

OUTPUT SPSS

1. Analisis Univariat

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Usia Responden	50	39	73	57.46	8.906
Berat Badan	50	47.5	84.0	61.956	10.4229
Tinggi Badan	50	142.0	170.9	155.776	6.7561
Rata-rata KGD	50	92	328	149.66	50.624
Valid N (listwise)	50				

Status Senam

	Frequency	Percent
ya	25	50.0
Valid tidak	25	50.0
Total	50	100.0

Jenis Kelamin * Status Senam Crosstabulation

			Status Senam	
			ya	tidak
Jenis Kelamin	Laki-laki	Count	1	5
		% within Status Senam	4.0%	20.0%
	Perempuan	Count	24	20
		% within Status Senam	96.0%	80.0%
Total		Count	25	25
		% within Status Senam	100.0%	100.0%

Kategori Usia * Status Senam Crosstabulation

			Status Senam	
			ya	tidak
Kategori Usia	<50	Count	5	4
		% within Status Senam	20.0%	16.0%
	>=50	Count	20	21
		% within Status Senam	80.0%	84.0%
Total		Count	25	25
		% within Status Senam	100.0%	100.0%

Pendidikan * Status Senam Crosstabulation

		Status Senam		
		ya	tidak	
Pendidikan	rendah	Count	8	9
		% within Status Senam	32.0%	36.0%
	tinggi	Count	17	16
		% within Status Senam	68.0%	64.0%
Total	Count	25	25	
	% within Status Senam	100.0%	100.0%	

Kategori IMT * Status Senam Crosstabulation

		Status Senam		
		ya	tidak	
Kategori IMT	normal	Count	13	9
		% within Status Senam	52.0%	36.0%
	gemuk	Count	12	16
		% within Status Senam	48.0%	64.0%
Total	Count	25	25	
	% within Status Senam	100.0%	100.0%	

Kategori KGD * Status Senam Crosstabulation

			Status Senam	
			ya	tidak
Kategori KGD	normal	Count	16	8
		% within Status Senam	64.0%	32.0%
	tinggi	Count	9	17
		% within Status Senam	36.0%	68.0%
Total		Count	25	25
		% within Status Senam	100.0%	100.0%

2. Analisis Bivariat

Group Statistics

	Status Senam	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata KGD	ya	25	132.12	26.398	5.280
	tidak	25	167.20	62.406	12.481

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata KGD	Equal variances assumed	7.988	.007	-2.589	48	.013	-35.080	13.552	-62.328	-7.832
	Equal variances not assumed			-2.589	32.322	.014	-35.080	13.552	-62.674	-7.486

a. Kelompok Senam

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Usia Responden	25	41	73	59.96	10.052
Berat Badan	25	47.5	75.9	58.552	9.4073
Tinggi Badan	25	142.0	170.0	153.492	6.3716
Rata-rata KGD	25	92	188	132.12	26.398
Valid N (listwise)	25				

Group Statistics

	Jenis Kelamin	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata KGD	Laki-laki	1	155.00	.	.
	Perempuan	24	131.17	26.523	5.414

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata KGD	Equal variances assumed	.	.	.880	23	.388	23.833	27.070	-32.164	79.831
	Equal variances not assumed	23.833	.	.	.

Group Statistics

	Kategori Usia	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata KGD	<50	5	118.80	21.335	9.541
	>=50	20	135.45	26.945	6.025

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata KGD	Equal variances assumed	.894	.354	-1.278	23	.214	-16.650	13.028	-43.601	10.301
	Equal variances not assumed			-1.475	7.573	.180	-16.650	11.285	-42.930	9.630

Group Statistics

	Pendidikan	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata KGD	rendah	8	143.88	26.287	9.294
	tinggi	17	126.59	25.326	6.142

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata KGD	Equal variances assumed	.002	.961	1.574	23	.129	17.287	10.985	-5.438	40.012
	Equal variances not assumed			1.552	13.338	.144	17.287	11.140	-6.718	41.292

Group Statistics

	Kategori IMT	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata KGD	normal	13	129.15	26.882	7.456
	gemuk	12	135.33	26.654	7.694

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata KGD	Equal variances assumed	.453	.508	-.577	23	.570	-6.179	10.718	-28.351	15.992
	Equal variances not assumed			-.577	22.871	.570	-6.179	10.714	-28.350	15.991

b. Kelompok Tidak Senam

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Usia Responden	25	39	65	54.96	6.919
Berat Badan	25	49.0	84.0	65.360	10.4482
Tinggi Badan	25	147.0	170.9	158.060	6.4597
Rata-rata KGD	25	92	328	167.20	62.406
Valid N (listwise)	25				

Group Statistics

	Jenis Kelamin	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata KGD	Laki-laki	5	195.60	90.140	40.312
	Perempuan	20	160.10	54.254	12.131

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata KGD	Equal variances assumed	2.831	.106	1.145	23	.264	35.500	31.003	-28.634	99.634
	Equal variances not assumed			.843	4.749	.439	35.500	42.098	-74.458	145.458

Group Statistics

	Kategori Usia	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata KGD	<50	4	137.50	36.355	18.177
	>=50	21	172.86	65.308	14.251

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata KGD	Equal variances assumed	1.592	.220	-1.040	23	.309	-35.357	33.987	-105.665	34.950
	Equal variances not assumed			-1.531	7.402	.167	-35.357	23.098	-89.380	18.665

Group Statistics

	Pendidikan	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata KGD	rendah	9	175.11	76.283	25.428
	tinggi	16	162.75	55.399	13.850

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata KGD	Equal variances assumed	2.093	.162	.468	23	.644	12.361	26.436	-42.327	67.049
	Equal variances not assumed			.427	12.848	.677	12.361	28.955	-50.267	74.990

Group Statistics

	Kategori IMT	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata KGD	normal	9	131.78	30.012	10.004
	gemuk	16	187.13	67.635	16.909

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata KGD	Equal variances assumed	4.425	.047	-2.314	23	.030	-55.347	23.924	-104.837	-5.858
	Equal variances not assumed			-2.817	22.232	.010	-55.347	19.646	-96.067	-14.627