















**Lampiran 3.**

**HASIL ANALISIS SPSS**

**A. Hasil Analisis Univariat**

1. Kadar Kolesterol LDL dan HDL

**Statistics**

		Kolesterol HDL	Kolesterol LDL
N	Valid	32	32
	Missing	0	0
Mean		44.97	149.03
Median		42.00	158.50
Std. Deviation		11.613	30.879
Minimum		29	96
Maximum		70	210

**Kolesterol HDL**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	29	1	3.1	3.1	3.1
	30	2	6.2	6.2	9.4
	31	1	3.1	3.1	12.5
	32	1	3.1	3.1	15.6
	33	1	3.1	3.1	18.8
	34	2	6.2	6.2	25.0
	35	1	3.1	3.1	28.1
	36	1	3.1	3.1	31.2
	38	2	6.2	6.2	37.5
	40	2	6.2	6.2	43.8
	41	1	3.1	3.1	46.9
	42	2	6.2	6.2	53.1



44	1	3.1	3.1	56.2
45	1	3.1	3.1	59.4
50	2	6.2	6.2	65.6
51	1	3.1	3.1	68.8
53	1	3.1	3.1	71.9
56	1	3.1	3.1	75.0
57	2	6.2	6.2	81.2
58	2	6.2	6.2	87.5
60	1	3.1	3.1	90.6
62	1	3.1	3.1	93.8
63	1	3.1	3.1	96.9
70	1	3.1	3.1	100.0
Total	32	100.0	100.0	

**Kolesterol LDL**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 96	1	3.1	3.1	3.1
98	1	3.1	3.1	6.2
105	1	3.1	3.1	9.4
110	1	3.1	3.1	12.5
112	1	3.1	3.1	15.6
115	2	6.2	6.2	21.9
117	1	3.1	3.1	25.0
121	1	3.1	3.1	28.1
123	1	3.1	3.1	31.2
125	2	6.2	6.2	37.5
150	1	3.1	3.1	40.6
153	1	3.1	3.1	43.8
155	1	3.1	3.1	46.9
158	1	3.1	3.1	50.0
159	1	3.1	3.1	53.1

160	2	6.2	6.2	59.4
162	1	3.1	3.1	62.5
163	1	3.1	3.1	65.6
165	1	3.1	3.1	68.8
170	1	3.1	3.1	71.9
171	1	3.1	3.1	75.0
174	1	3.1	3.1	78.1
177	1	3.1	3.1	81.2
178	1	3.1	3.1	84.4
180	1	3.1	3.1	87.5
185	1	3.1	3.1	90.6
187	1	3.1	3.1	93.8
190	1	3.1	3.1	96.9
210	1	3.1	3.1	100.0
Total	32	100.0	100.0	

## 2. Asupan Serat dan Asupan Niasin

### Statistics

		Asupan Serat	Asupan Niasin
N	Valid	32	32
	Missing	0	0
Mean		36.7619	25.1378
Median		34.7550	22.6800
Std. Deviation		10.97044	10.53241
Minimum		21.19	6.47
Maximum		60.45	53.36

**Asupan Serat**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	21.19	1	3.1	3.1	3.1
	22.43	1	3.1	3.1	6.2
	22.63	1	3.1	3.1	9.4
	22.8	1	3.1	3.1	12.5
	23.5	1	3.1	3.1	15.6
	23.86	1	3.1	3.1	18.8
	25.67	1	3.1	3.1	21.9
	27.68	1	3.1	3.1	25.0
	28.89	1	3.1	3.1	28.1
	29.06	1	3.1	3.1	31.2
	30.67	1	3.1	3.1	34.4
	30.94	1	3.1	3.1	37.5
	34.09	1	3.1	3.1	40.6
	34.33	1	3.1	3.1	43.8
	34.45	1	3.1	3.1	46.9
	34.67	1	3.1	3.1	50.0
	34.84	1	3.1	3.1	53.1
	35.06	1	3.1	3.1	56.2
	37.05	1	3.1	3.1	59.4
	39.16	1	3.1	3.1	62.5
	41.27	1	3.1	3.1	65.6
	41.31	1	3.1	3.1	68.8
	42.81	1	3.1	3.1	71.9
	43.5	1	3.1	3.1	75.0
	45.65	1	3.1	3.1	78.1
	46.17	1	3.1	3.1	81.2
	48.78	1	3.1	3.1	84.4
	50.87	1	3.1	3.1	87.5
	52.29	1	3.1	3.1	90.6

54.87	1	3.1	3.1	93.8
55.44	1	3.1	3.1	96.9
60.45	1	3.1	3.1	100.0
Total	32	100.0	100.0	

**Asupan Niasin**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	6.47	1	3.1	3.1	3.1
	9.18	1	3.1	3.1	6.2
	10.56	1	3.1	3.1	9.4
	13.43	1	3.1	3.1	12.5
	15.91	1	3.1	3.1	15.6
	16.36	1	3.1	3.1	18.8
	19.34	1	3.1	3.1	21.9
	19.41	1	3.1	3.1	25.0
	19.47	1	3.1	3.1	28.1
	19.68	1	3.1	3.1	31.2
	20.28	1	3.1	3.1	34.4
	20.81	2	6.2	6.2	40.6
	21.31	1	3.1	3.1	43.8
	22.01	1	3.1	3.1	46.9
	22.67	1	3.1	3.1	50.0
	22.69	1	3.1	3.1	53.1
	22.83	1	3.1	3.1	56.2
	23.04	1	3.1	3.1	59.4
	26.26	1	3.1	3.1	62.5
	27.69	1	3.1	3.1	65.6
	28.5	1	3.1	3.1	68.8
	29.06	1	3.1	3.1	71.9
	30.68	1	3.1	3.1	75.0
	32.02	1	3.1	3.1	78.1
	34.44	1	3.1	3.1	81.2
	35.12	1	3.1	3.1	84.4
	35.18	1	3.1	3.1	87.5
	37.24	1	3.1	3.1	90.6
	41.91	1	3.1	3.1	93.8
	46.69	1	3.1	3.1	96.9

53.36	1	3.1	3.1	100.0
Total	32	100.0	100.0	

## A. Hasil Analisis Bivariat

### 1. Uji Normalitas Data

#### Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Asupan Serat	.124	32	.200 <sup>*</sup>	.952	32	.170
Asupan Niasin	.173	32	.016	.957	32	.221
Kolesterol HDL	.132	32	.167	.937	32	.062
Kolesterol LDL	.157	32	.044	.939	32	.072

a. Lilliefors Significance Correction

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

### 2. Asupan serat dan Kadar Kolesterol LDL

#### Correlations

		Asupan Serat	Kolesterol LDL
Asupan Serat	Pearson Correlation	1	-.681 <sup>**</sup>
	Sig. (2-tailed)		.000
	N	32	32
Kolesterol LDL	Pearson Correlation	-.681 <sup>**</sup>	1
	Sig. (2-tailed)	.000	
	N	32	32

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

### 3. Asupan Serat dan Kadar Kolesterol LDL

#### Correlations

		Asupan Serat	Kolesterol HDL
Asupan Serat	Pearson Correlation	1	.621**
	Sig. (2-tailed)		.000
	N	32	32
Kolesterol HDL	Pearson Correlation	.621**	1
	Sig. (2-tailed)	.000	
	N	32	32

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

### 4. Asupan Niasin dan Kadar Kolesterol LDL

#### Correlations

		Asupan Niasin	Kolesterol LDL
Asupan Niasin	Pearson Correlation	1	-.590**
	Sig. (2-tailed)		.000
	N	32	32
Kolesterol LDL	Pearson Correlation	-.590**	1
	Sig. (2-tailed)	.000	
	N	32	32

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

## 5. Asupan Niasin dan Kolesterol HDL

### Correlations

		Asupan Niasin	Kolesterol HDL
Asupan Niasin	Pearson Correlation	1	.560**
	Sig. (2-tailed)		.001
	N	32	32
Kolesterol HDL	Pearson Correlation	.560**	1
	Sig. (2-tailed)	.001	
	N	32	32

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

### B. Analisis Multivariat

#### 1. Korelasi Asupan Serat, Asupan Niasin, Kadar Kolesterol LDL

#### Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.747 <sup>a</sup>	.558	.527	21.229

a. Predictors: (Constant), Asupan Niasin, Asupan Serat

#### ANOVA<sup>b</sup>

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	16489.221	2	8244.611	18.294	.000 <sup>a</sup>
	Residual	13069.748	29	450.681		
	Total	29558.969	31			

a. Predictors: (Constant), Asupan Niasin, Asupan Serat

b. Dependent Variable: Kolesterol LDL



### Coefficients<sup>a</sup>

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
1(Constant)	228.225	13.772		16.572	.000	200.058	256.392
Asupan Serat	-1.458	.394	-.518	-3.704	.001	-2.263	-.653
Asupan Niasin	-1.018	.410	-.347	-2.482	.019	-1.856	-.179

a. Dependent Variable: Kolesterol LDL

### 2. Korelasi Asupan Serat, Asupan Niasin, dan Kadar Kolesterol

#### Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.691 <sup>a</sup>	.477	.441	8.680

a. Predictors: (Constant), Asupan Niasin, Asupan Serat

#### ANOVA<sup>b</sup>

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1995.967	2	997.984	13.246	.000 <sup>a</sup>
	Residual	2185.002	29	75.345		
	Total	4180.969	31			

a. Predictors: (Constant), Asupan Niasin, Asupan Serat

b. Dependent Variable: Kolesterol HDL

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

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
1 (Constant)	17.568	5.631		3.120	.004	6.051	29.085
Asupan Serat	.486	.161	.459	3.020	.005	.157	.815
Asupan Niasin	.379	.168	.344	2.262	.031	.036	.722

a. Dependent Variable: Kolesterol HDL

## Lampiran 2.

## MASTER TABEL

<b>Subjek</b>	<b>Umur (tahun)</b>	<b>Alamat</b>	<b>Pendidikan</b>	<b>Asupan serat/hari</b>	<b>Asupan niasin/hari</b>	<b>Kadar Kolesterol HDL (mg/dl)</b>	<b>Kadar Kolesterol LDL (mg/dl)</b>
<b>1</b>	59	Jakarta Pusat	SMA	22.63	6.47	30.0	190.0
<b>2</b>	64	Jakarta Selatan	SMA	23.5	20.81	38.0	178.0
<b>3</b>	65	Jakarta Barat	D3	23.86	20.81	42.0	165.0
<b>4</b>	50	Jakarta Barat	S1	30.94	19.68	50.0	162.0
<b>5</b>	64	Jakarta Barat	D3	22.43	9.18	31.0	187.0
<b>6</b>	44	Jakarta Barat	S1	22.8	21.31	40.0	177.0
<b>7</b>	64	Jakarta Barat	SMA	55.44	41.91	63.0	98.0
<b>8</b>	65	Jakarta Pusat	D3	41.31	27.69	62.0	112.0
<b>9</b>	58	Jakarta Pusat	S2	21.19	16.36	29.0	210.0
<b>10</b>	63	Jakarta Pusat	SMA	29.06	37.24	35.0	180.0
<b>11</b>	48	Jakarta Selatan	S1	27.68	15.91	34.0	185.0

<b>12</b>	46	Jakarta Pusat	S1	43.5	53.36	60.0	110.0
<b>13</b>	55	Jakarta Selatan	S1	28.89	20.28	40.0	117.0
<b>14</b>	61	Jakarta Pusat	D3	34.33	32.02	57.0	123.0
<b>15</b>	43	Jakarta Barat	SMA	37.05	10.56	53.0	150.0
<b>16</b>	46	Jakarta Pusat	S2	41.27	29.06	57.0	115.0
<b>17</b>	48	Jakarta Barat	S1	35.06	26.26	38.0	121.0
<b>18</b>	56	Jakarta Barat	D3	42.81	19.41	58.0	105.0
<b>19</b>	41	Jakarta Pusat	S2	34.45	34.44	44.0	163.0
<b>20</b>	49	Bogor	S1	39.16	23.04	58.0	153.0
<b>21</b>	45	Jakarta Pusat	S1	34.67	22.01	41.0	174.0
<b>22</b>	68	Jakarta barat	S1	54.87	22.67	56.0	125.0
<b>23</b>	43	Jakarta Pusat	D3	60.45	46.69	70.0	96.0
<b>24</b>	45	Jakarta Pusat	S1	34.84	22.69	36.0	159.0
<b>25</b>	67	Jakarta Barat	D3	25.67	19.47	33.0	171.0
<b>26</b>	65	Jakarta Selatan	S1	52.29	28.5	45.0	115.0
<b>27</b>	48	Jakarta	D3	48.78	13.43	30.0	170.0

		Pusat					
<b>28</b>	63	Jakarta Pusat	D3	50.87	19.34	32.0	160.0
<b>29</b>	58	Jakarta Barat	S1	34.09	35.12	34.0	125.0
<b>30</b>	60	Jakarta Selatan	S1	46.17	22.83	51.0	155.0
<b>31</b>	54	Jakarta Pusat	S1	45.65	35.18	50.0	158.0
<b>32</b>	62	Jakarta Pusat	S1	30.67	30.68	42.0	160.0

## Lampiran 4. Dokumentasi

