

Lampiran 1 : Karakteristik Data pada Subjek Obese

No.	Umur (th)	BB (kg)	TB (m)	BMI (Kg/m ²)	WC (cm)	HC (cm)	WHR (cm)
1	39	57	1.51	25.00	89.5	98.5	0.9086294
2	34	58.7	1.52	25.41	91	101	0.9009901
3	44	59.8	1.53	25.55	86	100	0.86
4	39	54.5	1.46	25.57	77	95	0.8105263
5	32	56.2	1.48	25.66	91.5	102	0.8970588
6	30	64.1	1.57	26	85	97	0.8762887
7	50	61.4	1.53	26.23	84.5	100	0.845
8	42	59.8	1.51	26.23	87	98	0.8877551
9	29	66.9	1.58	26.79	84	102	0.8235294
10	41	61.9	1.51	27.15	84	96.5	0.8704663
11	30	65.3	1.55	27.18	85	103	0.8252427
12	45	64.8	1.54	27.32	87	102	0.8529412
13	30	66.2	1.55	27.55	85	104	0.8173077
14	35	74.4	1.63	28	92	106	0.8679245
15	43	66.3	1.53	28.32	100	106	0.9433962
16	31	71.6	1.56	29.42	100	107	0.9345794
17	33	64.3	1.47	29.76	98	108	0.9074074
18	43	61.7	1.43	30.17	86	101.5	0.8472906
19	40	61.6	1.42	30.55	93.5	106	0.8820755
20	33	64.6	1.45	30.73	86	98	0.877551
21	25	72.3	1.53	30.88	92	107	0.8598131
22	22	71.5	1.51	31.36	95.5	109	0.8761468
23	29	75.7	1.55	31.51	93	105	0.8857143
24	40	80.9	1.59	32	97	112.5	0.8622222
25	30	67.5	1.45	32.1	86	106	0.8113208
26	30	72.7	1.5	32.31	101	102	0.9901961
27	32	75.5	1.51	33.11	100	104	0.9615385
28	43	71.8	1.45	34.15	107	115	0.9304348
29	23	78.9	1.52	34.15	88	113	0.7787611
30	23	95.9	1.52	41.51	108	125	0.864
Rata-rata	35	67.50	1.52	29.39	91.32	104.33	0.875200
SD	7.33	8.67	0.05	3.62	7.40	6.27	0.047209

Keterangan : BMI • 25 (obese) : n = 30, Rata-rata = 29.39, SD = 3.62

WHR (obese) : n = 30, Rata-rata = 0.875200, SD = 0.047209

Lampiran 2 : Karakteristik Data pada Subjek Non Obese

No.	Umur (th)	BB (kg)	TB (m)	BMI (Kg/m ²)	WC (cm)	HC (cm)	WHR (cm)
1	28	39.6	1.58	15.86	64.0	83.0	0.7710843
2	26	37.8	1.54	15.94	65	79	0.8227848
3	29	39	1.56	16.03	64	83	0.7710843
4	26	39.7	1.53	16.96	69	79	0.8734177
5	29	36.8	1.46	17.26	63.5	81	0.7839506
6	35	34.9	1.42	17.31	60	80	0.75
7	35	43.5	1.58	17.43	69	84.5	0.816568
8	44	43	1.55	17.9	70	82	0.8536585
9	32	40.4	1.49	18.2	64	83	0.7710843
10	26	46.3	1.57	18.78	68	85	0.8
11	26	42.5	1.5	18.89	67	80	0.8375
12	40	42.6	1.5	18.93	69	85.5	0.8070175
13	32	43.8	1.52	18.96	70	89	0.7865169
14	27	43.7	1.51	19.17	72	87.5	0.8228571
15	25	46.6	1.54	19.65	74	85	0.8705882
16	23	46.7	1.54	19.69	68	84	0.8095238
17	23	44.3	1.5	19.69	72	88	0.8181818
18	30	48.2	1.56	19.81	73	90	0.8111111
19	38	46.6	1.53	19.91	68	86	0.7906977
20	30	50.8	1.59	20.09	75	92	0.8152174
21	39	54.1	1.63	20.36	81	90.5	0.8950276
22	25	52.9	1.61	20.41	77	91	0.8461538
23	32	50.6	1.56	20.79	81	89	0.9101124
24	34	46.1	1.48	21.05	74	88	0.8409091
25	28	46.2	1.48	21.09	74	91	0.8131868
26	24	48.9	1.52	21.17	68	90	0.7555556
27	29	47.7	1.5	21.2	72.5	87	0.8333333
28	34	56.5	1.63	21.27	71	97	0.7319588
29	48	45.4	1.46	21.3	71	84	0.8452381
30	31	49.4	1.52	21.38	75.5	88.5	0.8531073
31	43	45.7	1.46	21.44	73.5	90.5	0.8121547
32	22	55.6	1.61	21.45	80	95	0.8421053
33	27	50.7	1.53	21.66	71	89	0.7977528
34	33	50.6	1.52	21.9	86	91	0.9450549
35	31	47.4	1.47	21.94	80	90	0.8888889
36	29	55.6	1.59	21.99	77	95	0.8105263
37	33	47.3	1.46	22.19	76.5	89.5	0.8547486
38	33	52.1	1.53	22.26	79	92	0.8586957
39	33	53.1	1.54	22.39	72	94	0.7659574
40	45	47.4	1.45	22.54	83	90	0.9222222
41	30	48.3	1.46	22.66	81	94	0.8617021
42	33	51.3	1.5	22.8	78	98	0.7959184
43	42	61.4	1.63	23.11	87	94	0.9255319
44	24	54.3	1.52	23.5	76	93	0.8172043
45	43	52.9	1.48	24.15	86.5	92	0.9402174
46	33	64.2	1.63	24.16	87	103	0.8446602
47	37	50.4	1.43	24.65	83.5	94	0.8882979
48	42	57.4	1.52	24.84	89.5	103	0.868932
49	30	62.9	1.59	24.88	85	95	0.8947368
50	42	55.3	1.49	24.91	80	96	0.8333333
Rata-rata	32.26	48.37	1.53	20.72	74.42	89.21	0.833520
SD	6.52	6.50	0.06	2.41	7.17	5.66	0.049806

Keterangan : BMI < 25 (non obese) : n = 50, Rata-rata = 20.72, SD = 2.41

WHR (non obese) : n = 50, Rata-rata = 0.833520, SD = 0.049806

Lampiran 3 : Output Hasil Pengujian Statistik

Grup Statistic

Gizi	N	WHR Mean	Std. Deviasi	Std. Error Mean
BMI <25	50	.083352	.049806	.007044
BMI ≥25	30	.087520	.047209	.008619

Independent Samples Test

WHR	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
Equal variances assumed	.364	.548	-3.694	78	.000**	-.04168	.011283	-.64145	-.019220
Equal variances not assumed			-3.745	63.822	.000**	-.04168	.011131	-.063920	-.019444

Descriptive Statistics

	Mean	Std.Deviation	N
BMI	23.9696	5.12371	80
WHR	.84915	.052622	80

Correlations

		BMI	WHR
Pearson	BMI	1.000	.468
Correlation	WHR	.468	1.000
Sig.(1-tailed)	BMI	.	.000**
	WHR	.000**	.
N	BMI	80	80
	WHR	80	80

Model Summary

Model	r	R ²	Adjust R ²	Std. Error of the Estimate
1	.468 (a)	.219	.209	4.55645

a Predictors : (Constant), WHR

ANOVA (b)

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	454.563	1	454.563	21.895	.000**(a)
	Residual	1619.377	78	20.761		
	Total	2073.940	79			

a Predictors : (Constant), WHR

b Dependent Variable : BMI

Coefficients (a)

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-14.738	8.288		-1.778	.079ns
	WHR	45.584	9.742	.468	4.679	.000**

a Dependent Variable : BMI