

**LAMPIRAN I**  
**DATA HASIL PERCOBAAN**

Tabel L1.1 Tekanan Darah Sistolik Subjek Penelitian Sebelum Minum Jus *Beet*

Subjek Penelitian	Sebelum Minum Jus <i>Beet</i> (mmHg)			Rata-rata
	1	2	3	
1.	110	110	110	110
2.	100	98	100	99.3
3.	110	112	110	110.7
4.	112	112	112	112
5.	120	120	120	120
6.	108	102	102	104
7.	116	110	116	114
8.	100	90	90	93.3
9.	100	100	100	100
10.	100	100	100	100
11.	120	110	110	113.3
12.	110	110	110	110
13.	104	104	104	104
14.	120	110	120	116.7
15.	110	106	108	108
16.	100	110	110	106.7
17.	110	110	100	106.7
18.	110	110	110	110
19.	100	100	100	100
20.	110	108	110	109.3
21.	108	108	108	108
22.	120	116	120	118.7
23.	110	110	110	110
24.	110	110	110	110
25.	120	120	120	120
26.	118	118	118	118
27.	102	102	100	101.3
28.	104	108	108	106.7
29.	120	110	120	116.7
30.	110	110	110	110

Tabel L1.2 Tekanan Darah Sistolik Subjek Penelitian Setelah Minum Jus *Beet*

Subjek Penelitian	Setelah Minum Jus <i>Beet</i> (mmHg)										
	10'	20'	30'	40'	50'	60'	70'	80'	90'	100'	110'
1.	102	100	90	100	102	110					
2.	98	98	96	82	80	82	90	96	100		
3.	102	100	98	100	102	108	110				
4.	110	100	96	98	100	112					
5.	118	116	110	108	110	114	116	118	120		
6.	98	94	90	88	90	98	100	102			
7.	114	108	102	98	92	98	104	110	116		
8.	88	86	82	86	88	88	90				
9.	96	96	94	92	90	94	94	96	100		
10.	98	96	94	90	96	98	100				
11.	104	102	92	88	98	100	104	110			
12.	110	104	100	100	100	104	104	110			
13.	104	100	100	100	104	104					
14.	112	106	98	96	100	110	116				
15.	100	90	90	100	106	110	110				
16.	98	90	86	80	80	90	96	98	100	110	
17.	100	100	98	80	88	90	96	100	110		
18.	106	100	90	88	90	100	106	110			
19.	90	90	90	88	92	94	100				
20.	108	106	106	100	108	110					
21.	106	102	100	96	102	106	108				
22.	116	110	106	102	108	108	110	116			
23.	106	104	98	94	92	92	98	104	108		
24.	108	104	102	98	96	92	96	98	102	106	110
25.	118	114	110	108	104	108	108	110	118	120	
26.	118	114	110	104	102	106	106	110	114	116	120
27.	98	96	94	88	86	88	92	98	102		
28.	106	104	100	98	98	98	100	104	106	108	
29.	110	106	98	96	94	90	98	102	106	110	
30.	110	106	96	96	96	98	102	110			

Tabel L1.3 Tekanan Darah Diastolik Subjek Penelitian Sebelum Minum Jus *Beet*

Subjek Penelitian	Sebelum Minum Jus <i>Beet</i> (mmHg)			
	1	2	3	Rata-rata
1.	80	80	80	80
2.	60	58	60	59.3
3.	70	70	70	70
4.	80	80	80	80
5.	80	80	80	80
6.	80	70	70	73.3
7.	70	68	70	69.3
8.	60	60	60	60
9.	70	70	70	70
10.	70	70	70	70
11.	70	68	70	69.3
12.	70	70	70	70
13.	70	80	80	76.7
14.	80	78	80	79.3
15.	80	80	80	80
16.	60	60	60	60
17.	70	70	70	70
18.	60	60	60	60
19.	50	60	60	56.7
20.	70	70	70	70
21.	68	68	68	68
22.	80	80	80	80
23.	70	70	70	70
24.	80	78	78	78.7
25.	80	80	80	80
26.	76	80	80	78.7
27.	70	70	70	70
28.	80	88	80	82.7
29.	80	70	70	73.3
30.	80	80	80	80

Tabel L1.4 Tekanan Darah Diastolik Subjek Penelitian Setelah Minum Jus *Beet*

Subjek Penelitian	Setelah Minum Jus <i>Beet</i> (mmHg)										
	10'	20'	30'	40'	50'	60'	70'	80'	90'	100'	110'
1.	72	70	60	70	72	80					
2.	58	56	54	52	56	56	58	60	60		
3.	68	66	64	68	68	70	70				
4.	78	76	70	76	78	80					
5.	78	76	72	70	70	74	78	80	80		
6.	68	64	62	60	60	64	68	70			
7.	68	64	62	62	64	68	68	70	70		
8.	58	56	54	56	56	60	60				
9.	68	66	64	62	64	64	68	70	70		
10.	68	62	52	50	68	70	70				
11.	64	62	52	52	64	68	70	70			
12.	68	66	64	64	64	68	70	70			
13.	78	76	70	64	70	80					
14.	74	74	72	70	74	78	80				
15.	78	70	68	74	76	76	80				
16.	58	58	56	50	50	56	56	56	60	60	
17.	64	60	54	54	60	60	66	70	70		
18.	58	58	56	54	54	56	58	60			
19.	58	56	54	54	58	60	60				
20.	66	64	64	60	66	70					
21.	68	66	64	60	64	66	68				
22.	76	72	68	60	66	68	74	80			
23.	66	66	66	64	64	64	70	70	70		
24.	76	76	72	70	68	60	68	70	74	78	78
25.	78	74	74	72	70	74	76	78	78	78	
26.	68	66	64	60	60	60	64	64	64	66	70
27.	66	64	64	62	62	60	64	66	70		
28.	78	78	78	78	78	74	74	74	78	80	
29.	70	68	66	62	62	62	70	70	70	70	
30.	80	80	80	78	70	76	80	80			

**LAMPIRAN II**  
**SURAT PERSETUJUAN**

Yang bertandatangan di bawah ini,

Nama lengkap :

Tanggal lahir :

NRP :

Alamat :

Menyatakan bersedia dan tidak berkeberatan menjadi naracoba dalam penelitian yang dilakukan oleh Raymond Ekman Simamora, NRP : 0310116 yang bertempat di Universitas Kristen Maranatha.

Surat persetujuan ini saya buat dengan kesadaran saya sendiri tanpa tekanan ataupun paksaan darimanapun.

Bandung ..... 2009

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**LAMPIRAN III**  
**ANALISIS STATISTIK TEKANAN DARAH**  
**SEBELUM DAN SESUDAH MINUM JUS *BEE*T**

**T-Test**

		Notes	
Output Created			29-SEP-2009 13:34:00
Comments			
Input	Data	G:\Data mentah raymond.sav	
	Filter	<none>	
	Weight	<none>	
	Split File	<none>	
	N of Rows in Working Data File		33
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.	
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.	
Syntax		T-TEST PAIRS = RataSist WITH MinSis (PAIRED) /CRITERIA = CI(.95) /MISSING = ANALYSIS.	
Resources	Elapsed Time		0:00:00.03

**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	RataSist	108.9111	30	6.70674	1.22448
	MinSis	92.7333	30	7.34346	1.34073

**Paired Samples Correlations**

		N	Correlation	Sig.
Pair 1	RataSist & MinSis	30	.655	.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	RataSist - MinSis	16.17778	5.86158	1.07017	13.98903	18.36653	15.117	29	.000

**T-Test****Notes**

Output Created	29-SEP-2009 13:35:06		
Comments			
Input	Data	G:\Data mentah raymond.sav	
	Filter	<none>	
	Weight	<none>	
	Split File	<none>	
	N of Rows in Working Data File	33	
Missing Handling	Value Definition of Missing	User defined missing values are treated as missing.	
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.	
Syntax	T-TEST PAIRS = RataDias WITH MinDias (PAIRED) /CRITERIA = CI(.95) /MISSING = ANALYSIS.		
Resources	Elapsed Time	0:00:00.05	

**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	RataDias	72.1778	30	7.47088	1.36399
	MinDias	61.1333	30	6.61625	1.20796

**Paired Samples Correlations**

		N	Correlation	Sig.
Pair 1	RataDias & MinDias	30	.767	.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	RataDias - MinDias	11.04444	4.87604	.89024	9.22370	12.86519	12.406	29	.000

## **DAFTAR RIWAYAT HIDUP**

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