15	.995
Lemak Post Intervensi	.107	15	.200*	.985	15	.992

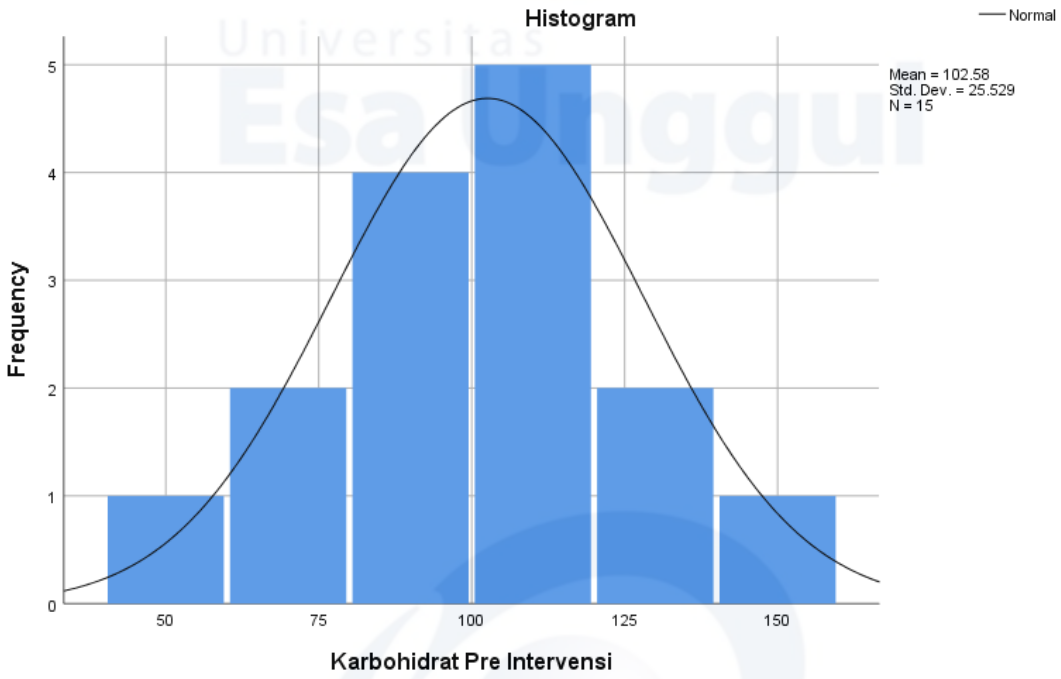
*. This is a lower bound of the true significance.

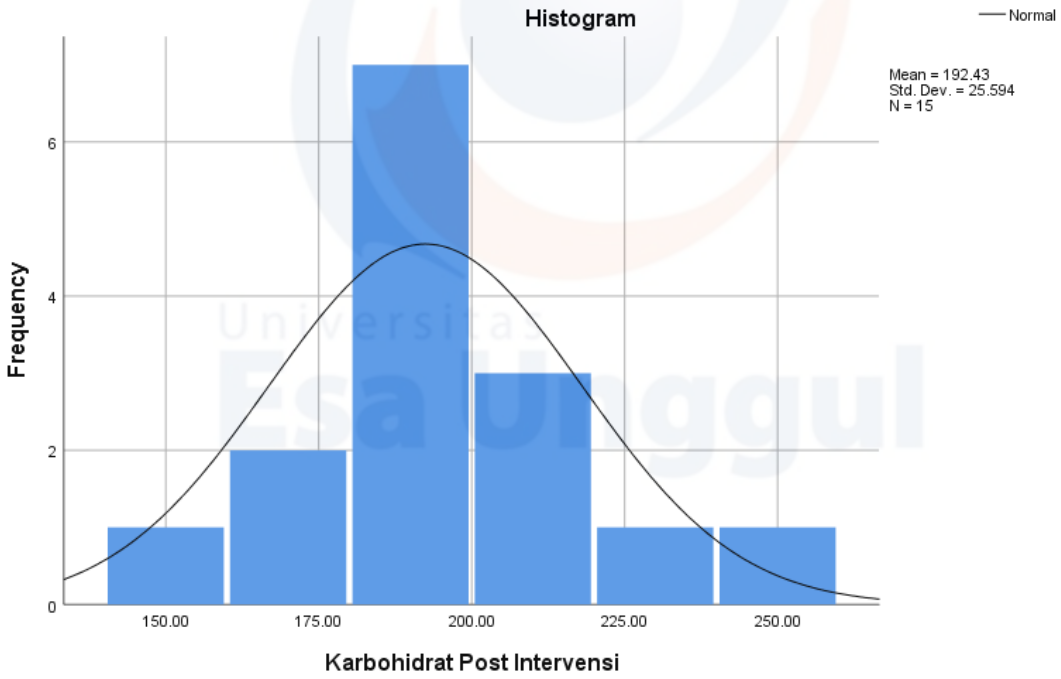
a. Lilliefors Significance Correction

Descriptives

			Statistic	Std. Error
Lemak Pre Intervensi	Mean		44.66	3.075
	95% Confidence Interval for Mean	Lower Bound	38.06	
		Upper Bound	51.25	
	5% Trimmed Mean		44.50	
	Median		42.93	
	Variance		141.859	
	Std. Deviation		11.910	
	Minimum		24	
	Maximum		68	
	Range		44	
	Interquartile Range		17	
	Skewness		.158	.580
	Kurtosis		-.178	1.121
Lemak Post Intervensi	Mean		68.5897	3.09950
	95% Confidence Interval for Mean	Lower Bound	61.9419	
		Upper Bound	75.2374	
	5% Trimmed Mean		68.4207	
	Median		67.0900	
	Variance		144.103	
	Std. Deviation		12.00430	
	Minimum		47.86	
	Maximum		92.36	
	Range		44.50	
	Interquartile Range		16.15	
	Skewness		.165	.580
	Kurtosis		-.208	1.121

4. Karbohidrat





Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Karbohidrat Pre Intervensi	.155	15	.200*	.975	15	.923
Karbohidrat Post Intervensi	.157	15	.200*	.974	15	.916

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

a. Lilliefors Significance Correction

Descriptives

			Statistic	Std. Error
Karbohidrat Pre Intervensi	Mean		102.58	6.591
	95% Confidence Interval for Mean	Lower Bound	88.44	
		Upper Bound	116.72	
	5% Trimmed Mean		102.31	
	Median		101.17	
	Variance		651.710	
	Std. Deviation		25.529	
	Minimum		56	
	Maximum		154	
	Range		98	
	Interquartile Range		30	
	Skewness		.227	.580
	Kurtosis		.202	1.121
Karbohidrat Post Intervensi	Mean		192.4307	6.60843
	95% Confidence Interval for Mean	Lower Bound	178.2570	
		Upper Bound	206.6043	
	5% Trimmed Mean		192.1335	
	Median		190.5900	
	Variance		655.070	
	Std. Deviation		25.59434	
	Minimum		145.93	
	Maximum		244.28	
	Range		98.35	
	Interquartile Range		29.35	
	Skewness		.255	.580
	Kurtosis		.224	1.121

B. Uji Paired T Test

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Berat Badan Pre Intervensi	31.667	15	3.5578	.9186
	Berat Badan Post Intervensi	32.793	15	3.6276	.9366
Pair 2	Status Gizi Pre Intervensi	-2.4880	15	.27206	.07025
	Status Gizi Post Intervensi	-2.1187	15	.22747	.05873

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Berat Badan Pre Intervensi & Berat Badan Post Intervensi	15	.987	.000
Pair 2	Status Gizi Pre Intervensi & Status Gizi Post Intervensi	15	.713	.003

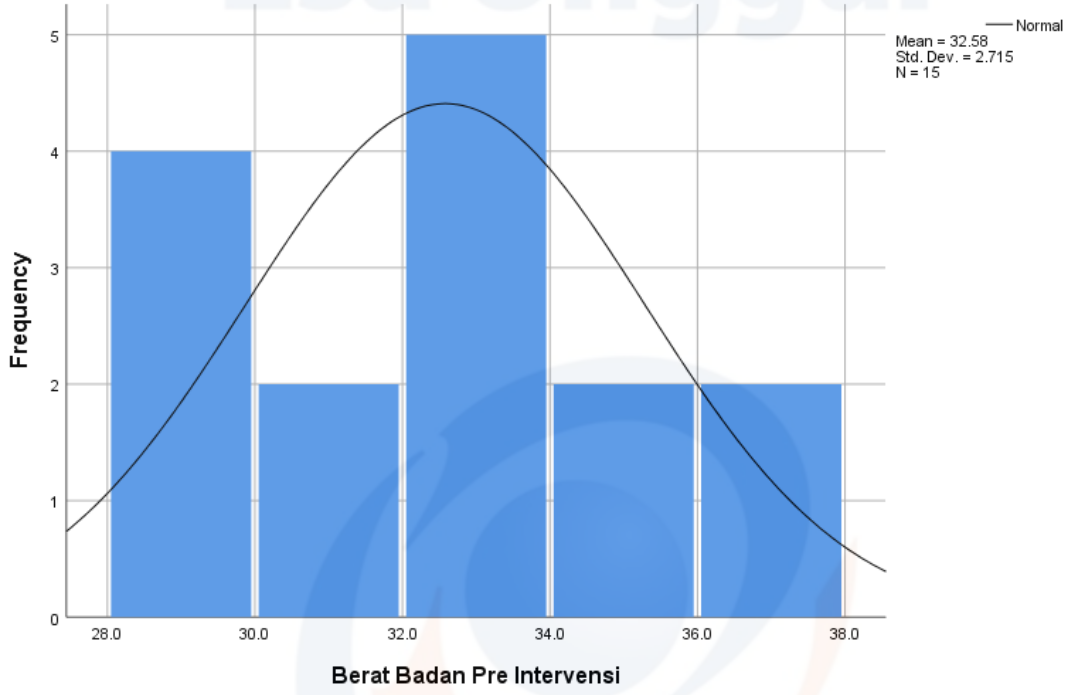
Paired Samples Test

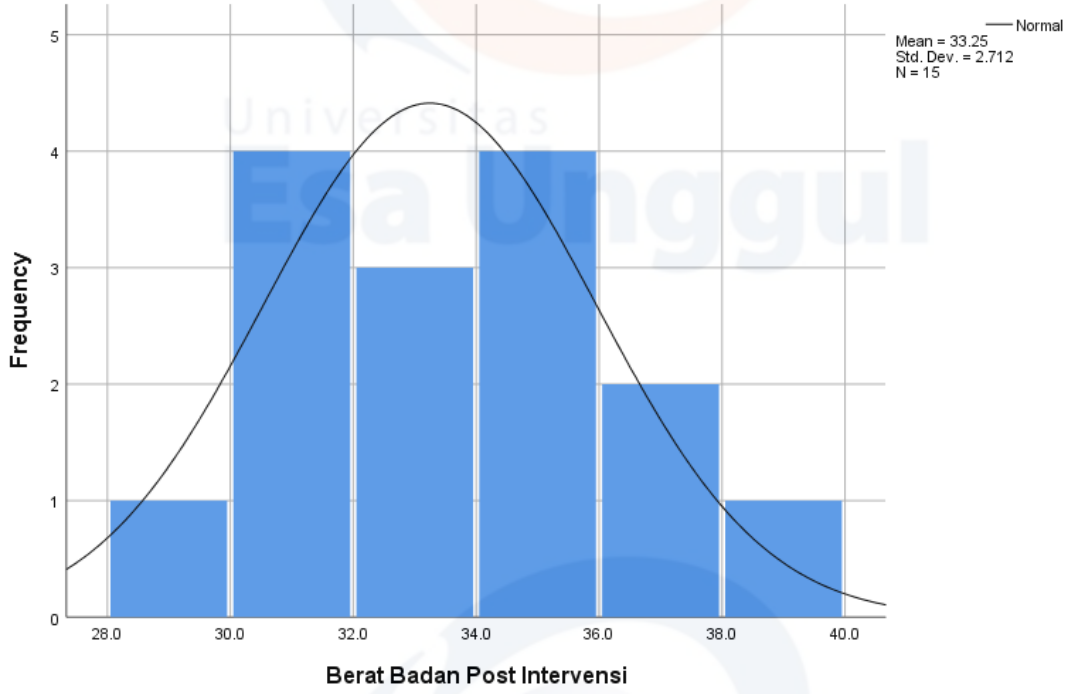
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference Lower	Upper			
Pair 1	Berat Badan Pre Intervensi - Berat Badan Post Intervensi	-1.1267	.5824	.1504	-1.4492	-.8041	-7.492	14	.000
Pair 2	Status Gizi Pre Intervensi - Status Gizi Post Intervensi	-.36933	.19352	.04997	-.47650	-.26217	-7.392	14	.000

Lampiran 11

Hasil Uji Kelompok Kontrol

A. Uji Normalitas





Tests of Normality

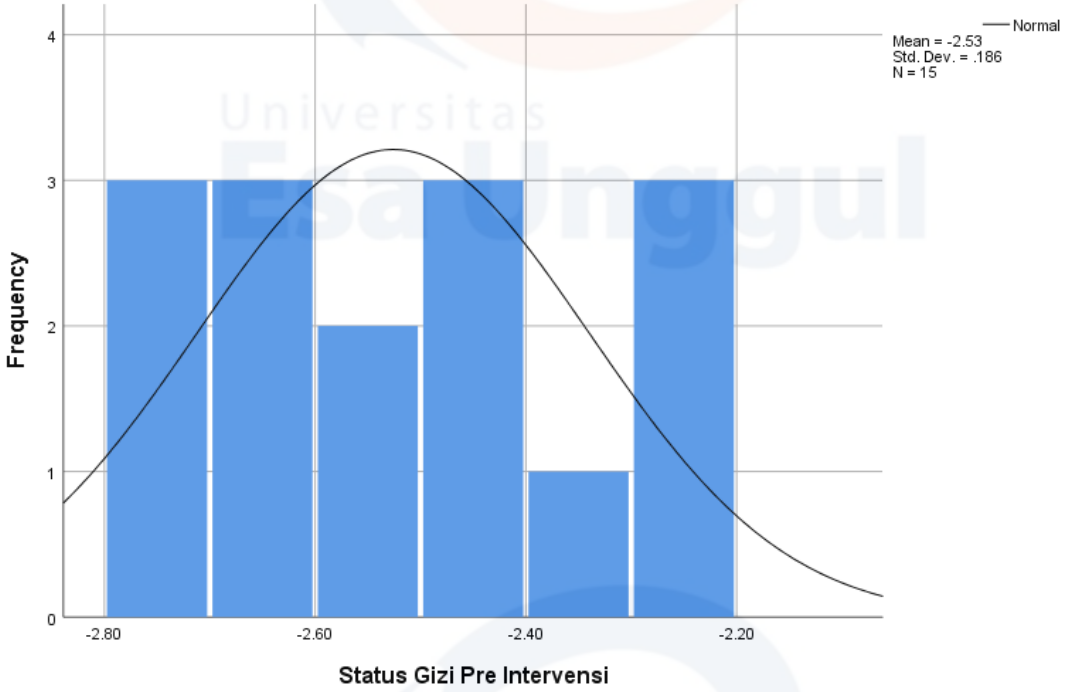
	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Berat Badan Pre Intervensi	.114	15	.200*	.959	15	.674
Berat Badan Post Intervensi	.104	15	.200*	.972	15	.893

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

a. Lilliefors Significance Correction

Descriptives

			Statistic	Std. Error
Berat Badan Pre Intervensi	Mean		32.580	.7009
	95% Confidence Interval for Mean	Lower Bound	31.077	
		Upper Bound	34.083	
	5% Trimmed Mean		32.511	
	Median		33.000	
	Variance		7.369	
	Std. Deviation		2.7146	
	Minimum		28.8	
	Maximum		37.6	
	Range		8.8	
	Interquartile Range		5.1	
	Skewness		.151	.580
	Kurtosis		-.914	1.121
Berat Badan Post Intervensi	Mean		33.247	.7003
	95% Confidence Interval for Mean	Lower Bound	31.745	
		Upper Bound	34.749	
	5% Trimmed Mean		33.191	
	Median		33.100	
	Variance		7.357	
	Std. Deviation		2.7124	
	Minimum		29.1	
	Maximum		38.4	
	Range		9.3	
	Interquartile Range		4.4	
	Skewness		.269	.580
	Kurtosis		-.722	1.121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Mean = -2.53
Std. Dev. = .186
N = 15
Frequency
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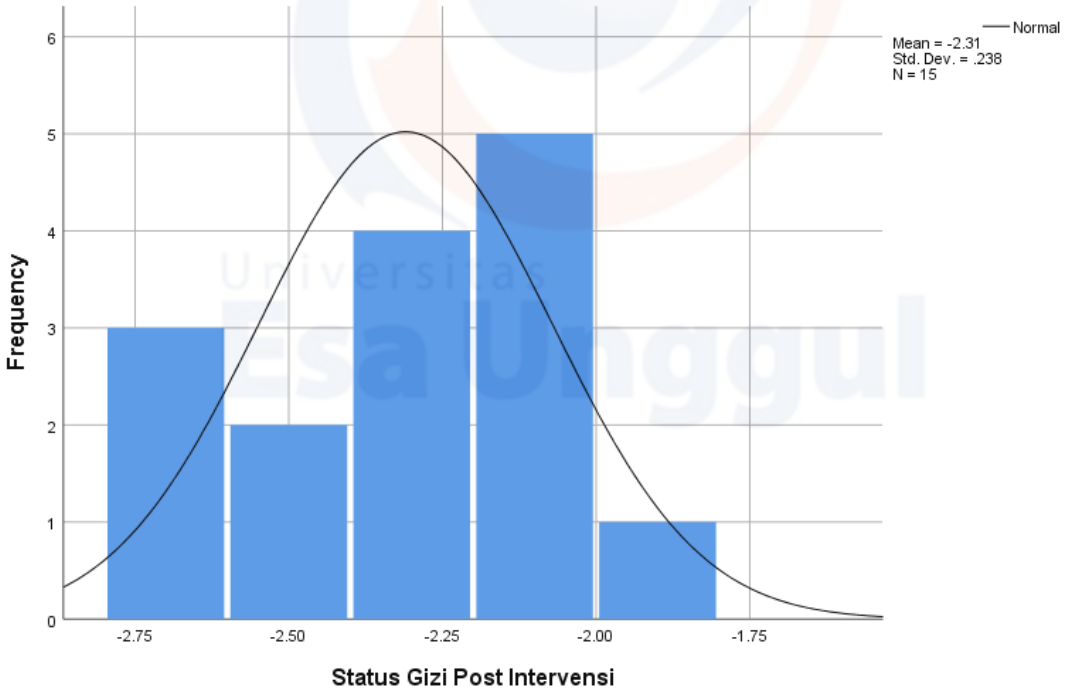
2
3
4
-2.80
-2.60
-2.40
-2.20
Status Gizi Pre Intervensi


Normal
Mean = -2.31
Std. Dev. = .238
N = 15
Frequency
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1
2
3
4
5
6
-2.75
-2.50
-2.25
-2.00
-1.75
Status Gizi Post Intervensi

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Status Gizi Pre Intervensi	.132	15	.200*	.938	15	.359
Status Gizi Post Intervensi	.147	15	.200*	.925	15	.233

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

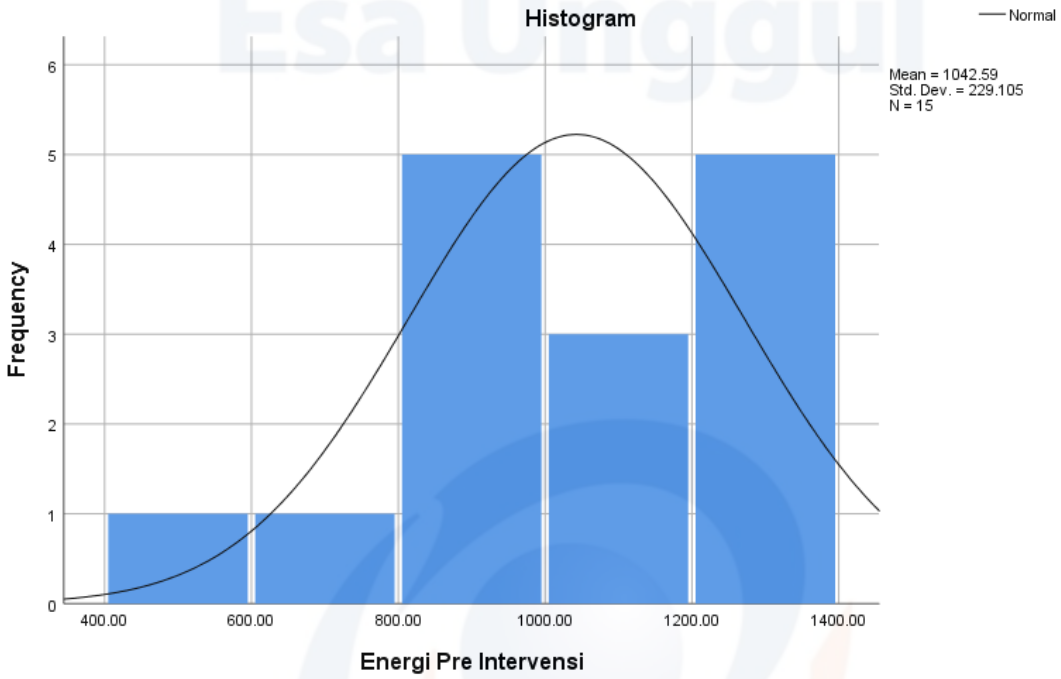
a. Lilliefors Significance Correction

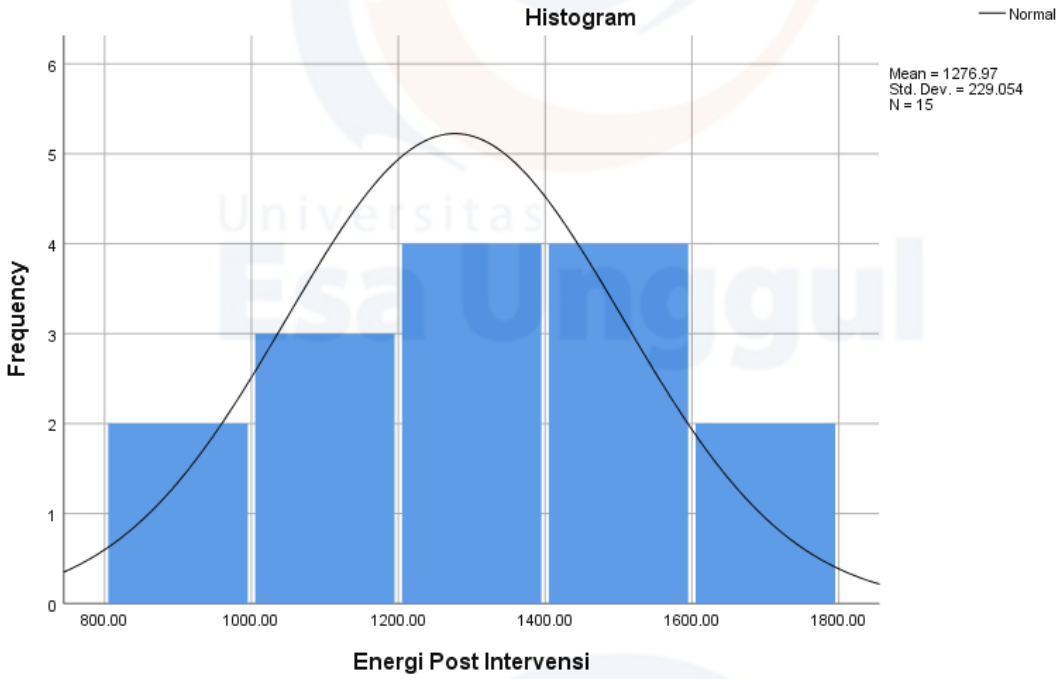
Descriptives

			Statistic	Std. Error
Status Gizi Pre Intervensi	Mean		-2.5260	.04811
	95% Confidence Interval for Mean	Lower Bound	-2.6292	
		Upper Bound	-2.4228	
	5% Trimmed Mean		-2.5272	
	Median		-2.5600	
	Variance		.035	
	Std. Deviation		.18631	
	Minimum		-2.79	
	Maximum		-2.24	
	Range		.55	
	Interquartile Range		.35	
	Skewness		.076	.580
	Kurtosis		-1.281	1.121
Status Gizi Post Intervensi	Mean		-2.3100	.06155
	95% Confidence Interval for Mean	Lower Bound	-2.4420	
		Upper Bound	-2.1780	
	5% Trimmed Mean		-2.3106	
	Median		-2.2900	
	Variance		.057	
	Std. Deviation		.23839	
	Minimum		-2.66	
	Maximum		-1.95	
	Range		.71	
	Interquartile Range		.50	
	Skewness		-.209	.580
	Kurtosis		-1.319	1.121

Uji Normalitas Asupan Zat Gizi

1. Energi





Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Energi Pre Intervensi	.136	15	.200*	.964	15	.754
Energi Post Intervensi	.135	15	.200*	.964	15	.756

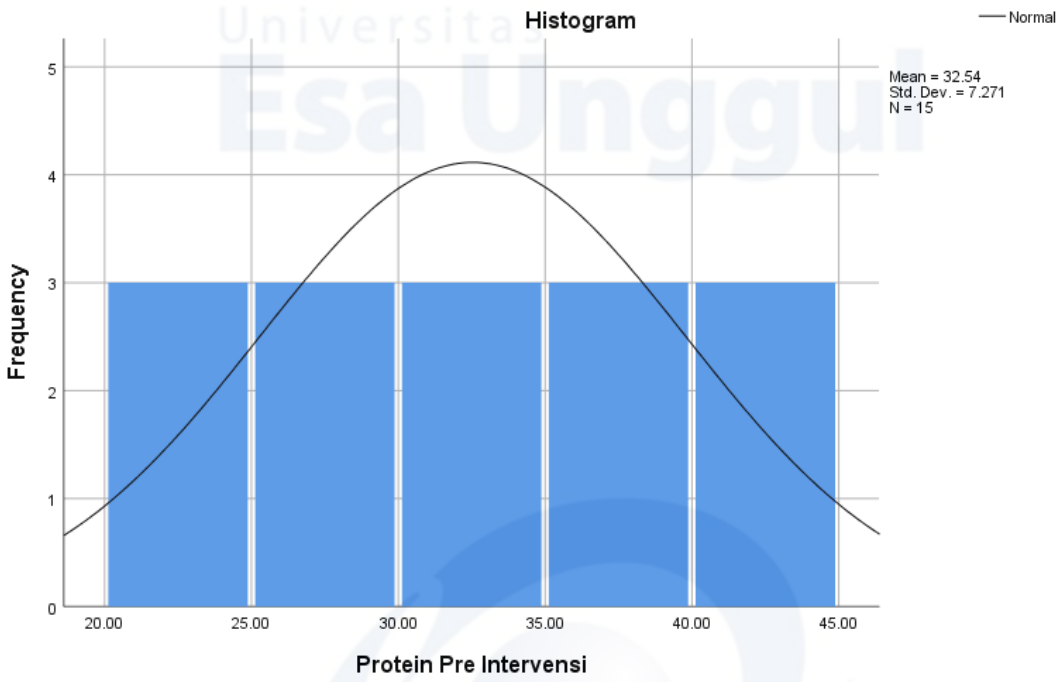
*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Descriptives

			Statistic	Std. Error
Energi Pre Intervensi	Mean		1042.5860	59.15478
	95% Confidence Interval for Mean	Lower Bound	915.7116	
		Upper Bound	1169.4604	
	5% Trimmed Mean		1048.3261	
	Median		1010.5000	
	Variance		52489.317	
	Std. Deviation		229.10547	
	Minimum		589.85	
	Maximum		1392.00	
	Range		802.15	
	Interquartile Range		319.30	
	Skewness		-.215	.580
	Kurtosis		-.349	1.121
Energi Post Intervensi	Mean		1276.9660	59.14136
	95% Confidence Interval for Mean	Lower Bound	1150.1204	
		Upper Bound	1403.8116	
	5% Trimmed Mean		1282.7150	
	Median		1244.7500	
	Variance		52465.513	
	Std. Deviation		229.05351	
	Minimum		824.24	
	Maximum		1626.21	
	Range		801.97	
	Interquartile Range		318.96	
	Skewness		-.215	.580
	Kurtosis		-.348	1.121

2. Protein


Histogram
Normal
Mean = 32.54
Std. Dev. = 7.271
N = 15
Frequency
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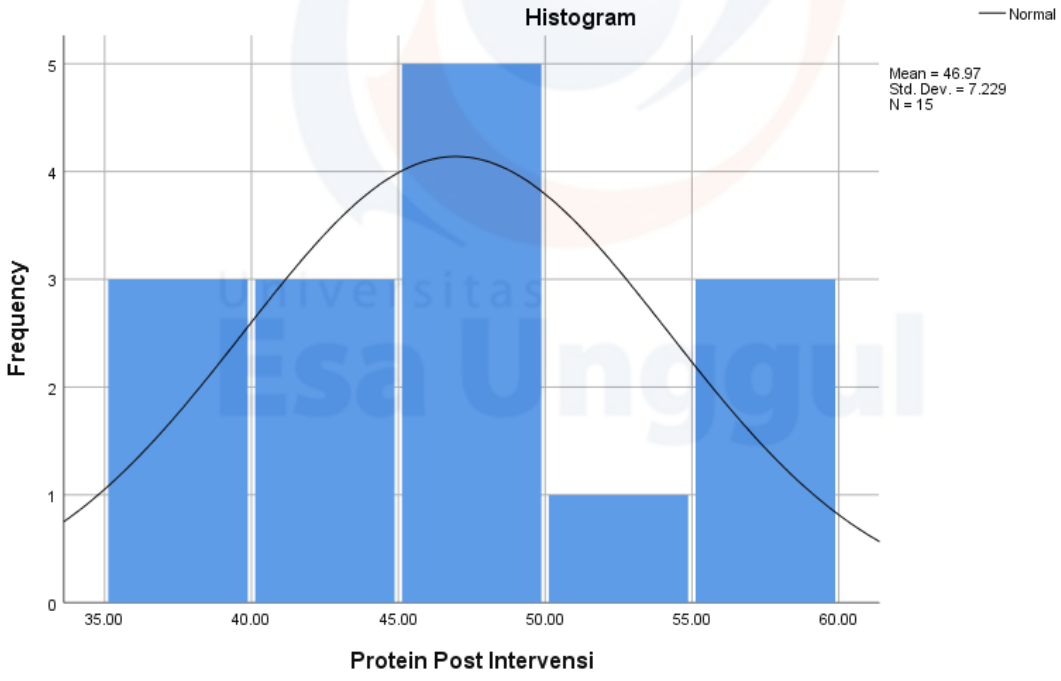
2
3
4
5
20.00
25.00
30.00
35.00
40.00
45.00
Protein Pre Intervensi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Normal
Mean = 46.97
Std. Dev. = 7.229
N = 15
Frequency
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2
3
4
5
35.00
40.00
45.00
50.00
55.00
60.00
Protein Post Intervensi

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Protein Pre Intervensi	.120	15	.200*	.945	15	.442
Protein Post Intervensi	.123	15	.200*	.944	15	.437

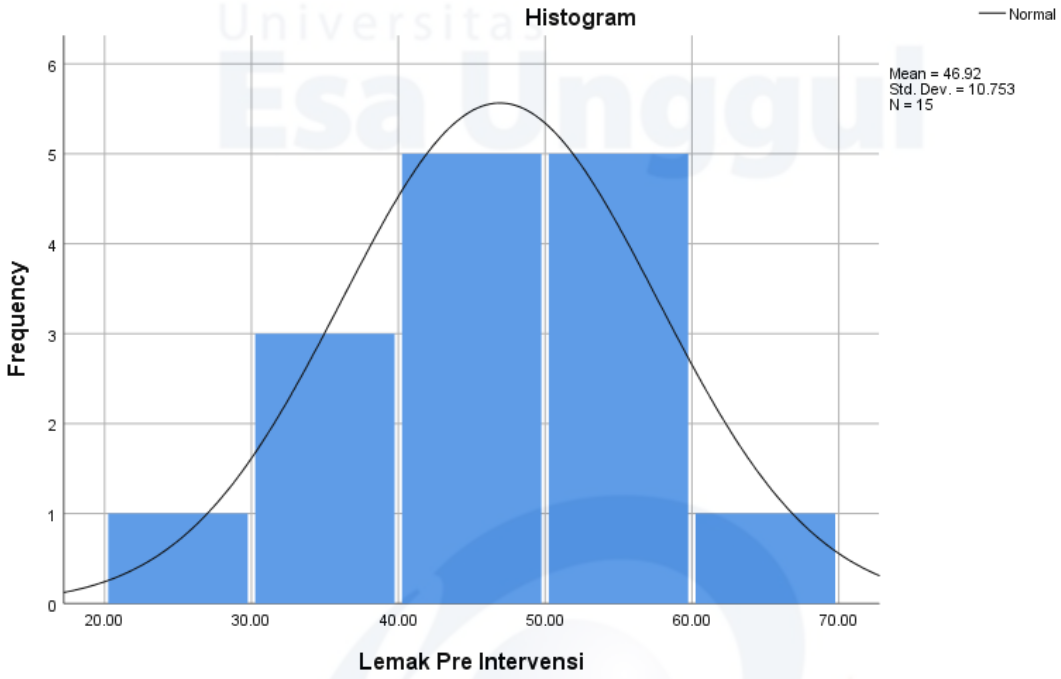
*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Descriptives

			Statistic	Std. Error
Protein Pre Intervensi	Mean		32.5353	1.87735
	95% Confidence Interval for Mean	Lower Bound	28.5088	
		Upper Bound	36.5619	
	5% Trimmed Mean		32.6059	
	Median		33.6500	
	Variance		52.867	
	Std. Deviation		7.27095	
	Minimum		20.65	
	Maximum		43.15	
	Range		22.50	
	Interquartile Range		10.68	
	Skewness		.034	.580
	Kurtosis		-1.004	1.121
Protein Post Intervensi	Mean		46.9653	1.86648
	95% Confidence Interval for Mean	Lower Bound	42.9621	
		Upper Bound	50.9685	
	5% Trimmed Mean		47.0443	
	Median		47.9500	
	Variance		52.256	
	Std. Deviation		7.22884	
	Minimum		35.09	
	Maximum		57.42	
	Range		22.33	
	Interquartile Range		10.77	
	Skewness		.040	.580
	Kurtosis		-.969	1.121

3. Lemak


Histogram
Normal
Mean = 46.92
Std. Dev. = 10.753
N = 15
Frequency
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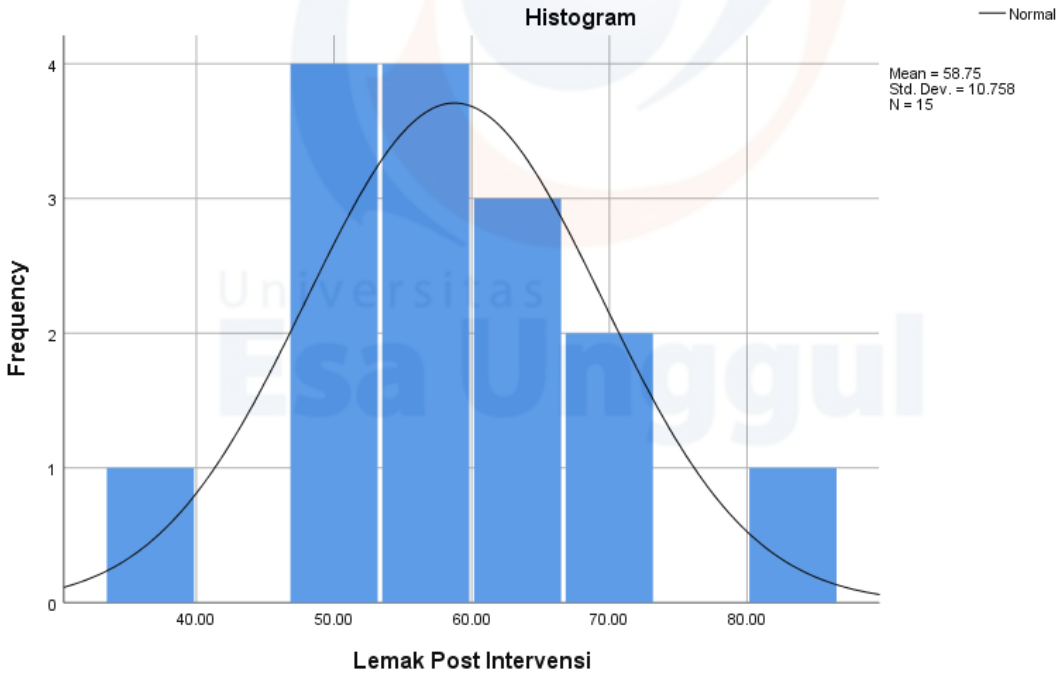
3
4
5
6
20.00
30.00
40.00
50.00
60.00
70.00
Lemak Pre Intervensi


Histogram
Normal
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Std. Dev. = 10.758
N = 15
Frequency
0
1
2
3
4
40.00
50.00
60.00
70.00
80.00
Lemak Post Intervensi

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Lemak Pre Intervensi	.091	15	.200*	.988	15	.998
Lemak Post Intervensi	.091	15	.200*	.989	15	.999

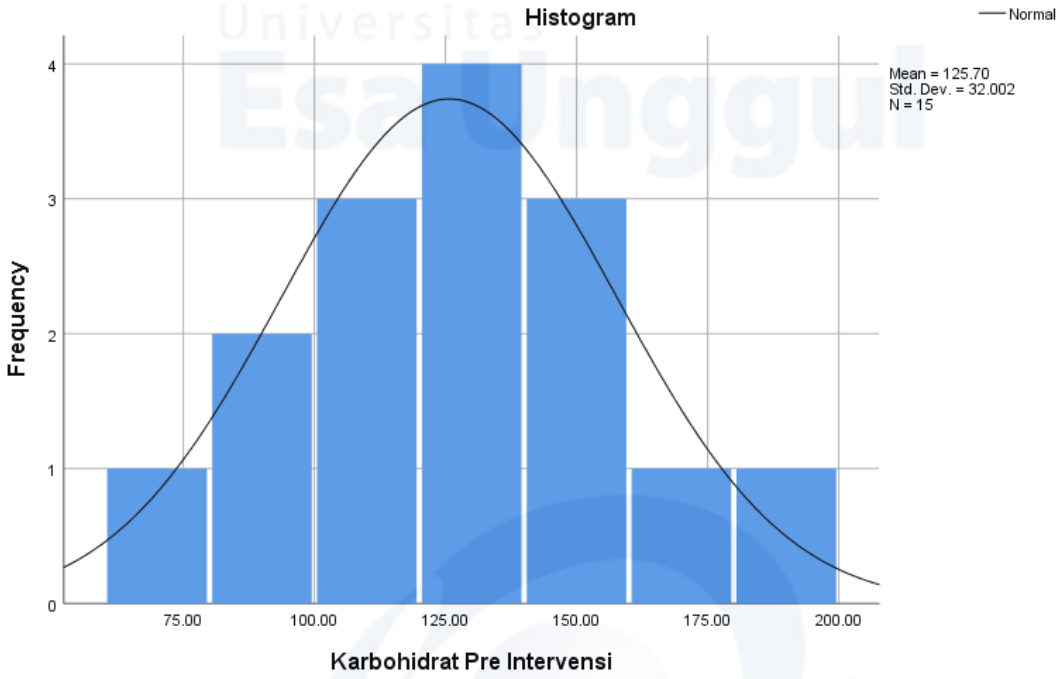
*. This is a lower bound of the true significance.

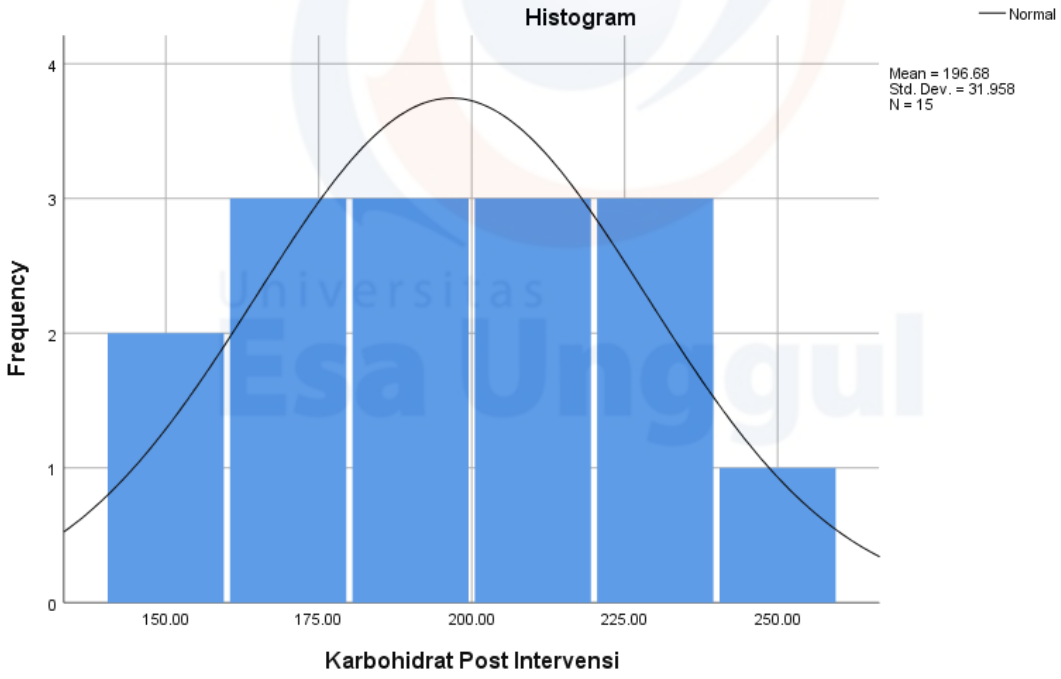
a. Lilliefors Significance Correction

Descriptives

			Statistic	Std. Error
Lemak Pre Intervensi	Mean		46.9157	2.77644
	95% Confidence Interval for Mean	Lower Bound	40.9608	
		Upper Bound	52.8705	
	5% Trimmed Mean		46.8452	
	Median		47.7000	
	Variance		115.630	
	Std. Deviation		10.75312	
	Minimum		26.80	
	Maximum		68.30	
	Range		41.50	
	Interquartile Range		14.76	
	Skewness		.146	.580
	Kurtosis		-.069	1.121
Lemak Post Intervensi	Mean		58.7457	2.77767
	95% Confidence Interval for Mean	Lower Bound	52.7882	
		Upper Bound	64.7032	
	5% Trimmed Mean		58.6696	
	Median		59.3600	
	Variance		115.732	
	Std. Deviation		10.75786	
	Minimum		38.64	
	Maximum		80.22	
	Range		41.58	
	Interquartile Range		14.43	
	Skewness		.156	.580
	Kurtosis		-.037	1.121

4. Karbohidrat





Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Karbohidrat Pre Intervensi	.091	15	.200*	.980	15	.973
Karbohidrat Post Intervensi	.094	15	.200*	.981	15	.976

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

a. Lilliefors Significance Correction

Descriptives

			Statistic	Std. Error
Karbohidrat Pre Intervensi	Mean		125.6979	8.26298
	95% Confidence Interval for Mean	Lower Bound	107.9756	
		Upper Bound	143.4203	
	5% Trimmed Mean		125.1928	
	Median		123.5000	
	Variance		1024.152	
	Std. Deviation		32.00238	
	Minimum		73.35	
	Maximum		187.14	
	Range		113.79	
	Interquartile Range		51.64	
	Skewness		.228	.580
	Kurtosis		-.597	1.121
Karbohidrat Post Intervensi	Mean		196.6787	8.25140
	95% Confidence Interval for Mean	Lower Bound	178.9812	
		Upper Bound	214.3761	
	5% Trimmed Mean		196.1807	
	Median		194.9600	
	Variance		1021.283	
	Std. Deviation		31.95752	
	Minimum		144.18	
	Maximum		258.14	
	Range		113.96	
	Interquartile Range		51.21	
	Skewness		.223	.580
	Kurtosis		-.580	1.121

B. Uji Paired T Test

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Berat Badan Pre Intervensi	32.580	15	2.7146	.7009
	Berat Badan Post Intervensi	33.247	15	2.7124	.7003
Pair 2	Status Gizi Pre Intervensi	-2.5260	15	.18631	.04811
	Status Gizi Post Intervensi	-2.3100	15	.23839	.06155

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Berat Badan Pre Intervensi & Berat Badan Post Intervensi	15	.988	.000
Pair 2	Status Gizi Pre Intervensi & Status Gizi Post Intervensi	15	.802	.000

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference Lower	Upper			
Pair 1	Berat Badan Pre Intervensi - Berat Badan Post Intervensi	-.6667	.4271	.1103	-.9032	-.4302	-6.046	14	.000
Pair 2	Status Gizi Pre Intervensi - Status Gizi Post Intervensi	-.21600	.14262	.03682	-.29498	-.13702	-5.866	14	.000

Lampiran 12

Hasil Uji Independent T Test

Group Statistics

	Kelompok Responden	N	Mean	Std. Deviation	Std. Error Mean
Selisih_BB	Intervensi	15	1.1267	.58244	.15039
	Kontrol	15	.6667	.42706	.11027

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
									95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
Selisih_BB	Equal variances assumed	.804	.378	2.467	28	.020	.46000	.18648	.07801	.84199
	Equal variances not assumed			2.467	25.678	.021	.46000	.18648	.07645	.84355

Group Statistics

	Kelompok Responden	N	Mean	Std. Deviation	Std. Error Mean
Selisih_SG	Intervensi	15	.3693	.19352	.04997
	Kontrol	15	.2160	.14262	.03682

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
									95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
Selisih_SG	Equal variances assumed	.423	.521	2.470	28	.020	.15333	.06207	.02619	.28048
	Equal variances not assumed			2.470	25.743	.020	.15333	.06207	.02569	.28098

Lampiran 13

Data Kepatuhan Konsumsi

Kelompok Intervensi

Nama	Kelas	Tanggal																					Total (gram)	% Total
		Juli												Agustus										
		20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9		
An. PA	7A	0	64	0	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. AA	7A	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. KA	7A	100	73	80	89	100	100	100	100	100	80	89	100	100	100	100	100	100	100	100	100	100	1269	98%
An. AZ	7C	0	100	100	70	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. R	7D	100	100	70	0	100	100	100	100	100	90	100	70	100	100	100	100	100	100	100	100	100	1260	97%
An. NP	7I	100	100	0	0	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. NA	8B	80	70	65	64	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. PS	8C	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. SA	8C	100	90	100	70	100	100	100	100	100	100	100	100	100	90	90	100	100	100	100	100	100	1280	98%
An. DP	8D	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. JR	9A	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. PH	9B	80	89	100	100	100	100	100	100	100	100	70	65	64	100	100	100	100	100	100	100	100	1199	92%
An. AN	9B	100	80	70	65	64	100	100	100	100	65	64	100	100	100	100	100	100	100	100	100	100	1229	95%
An. NR	9C	65	64	100	100	100	100	100	100	100	100	100	90	100	70	100	100	100	100	100	100	100	1260	97%
An. BA	9D	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
Jumlah																							**19197**	**98%**

Data Kepatuhan Konsumsi

Kelompok Kontrol

Nama	Kelas	Tanggal																					Total (gram)	% Total
		Juli												Agustus										
		20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9		
An. AR	7D	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. LA	7E	100	100	0	0	100	100	100	100	100	100	100	100	100	100	100	0	100	100	0	100	100	1100	85%
An. U	7F	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. YJ	7G	100	100	100	100	100	100	100	100	100	0	100	100	100	100	100	100	100	100	100	100	100	1200	92%
An. AP	7H	100	100	100	0	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. SF	8D	100	100	100	100	100	100	100	100	100	100	100	100	0	100	100	100	100	100	100	100	100	1200	92%
An. VA	8D	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. MM	8E	100	100	90	0	100	0	100	100	100	100	100	100	100	100	0	100	100	100	100	100	100	1200	92%
An. SM	8F	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	1300	100%
An. SS	8I	100	80	89	100	100	100	100	100	65	64	100	100	100	100	100	100	100	100	100	100	100	1229	95%
An. SA	9D	0	100	0	100	100	100	100	100	100	100	100	100	100	100	100	0	0	100	100	100	100	1100	85%
An. RA	9D	100	0	100	0	100	100	100	100	100	90	100	70	100	100	100	100	100	100	100	100	100	1260	97%
An. SM	9G	100	100	100	0	100	0	100	100	100	100	0	80	100	100	90	100	100	100	100	100	100	1170	90%
An. ND	9G	100	100	100	100	80	89	100	100	100	0	0	65	100	0	90	100	100	100	100	100	100	955	73%
An. DH	9I	100	100	80	89	100	100	100	100	100	100	100	100	70	65	64	100	100	100	100	100	100	1199	92%
Jumlah																							**18113**	**93%**

Lampiran 14

Dokumentasi Penelitian