Lampiran. 1

DATA VARIABEL BERAT BADAN (BB, dalam gram)
HDL-KOLESTEROL (HDL, dalam mg/dl),
LDL-KOLESTEROL (LDL, dalam mg/dl)
KELOMPOK 1 DAN 2.

NO	KEL	BB_1	BB_2	BB_3	HDL_1	HDL_3	LDL_1	LDL_3
01	1	160.2	---	---	58	--	13	--
02	1	141.3	---	---	54	--	15	--
03	1	158.5	---	---	77	--	18	--
04	1	159.6	---	---	59	--	28	--
05	1	160.2	---	---	68	--	17	--
06	1	136.1	---	---	49	--	27	--
07	1	142.1	---	---	62	--	47	--
08	1	157.8	---	---	61	--	50	--
09	1	142.2	---	---	61	--	59	--
10	1	151.6	---	---	64	--	21	--
11	1	148.1	---	---	63	--	24	--
12	2	158.1	190.2	210.4	--	64	--	20
13	2	141.2	166.3	211.2	--	55	--	30
14	2	160.7	200.4	218.7	--	41	--	50
15	2	138.1	172.1	198.4	--	61	--	35
16	2	147.2	168.5	214.6	--	55	--	44
17	2	148.5	166.2	199.1	--	45	--	25
18	2	152.6	186.1	220.1	--	68	--	21
19	2	153.6	198.7	218.5	--	63	--	15
20	2	148.9	171.8	212.7	--	60	--	23
21	2	144.8	168.2	199.2	--	56	--	14
22	2	161.1	189.9	200.4	--	46	--	52

KEL = Kelompok
BB_1 = Berat badan pada awal penelitian (awal minggu ke 1).
BB_2 = Berat badan pada tengah penelitian (akhir minggu ke 4).
BB_3 = Berat badan pada akhir penelitian (akhir minggu ke 8).

HDL_1 = HDL-kolesterol pada awal penelitian (awal minggu ke 1).
HDL_3 = HDL-kolesterol pada akhir penelitian (akhir minggu ke 8).
LDL_1 = LDL-kolesterol pada awal penelitian (awal minggu ke 1).
LDL_3 = LDL-kolesterol pada akhir penelitian (akhir minggu ke 8).

Lampiran 2.

DATA VARIABEL BERAT BADAN (BB, dalam gram)
HDL-KOLESTEROL (HDL, dalam mg/dl),
LDL-KOLESTEROL (LDL, dalam mg/dl)
KELOMPOK 3 DAN 4.

NO	KEL	BB_1	BB_2	BB_3	HDL_1	HDL_3	LDL_1	LDL_3
01	3	164.7	215.2	218.1	--	61	--	17
02	3	148.5	190.8	201.7	--	66	--	15
03	3	139.4	166.4	180.2	--	50	--	24
04	3	146.9	175.7	189.4	--	42	--	21
05	3	148.2	187.3	210.2	--	68	--	14
06	3	160.2	197.2	217.6	--	62	--	20
07	3	153.8	174.4	200.1	--	44	--	19
08	3	148.7	191.6	214.8	--	45	--	20
09	3	136.5	200.6	220.1	--	53	--	22
10	3	147.2	202.5	210.5	--	48	--	19
11	3	132.4	189.7	198.7	--	42	--	20
12	4	148.2	191.2	214.6	--	40	--	10
13	4	148.7	199.7	220.6	--	60	--	14
14	4	149.3	214.5	220.4	--	62	--	15
15	4	157.6	192.8	218.1	--	59	--	12
16	4	151.3	186.9	199.7	--	55	--	10
17	4	148.4	180.2	210.1	--	35	--	15
18	4	147.9	168.3	191.8	--	47	--	10
19	4	137.8	191.5	200.2	--	34	--	13
20	4	143.6	174.2	188.7	--	48	--	15
21	4	149.8	171.3	190.2	--	32	--	12
22	4	149.8	196.7	211.3	--	48	--	13

KEL = Kelompok
BB_1 = Berat badan pada awal penelitian (awal minggu ke 1).
BB_2 = Berat badan pada tengah penelitian (akhir minggu ke 4).
BB_3 = Berat badan pada akhir penelitian (akhir minggu ke 8).

HDL_1 = HDL-kolesterol pada awal penelitian (awal minggu ke 1).
HDL_3 = HDL-kolesterol pada akhir penelitian (akhir minggu ke 8).
LDL_1 = LDL-kolesterol pada awal penelitian (awal minggu ke 1).
LDL_3 = LDL-kolesterol pada akhir penelitian (akhir minggu ke 8).

Lampiran. 3

STATISTIK DESKRIPTIF
VARIABEL BB_1, HDL_1, LDL_1
KELOMPOK 1

Number of Valid Observations (Listwise) = 11.00

Variable BB_1

Mean	150.700	S.E. Mean	2.741
Std Dev	9.090	Variance	82.626
Kurtosis	-1.675	S.E. Kurt	1.279
Skewness	-.319	S.E. Skew	.661
Range	24.100	Minimum	136.1
Maximum	160.2	Sum	1657.700

Number of Valid Observations (Listwise) = 11.00

Variable HDL_1

Mean	61.455	S.E. Mean	2.180
Std Dev	7.230	Variance	52.273
Kurtosis	1.712	S.E. Kurt	1.279
Skewness	.535	S.E. Skew	.661
Range	28.000	Minimum	49
Maximum	77	Sum	676.000

Number of Valid Observations (Listwise) = 11.00

Variable LDL_1

Mean	29.000	S.E. Mean	4.744
Std Dev	15.735	Variance	247.600
Kurtosis	-.418	S.E. Kurt	1.279
Skewness	.990	S.E. Skew	.661
Range	46.000	Minimum	13
Maximum	59	Sum	319.000

Lampiran. 4

STATISTIK DESKRIPTIF
VARIABEL BB_1, BB_2, BB_3
KELOMPOK 2

Number of Valid Observations (Listwise) = 11.00

Variable BB_1

Mean	150.436	S.E. Mean	2.293
Std Dev	7.605	Variance	57.833
Kurtosis	-.923	S.E. Kurt	1.279
Skewness	-.029	S.E. Skew	.661
Range	23.000	Minimum	138.1
Maximum	161.1	Sum	1654.800

Number of Valid Observations (Listwise) = 11.00

Variable BB_2

Mean	179.855	S.E. Mean	4.027
Std Dev	13.357	Variance	178.415
Kurtosis	-1.639	S.E. Kurt	1.279
Skewness	.444	S.E. Skew	.661
Range	34.200	Minimum	166.2
Maximum	200.4	Sum	1978.400

Number of Valid Observations (Listwise) = 11.00

Variable BB_3

Mean	209.391	S.E. Mean	2.590
Std Dev	8.591	Variance	73.809
Kurtosis	-1.759	S.E. Kurt	1.279
Skewness	-.237	S.E. Skew	.661
Range	21.700	Minimum	198.4
Maximum	220.1	Sum	2303.300

Lampiran. 5

STATISTIK DESKRIPTIF
VARIABEL HDL_3, LDL_3
KELOMPOK 2

Number of Valid Observations (Listwise) = 11.00

Variable HDL_3

Mean	55.818	S.E. Mean	2.604
Std Dev	8.635	Variance	74.564
Kurtosis	-.823	S.E. Kurt	1.279
Skewness	-.480	S.E. Skew	.661
Range	27.000	Minimum	41
Maximum	68	Sum	614.000

Number of Valid Observations (Listwise) = 11.00

Variable LDL_3

Mean	29.909	S.E. Mean	4.091
Std Dev	13.568	Variance	184.091
Kurtosis	-1.064	S.E. Kurt	1.279
Skewness	.604	S.E. Skew	.661
Range	38.000	Minimum	14
Maximum	52	Sum	329.000

Lampiran. 6

STATISTIK DESKRIPTIF
VARIABEL BB_1, BB_2, BB_3
KELOMPOK 3

Number of Valid Observations (Listwise) = 11.00

Variable BB_1

Mean	147.864	S.E. Mean	2.882
Std Dev	9.557	Variance	91.337
Kurtosis	-.129	S.E. Kurt	1.279
Skewness	.152	S.E. Skew	.661
Range	32.300	Minimum	132.4
Maximum	164.7	Sum	1626.500

Number of Valid Observations (Listwise) = 11.00

Variable BB_2

Mean	190.127	S.E. Mean	4.233
Std Dev	14.038	Variance	197.070
Kurtosis	-.132	S.E. Kurt	1.279
Skewness	-.049	S.E. Skew	.661
Range	48.800	Minimum	166.4
Maximum	215.2	Sum	2091.400

Number of Valid Observations (Listwise) = 11.00

Variable BB_3

Mean	205.582	S.E. Mean	3.862
Std Dev	12.810	Variance	164.098
Kurtosis	-.183	S.E. Kurt	1.279
Skewness	-.778	S.E. Skew	.661
Range	39.900	Minimum	180.2
Maximum	220.1	Sum	2261.400

Lampiran. 7

STATISTIK DESKRIPTIF
VARIABEL HDL_3, LDL_3
KELOMPOK 3

Number of Valid Observations (Listwise) = 11.00

Variable HDL_3

Mean	52.818	S.E. Mean	2.954
Std Dev	9.796	Variance	95.964
Kurtosis	-1.525	S.E. Kurt	1.279
Skewness	.427	S.E. Skew	.661
Range	26.000	Minimum	42
Maximum	68	Sum	581.000

Number of Valid Observations (Listwise) = 11.00

Variable LDL_3

Mean	19.182	S.E. Mean	.882
Std Dev	2.926	Variance	8.564
Kurtosis	-.007	S.E. Kurt	1.279
Skewness	-.394	S.E. Skew	.661
Range	10.000	Minimum	14
Maximum	24	Sum	211.000

Lampiran. 8

STATISTIK DESKRIPTIF
VARIABEL BB_1, BB_2, BB_3
KELOMPOK 4

Number of Valid Observations (Listwise) = 11.00

Variable BB_1

Mean	148.400	S.E. Mean	1.457
Std Dev	4.833	Variance	23.356
Kurtosis	2.689	S.E. Kurt	1.279
Skewness	-.533	S.E. Skew	.661
Range	19.800	Minimum	137.8
Maximum	157.6	Sum	1632.400

Number of Valid Observations (Listwise) = 11.00

Variable BB_2

Mean	187.936	S.E. Mean	4.134
Std Dev	13.711	Variance	187.979
Kurtosis	-.077	S.E. Kurt	1.279
Skewness	.285	S.E. Skew	.661
Range	46.200	Minimum	168.3
Maximum	214.5	Sum	2067.300

Number of Valid Observations (Listwise) = 11.00

Variable BB_3

Mean	205.973	S.E. Mean	3.705
Std Dev	12.287	Variance	150.968
Kurtosis	-1.663	S.E. Kurt	1.279
Skewness	-.236	S.E. Skew	.661
Range	31.900	Minimum	188.7
Maximum	220.6	Sum	2265.700

Lampiran. 9

STATISTIK DESKRIPTIF
VARIABEL HDL_3, LDL_3
KELOMPOK 4

Number of Valid Observations (Listwise) = 11.00

Variable HDL_3

Mean	47.273	S.E. Mean	3.289
Std Dev	10.910	Variance	119.018
Kurtosis	-1.492	S.E. Kurt	1.279
Skewness	-.076	S.E. Skew	.661
Range	30.000	Minimum	32
Maximum	62	Sum	520.000

Number of Valid Observations (Listwise) = 11.00

Variable LDL_3

Mean	12.636	S.E. Mean	.607
Std Dev	2.014	Variance	4.055
Kurtosis	-1.464	S.E. Kurt	1.279
Skewness	-.198	S.E. Skew	.661
Range	5.000	Minimum	10
Maximum	15	Sum	139.000

Lampiran. 10

UJI NORMALITAS DISTRIBUSI
VARIABEL BB_1, BB_2, BB_3

	N	Mean	Std Dev	Minimum	Maximum
BB_1	44	149.35001	7.80395	132.40	164.70
BB_2	33	185.97273	14.00744	166.20	215.20
BB_3	33	206.98181	11.15985	180.20	220.60

- - - - - Kolmogorov - Smirnov Goodness of Fit Test

BB_1

Test Distribution - Normal — Mean: 149.3500
Standard Deviation: 7.8039

Cases: 44

Most Extreme Differences

Absolute	Positive	Negative	K-S Z	2-tailed P
.11337	.11337	-.10478	.752	.624

BB_2

Test Distribution - Normal — Mean: 185.9727
Standard Deviation: 14.0074

Cases: 33

Most Extreme Differences

Absolute	Positive	Negative	K-S Z	2-tailed P
.13197	.13197	-.12007	.758	.614

BB_3

Test Distribution - Normal — Mean: 206.9818
Standard Deviation: 11.1598

Cases: 33

Most Extreme Differences

Absolute	Positive	Negative	K-S Z	2-tailed P
.18579	.11627	-.18579	1.067	.205

Lampiran. 11

UJI NORMALITAS DISTRIBUSI
VARIABEL HDL_1, LDL_1, HDL_3, LDL_3

	N	Mean	Std Dev	Minimum	Maximum
HDL_1	11	61.455	7.230	49	77
LDL_1	11	29.000	15.735	13	59
HDL_3	33	51.970	10.169	32	68
LDL_3	33	20.576	10.665	10	52

- - - - - Kolmogorov - Smirnov Goodness of Fit Test

HDL_1

Test Distribution - Normal — Mean: 61.45; Standard Deviation: 7.23

Cases: 11

Most Extreme Differences

Absolute	Positive	Negative	K-S Z	2-tailed P
.18057	.18057	-.13458	.599	.866

LDL_1

Test Distribution - Normal — Mean: 29.00; Standard Deviation: 15.74

Cases: 11

Most Extreme Differences

Absolute	Positive	Negative	K-S Z	2-tailed P
.25261	.25261	-.15462	.838	.484

HDL_3

Test Distribution - Normal — Mean: 51.97; Standard Deviation: 10.17

Cases: 33

Most Extreme Differences

Absolute	Positive	Negative	K-S Z	2-tailed P
.11897	.10642	-.11897	.683	.739

LDL_3

Test Distribution - Normal — Mean: 20.58; Standard Deviation: 10.67

Cases: 33

Most Extreme Differences

Absolute	Positive	Negative	K-S Z	2-tailed P
.21141	.21141	-.16070	1.214	.105

Lampiran. 12

UJI HOMOGENITAS VARIAN
VARIABEL BB_1, BB_2, BB_3, HDL_3, LDL_3

Variabel BB_1

Tests for Homogeneity of Variances

Cochrans C = Max. Variance/Sum(Variances) = .3580, P = .536 (Approx.)
Bartlett-Box F = 1.553 , P = .199
Maximum Variance / Minimum Variance 3.911

Variabel BB_2

Tests for Homogeneity of Variances

Cochrans C = Max. Variance/Sum(Variances) = .3497, P = 1.000 (Approx.)
Bartlett-Box F = .012 , P = .988
Maximum Variance / Minimum Variance 1.105

Variabel BB_3

Tests for Homogeneity of Variances

Cochrans C = Max. Variance/Sum(Variances) = .4220, P = .677 (Approx.)
Bartlett-Box F = .837 , P = .433
Maximum Variance / Minimum Variance 2.223

Variabel HDL_3

Tests for Homogeneity of Variances

Cochrans C = Max. Variance/Sum(Variances) = .4111, P = .755 (Approx.)
Bartlett-Box F = .259 , P = .772
Maximum Variance / Minimum Variance 1.596

Variabel LDL_3

Tests for Homogeneity of Variances

Cochrans C = Max. Variance/Sum(Variances) = .9359, P = .000 (Approx.)
Bartlett-Box F = 18.440 , P = .000
Maximum Variance / Minimum Variance 45.404

Lampiran. 13

UJI "t" INDEPENDEN
ANTARA BB_1 KELOMPOK 1 DENGAN BB_3 KELOMPOK 2,
ANTARA HDL_1 KELOMPOK 1 DENGAN HDL_3 KELOMPOK 2,
ANTARA LDL_1 KELOMPOK 1 DENGAN LDL_3 KELOMPOK 2.

Independent samples of KEL
t-test for: BB_1 Kelompok 1 vs BB_3 Kelompok 2

	Number of Cases	Mean	Standard Deviation	Standard Error
Group 1	11	150.7000	9.090	2.741
Group 2	11	209.3909	8.591	2.590

	Pooled Variance Estimate			Separate Variance Estimate		
F Value	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
1.12	.862	-15.56	20	.000	-15.56	19.94	.000

Independent samples of KEL
t-test for: HDL_1 Kelompok 1 vs HDL_3 Kelompok 2

	Number of Cases	Mean	Standard Deviation	Standard Error
Group 1	11	61.4545	7.230	2.180
Group 2	11	55.8182	8.635	2.604

	Pooled Variance Estimate			Separate Variance Estimate		
F Value	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
1.43	.585	1.66	20	.113	1.66	19.40	.113

Independent samples of KEL
t-test for: LDL_1 Kelompok 1 vs LDL_3 Kelompok2

	Number of Cases	Mean	Standard Deviation	Standard Error
Group 1	11	29.0000	15.735	4.744
Group 2	11	29.9091	13.568	4.091

	Pooled Variance Estimate			Separate Variance Estimate		
F Value	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
1.34	.648	-.15	20	.886	-.15	19.58	.886

Lampiran. 14

UJI "t" ANTAR WAKTU
VARIABEL BERAT BADAN
KELOMPOK 2

Paired samples t-test: BB_1
BB_2

Variable	Number of Cases	Mean	Standard Deviation	Standard Error
BB_1	11	150.4364	7.605	2.293
BB_2	11	179.8545	13.357	4.027

(Difference) Mean	Standard Deviation	Standard Error	2-Tail Corr.	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
-29.4182	8.351	2.518	.820	.002	-11.68	10	.000

Paired samples t-test: BB_2
BB_3

Variable	Number of Cases	Mean	Standard Deviation	Standard Error
BB_2	11	179.8545	13.357	4.027
BB_3	11	209.3909	8.591	2.590

(Difference) Mean	Standard Deviation	Standard Error	2-Tail Corr.	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
-29.5364	11.636	3.508	.509	.110	-8.42	10	.000

Paired samples t-test: BB_1
BB_3

Variable	Number of Cases	Mean	Standard Deviation	Standard Error
BB_1	11	150.4364	7.605	2.293
BB_3	11	209.3909	8.591	2.590

(Difference) Mean	Standard Deviation	Standard Error	2-Tail Corr.	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
-58.9545	9.214	2.778	.358	.280	-21.22	10	.000

Lampiran. 15

UJI "t" ANTAR WAKTU
VARIABEL BERAT BADAN
KELOMPOK 3

Paired samples t-test: BB_1
BB_2

Variable	Number of Cases	Mean	Standard Deviation	Standard Error
BB_1	11	147.8636	9.557	2.882
BB_2	11	190.1273	14.038	4.233

(Difference) Mean	Standard Deviation	Standard Error	2-Tail Corr.	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
-42.2636	13.647	4.115	.381	.248	-10.27	10	.000

Paired samples t-test: BB_2
BB_3

Variable	Number of Cases	Mean	Standard Deviation	Standard Error
BB_2	11	190.1273	14.038	4.233
BB_3	11	205.5818	12.810	3.862

(Difference) Mean	Standard Deviation	Standard Error	2-Tail Corr.	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
-15.4545	7.366	2.221	.853	.001	-6.96	10	.000

Paired samples t-test: BB_1
BB_3

Variable	Number of Cases	Mean	Standard Deviation	Standard Error
BB_1	11	147.8636	9.557	2.882
BB_3	11	205.5818	12.810	3.862

(Difference) Mean	Standard Deviation	Standard Error	2-Tail Corr.	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
-57.7182	12.452	3.755	.410	.211	-15.37	10	.000

Lampiran. 16

UJI "t" ANTAR WAKTU
VARIABEL BERAT BADAN
KELOMPOK 4

Paired samples t-test: BB_1
BB_2

Variable	Number of Cases	Mean	Standard Deviation	Standard Error
BB_1	11	148.4000	4.833	1.457
BB_2	11	187.9364	13.711	4.134

(Difference) Mean	Standard Deviation	Standard Error	2-Tail Corr.	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
-39.5364	13.865	4.180	.144	.673	-9.46	10	.000

Paired samples t-test: BB_2
BB_3

Variable	Number of Cases	Mean	Standard Deviation	Standard Error
BB_2	11	187.9364	13.711	4.134
BB_3	11	205.9727	12.287	3.705

(Difference) Mean	Standard Deviation	Standard Error	2-Tail Corr.	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
-18.0364	7.398	2.231	.844	.001	-8.09	10	.000

Paired samples t-test: BB_1
BB_3

Variable	Number of Cases	Mean	Standard Deviation	Standard Error
BB_1	11	148.4000	4.833	1.457
BB_3	11	205.9727	12.287	3.705

(Difference) Mean	Standard Deviation	Standard Error	2-Tail Corr.	2-Tail Prob.	t Value	Degrees of Freedom	2-Tail Prob.
-57.5727	11.190	3.374	.414	.206	-17.06	10	.000

Lampiran. 17

UJI KORELASI
ANTAR VARIABEL BB, HDL, LDL
SELURUH KELOMPOK

Variable	Cases	Mean	Std Dev
BB	44	192.9114	26.8262
HDL	44	54.3409	10.3136
LDL	44	22.6818	12.4840
TOT	44	87.4318	16.7171

Correlations:	BB	HDL	LDL
BB	1.0000	-.2079	-.2870
	(44)	(44)	(44)
	P= .	P= .176	P= .059
HDL	-.2079	1.0000	.0731
	(44)	(44)	(44)
	P= .176	P= .	P= .637
LDL	-.2870	.0731	1.0000
	(44)	(44)	(44)
	P= .059	P= .637	P= .

(Coefficient / (Cases) / 2-tailed Significance)

" . " is printed if a coefficient cannot be computed

Lampiran. 18

ANAVA SATU JALUR
VARIABEL BB_1, BB_2, BB_3

Variable BB_1
By Variable KEL 1,2,3,4

Analysis of Variance

Source	D.F.	Sum of Squares	Mean Squares	F Ratio	F Prob.
Between Groups	3	67.2591	22.4197	.3515	.7883
Within Groups	40	2551.5109	63.7878		
Total	43	2618.7700			

Variable BB_2
By Variable KEL 2,3,4

Analysis of Variance

Source	D.F.	Sum of Squares	Mean Squares	F Ratio	F Prob.
Between Groups	2	644.0309	322.0155	1.7145	.1972
Within Groups	30	5634.6345	187.8212		
Total	32	6278.6655			

Variable BB_3
By Variable KEL 2,3,4

Analysis of Variance

Source	D.F.	Sum of Squares	Mean Squares	F Ratio	F Prob.
Between Groups	2	96.6018	48.3009	.3726	.6921
Within Groups	30	3888.7473	129.6249		
Total	32	3985.3491			

Lampiran. 19

ANAVA SATU JALUR
VARIABEL HDL_3, LDL_3

Variable HDL_3
By Variable KEL 2,3,4

Analysis of Variance

Source	D.F.	Sum of Squares	Mean Squares	F Ratio	F Prob.
Between Groups	2	413.5152	206.7576	2.1422	.1350
Within Groups	30	2895.4545	96.5152		
Total	32	3308.9697			

Variable LDL_3
By Variable KEL 2,3,4

Analysis of Variance

Source	D.F.	Sum of Squares	Mean Squares	F Ratio	F Prob.
Between Groups	2	1672.9697	836.4848	12.7572	.0001
Within Groups	30	1967.0909	65.5697		
Total	32	3640.0606			

Multiple Range Test
LSD Procedure

(*) Denotes pairs of groups significantly different at the .050 level
(**) Denotes pairs of groups significantly different at the .010 level

Mean	Group	Grp 4	Grp 3	Grp 2
12.6364	Grp 4			
19.1818	Grp 3			
29.9091	Grp 2	**	**	

Lampiran 20.

Daftar durasi latihan 75% waktu renang maksimal.

No. Sampel	kelompok	75% waktu renang maksimal (menit)
1	3	10,76
2	3	15,16
3	3	36,37
4	3	22,67
5	3	33,66
6	3	9,16
7	3	10,67
8	3	28,91
9	3	13,18
10	3	24,42
11	3	18,57
1	4	11,5
2	4	7,47
3	4	36,27
4	4	16,9
5	4	13,14
6	4	10,68
7	4	11,83
8	4	19,65
9	4	22,8
10	4	9,43
11	4	16,91

Lampiran 21.

Penarikan sampel penelitian dengan rumus Higgins.

Data penelitian pendahuluan : Sd = 3,93

mean kontrol = 50,33

mean perlakuan = 62

Rumus :

$$n = \frac{1}{1-f} x \frac{2(Za + Zb)^2 \bullet Sc^2}{(\bar{X}c - \bar{X}t)^2}$$

$$= \frac{1}{1-0,05} x \frac{2(1,65 + 1,96)^2 \bullet 3,93^2}{50,33 - 62}$$

$$= 1,05x \frac{2(3,61) \bullet 15,44}{-11,67}$$

$$= 1,05x \frac{111,476}{-11,67}$$

$$= 1,05 \times 9,83$$

$$= 10,32$$

Jadi n dalam perhitungan diatas dapat dibulatkan menjadi n = 11, sehingga pada penelitian ini digunakan n untuk masing-masing kelompok = 11 ekor.