

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

Tabel Data Hasil Percobaan

<b>No.</b>	<b>Hari</b>	<b>TD</b>	<b>Kontrol</b>	<b>5</b>	<b>10</b>	<b>15</b>	<b>20</b>	<b>25</b>	<b>30</b>	<b>35</b>	<b>40</b>
	<b>1</b>	<b>S</b>	118	118	112	106	100	98	96	90	92
		<b>D</b>	78	78	78	76	74	74	72	72	70
<b>1</b>	<b>2</b>	<b>S</b>	118	118	106	96	90	88	88	94	100
		<b>D</b>	70	68	64	64	62	62	62	68	70
	<b>3</b>	<b>S</b>	118	118	110	96	92	92	96	94	98
		<b>D</b>	70	70	68	64	62	64	68	72	72
	<b>1</b>	<b>S</b>	110	100	98	90	84	78	80	86	90
		<b>D</b>	80	80	70	68	68	68	70	70	70
<b>2</b>	<b>2</b>	<b>S</b>	108	102	98	96	90	92	94	100	104
		<b>D</b>	76	72	72	70	66	70	70	70	74
	<b>3</b>	<b>S</b>	106	100	98	94	92	90	100	102	106
		<b>D</b>	70	70	68	74	68	68	70	72	70
	<b>1</b>	<b>S</b>	120	100	98	94	90	84	82	86	88
		<b>D</b>	78	78	70	64	64	62	62	66	68
<b>3</b>	<b>2</b>	<b>S</b>	94	88	84	84	82	84	86	90	92
		<b>D</b>	64	60	60	60	60	60	62	64	62
	<b>3</b>	<b>S</b>	94	92	88	84	84	82	84	86	88
		<b>D</b>	62	62	60	60	60	58	60	60	62

	<b>1</b>	<b>S</b>	110	108	106	98	96	100	102	108	112
		<b>D</b>	80	68	68	68	66	68	70	70	72
<b>4</b>	<b>2</b>	<b>S</b>	96	88	86	86	86	90	92	92	94
		<b>D</b>	64	64	58	58	62	64	64	68	70
	<b>3</b>	<b>S</b>	96	90	88	86	82	84	86	88	90
		<b>D</b>	64	64	62	62	60	60	62	62	62
	<b>1</b>	<b>S</b>	110	98	94	90	88	90	94	98	106
		<b>D</b>	80	76	72	64	64	72	77	76	78
<b>5</b>	<b>2</b>	<b>S</b>	110	108	102	100	100	102	104	106	110
		<b>D</b>	70	68	66	64	74	78	72	72	72
	<b>3</b>	<b>S</b>	106	104	100	98	96	96	98	100	102
		<b>D</b>	80	80	76	72	70	68	72	72	72
	<b>1</b>	<b>S</b>	100	88	86	84	82	80	78	84	84
		<b>D</b>	70	66	66	64	62	58	58	60	68
<b>6</b>	<b>2</b>	<b>S</b>	104	100	96	80	82	78	76	78	78
		<b>D</b>	66	66	58	58	56	60	60	60	60
	<b>3</b>	<b>S</b>	110	96	90	88	88	92	96	98	102
		<b>D</b>	70	68	62	62	62	64	68	68	68
	<b>1</b>	<b>S</b>	106	104	102	102	102	98	94	96	98
		<b>D</b>	68	68	68	68	66	64	62	64	66
<b>7</b>	<b>2</b>	<b>S</b>	98	98	98	98	96	96	94	94	96
		<b>D</b>	66	68	68	68	66	66	66	66	68
	<b>3</b>	<b>S</b>	94	94	94	92	90	92	94	94	94
		<b>D</b>	62	64	62	62	60	62	64	64	64

	<b>1</b>	<b>S</b>	104	98	96	96	96	96	102	102	102
		<b>D</b>	70	68	66	64	68	68	70	70	70
<b>8</b>	<b>2</b>	<b>S</b>	100	100	100	98	96	96	98	100	100
		<b>D</b>	70	68	68	66	64	64	68	68	68
	<b>3</b>	<b>S</b>	98	98	98	96	94	92	96	98	98
		<b>D</b>	68	66	66	64	64	64	68	68	68
	<b>1</b>	<b>S</b>	102	98	92	92	90	90	92	92	94
		<b>D</b>	64	62	60	58	58	60	62	62	64
<b>9</b>	<b>2</b>	<b>S</b>	94	92	88	86	82	84	84	88	90
		<b>D</b>	64	64	62	60	60	62	64	64	66
	<b>3</b>	<b>S</b>	92	84	80	80	84	88	90	90	90
		<b>D</b>	62	58	56	58	58	60	60	62	62
	<b>1</b>	<b>S</b>	106	106	102	98	94	92	94	94	96
		<b>D</b>	70	70	66	66	64	62	64	66	66
<b>10</b>	<b>2</b>	<b>S</b>	100	98	96	94	94	92	92	94	94
		<b>D</b>	68	68	68	66	66	64	64	66	66
	<b>3</b>	<b>S</b>	98	96	96	96	96	94	96	96	96
		<b>D</b>	68	66	66	66	64	66	66	66	68
	<b>1</b>	<b>S</b>	114	112	110	110	108	108	108	106	106
		<b>D</b>	72	72	70	70	68	66	68	66	68
<b>11</b>	<b>2</b>	<b>S</b>	110	110	110	108	106	104	104	104	102
		<b>D</b>	70	70	70	68	68	66	66	66	64
	<b>3</b>	<b>S</b>	106	102	102	100	100	94	98	98	100
		<b>D</b>	66	66	66	66	66	66	68	68	70

	<b>1</b>	<b>S</b>	100	94	92	88	90	88	86	86	90
		<b>D</b>	72	68	68	66	66	66	66	70	72
<b>12</b>	<b>2</b>	<b>S</b>	98	98	98	98	96	96	96	96	96
		<b>D</b>	68	68	68	66	66	66	66	66	68
	<b>3</b>	<b>S</b>	94	94	94	92	92	90	90	90	92
		<b>D</b>	66	66	64	64	64	64	64	62	62
	<b>1</b>	<b>S</b>	106	106	102	98	94	92	94	94	96
		<b>D</b>	68	66	66	66	64	62	64	66	66
<b>13</b>	<b>2</b>	<b>S</b>	102	100	100	96	94	92	92	94	94
		<b>D</b>	68	66	66	64	64	64	62	62	66
	<b>3</b>	<b>S</b>	98	96	96	96	96	94	96	96	96
		<b>D</b>	66	66	66	66	64	62	64	66	68
	<b>1</b>	<b>S</b>	114	112	112	110	108	108	106	102	104
		<b>D</b>	74	74	74	72	72	72	72	68	70
<b>14</b>	<b>2</b>	<b>S</b>	110	108	108	106	104	104	102	100	100
		<b>D</b>	70	70	70	68	66	66	64	62	66
	<b>3</b>	<b>S</b>	104	102	100	100	100	98	100	102	102
		<b>D</b>	68	68	68	66	66	64	64	66	66
	<b>1</b>	<b>S</b>	102	98	92	92	90	90	92	92	94
		<b>D</b>	64	62	60	58	58	60	62	62	64
<b>15</b>	<b>2</b>	<b>S</b>	96	96	94	94	94	92	94	94	94
		<b>D</b>	64	64	62	60	60	60	62	64	64
	<b>3</b>	<b>S</b>	92	92	92	92	92	90	92	92	92
		<b>D</b>	60	60	60	60	60	58	60	62	62

	<b>1</b>	<b>S</b>	108	104	102	98	96	96	100	100	102
		<b>D</b>	68	66	66	66	64	66	68	68	68
<b>16</b>	<b>2</b>	<b>S</b>	108	108	106	106	104	98	98	98	98
		<b>D</b>	70	70	68	68	68	66	66	66	66
	<b>3</b>	<b>S</b>	96	98	98	96	92	90	90	94	94
		<b>D</b>	64	66	66	64	62	62	62	62	64
	<b>1</b>	<b>S</b>	116	112	112	110	108	106	106	104	100
		<b>D</b>	70	70	70	68	68	66	66	66	64
<b>17</b>	<b>2</b>	<b>S</b>	110	106	104	102	102	100	102	106	108
		<b>D</b>	68	66	64	62	62	62	64	64	66
	<b>3</b>	<b>S</b>	100	100	100	98	98	98	96	98	98
		<b>D</b>	68	68	68	66	66	66	64	64	66
	<b>1</b>	<b>S</b>	108	104	104	100	100	98	98	98	102
		<b>D</b>	80	80	78	76	76	76	76	76	78
<b>18</b>	<b>2</b>	<b>S</b>	106	104	104	100	98	94	90	90	94
		<b>D</b>	74	72	72	70	68	66	64	64	66
	<b>3</b>	<b>S</b>	98	96	96	96	94	92	90	92	94
		<b>D</b>	70	68	66	66	64	62	62	64	64
	<b>1</b>	<b>S</b>	112	110	108	106	104	104	100	100	98
		<b>D</b>	70	68	68	66	66	66	64	64	64
<b>19</b>	<b>2</b>	<b>S</b>	108	106	106	104	104	102	100	98	98
		<b>D</b>	70	70	68	68	68	66	64	64	64
	<b>3</b>	<b>S</b>	104	102	102	102	98	96	96	92	94
		<b>D</b>	68	72	70	70	68	66	64	64	64

	<b>1</b>	<b>S</b>	108	108	108	106	106	108	108	108	108
		<b>D</b>	68	64	64	64	64	66	68	68	68
<b>20</b>	<b>2</b>	<b>S</b>	108	106	100	102	102	102	106	106	106
		<b>D</b>	68	66	64	64	66	66	66	66	66
	<b>3</b>	<b>S</b>	102	102	100	100	100	98	102	102	102
		<b>D</b>	60	60	60	60	60	60	60	60	60
	<b>1</b>	<b>S</b>	110	108	106	106	102	104	108	108	110
		<b>D</b>	68	66	66	64	64	64	68	68	68
<b>21</b>	<b>2</b>	<b>S</b>	110	102	98	96	100	104	106	106	106
		<b>D</b>	62	64	62	60	62	64	64	64	64
	<b>3</b>	<b>S</b>	108	104	102	102	100	100	102	106	106
		<b>D</b>	60	60	60	60	58	60	60	60	60
	<b>1</b>	<b>S</b>	110	106	102	100	100	98	94	92	94
		<b>D</b>	70	68	68	68	68	64	64	66	66
<b>22</b>	<b>2</b>	<b>S</b>	106	104	104	102	102	100	100	100	98
		<b>D</b>	68	68	68	68	68	68	68	68	66
	<b>3</b>	<b>S</b>	102	100	98	98	98	98	96	98	98
		<b>D</b>	66	66	66	66	66	66	64	66	66
	<b>1</b>	<b>S</b>	110	108	102	98	96	94	94	96	96
		<b>D</b>	70	70	68	66	66	64	64	66	66
<b>23</b>	<b>2</b>	<b>S</b>	96	94	92	92	90	90	88	88	90
		<b>D</b>	70	68	68	68	66	64	64	66	68
	<b>3</b>	<b>S</b>	94	94	92	92	90	92	92	92	94
		<b>D</b>	68	66	66	64	62	62	62	64	64

	<b>1</b>	<b>S</b>	114	110	108	106	102	100	98	96	100
		<b>D</b>	78	78	78	76	76	74	72	74	74
<b>24</b>	<b>2</b>	<b>S</b>	110	104	104	100	100	100	102	102	104
		<b>D</b>	78	78	78	76	76	76	76	78	78
	<b>3</b>	<b>S</b>	104	102	100	100	100	98	100	100	100
		<b>D</b>	74	74	74	72	72	70	70	70	70
	<b>1</b>	<b>S</b>	102	102	102	102	100	98	98	96	98
		<b>D</b>	68	68	68	66	66	66	66	64	68
<b>25</b>	<b>2</b>	<b>S</b>	100	98	98	96	92	88	88	88	88
		<b>D</b>	68	68	68	68	64	64	64	66	66
	<b>3</b>	<b>S</b>	94	92	92	90	90	88	88	86	88
		<b>D</b>	64	64	62	62	60	60	60	60	60
	<b>1</b>	<b>S</b>	110	110	108	106	102	100	96	96	92
		<b>D</b>	70	68	68	66	64	64	64	64	66
<b>26</b>	<b>2</b>	<b>S</b>	110	98	96	92	92	90	88	94	94
		<b>D</b>	68	68	66	66	64	62	62	64	66
	<b>3</b>	<b>S</b>	100	98	98	98	96	94	94	92	90
		<b>D</b>	68	68	66	66	66	64	64	62	62
	<b>1</b>	<b>S</b>	110	102	96	94	94	90	92	98	98
		<b>D</b>	74	74	74	72	72	70	72	74	74
<b>27</b>	<b>2</b>	<b>S</b>	108	110	104	102	98	98	94	94	92
		<b>D</b>	70	70	68	68	66	66	64	66	66
	<b>3</b>	<b>S</b>	106	104	102	100	94	96	96	96	102
		<b>D</b>	70	70	70	70	68	68	66	66	68

	<b>1</b>	<b>S</b>	110	108	106	104	100	100	98	98	96
		<b>D</b>	70	70	68	68	66	64	64	66	66
<b>28</b>	<b>2</b>	<b>S</b>	104	102	102	102	100	90	92	94	98
		<b>D</b>	68	68	68	68	66	62	64	66	68
	<b>3</b>	<b>S</b>	100	100	98	98	96	94	94	96	96
		<b>D</b>	66	68	68	66	66	64	66	66	68
	<b>1</b>	<b>S</b>	104	104	100	98	96	96	100	100	102
		<b>D</b>	70	68	66	64	64	66	68	68	70
<b>29</b>	<b>2</b>	<b>S</b>	100	100	100	98	96	96	98	100	100
		<b>D</b>	68	68	68	66	64	64	68	68	68
	<b>3</b>	<b>S</b>	96	96	96	96	94	94	94	96	96
		<b>D</b>	64	64	64	64	62	64	64	66	66
	<b>1</b>	<b>S</b>	108	108	108	106	102	98	94	96	98
		<b>D</b>	70	68	68	68	66	64	62	64	66
<b>30</b>	<b>2</b>	<b>S</b>	102	102	100	98	96	96	94	94	96
		<b>D</b>	68	68	68	68	66	66	66	66	68
	<b>3</b>	<b>S</b>	96	96	94	92	90	92	94	94	94
		<b>D</b>	62	64	62	62	60	62	64	64	64



**LAMPIRAN II**  
**ANALISIS STATISTIK HASIL PERCOBAAN**

**Paired Samples Correlations**

	N	Correlation	Sig.
Pair 1 rata2.S.awal & rata2.S.sesudah	30	.452	.012
Pair 2 rata2.D.awal & rata2.D.sesudah	30	.855	.000

**Paired Samples Statistics**

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 rata2.S.awal	104.355560	30	4.9293321	.8999688
rata2.S.sesudah	94.533321	30	5.3200867	.9713105
Pair 2 rata2.D.awal	68.911107	30	3.5514099	.6483958
rata2.D.sesudah	64.888886	30	3.1771856	.5800721

### Paired Samples Test

		Paired Differences							
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
					Lower	Upper			
Pair 1	rata2.S.awal - rata2.S.sesudah	9.8222393	5.3732233	.9810119	7.8158448	11.8286339	10.012	29	.000
Pair 2	rata2.D.awal - rata2.D.sesudah	4.0222210	1.8485437	.3374964	3.3319634	4.7124786	11.918	29	.000

## LAMPIRAN II

### ANALISIS STATISTIK HASIL PERCOBAAN

#### Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 rata2.S.awal & rata2.S.sesudah	30	.452	.012
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#### Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 rata2.S.awal	104.355560	30	4.9293321	.8999688
rata2.S.sesudah	94.533321	30	5.3200867	.9713105
Pair 2 rata2.D.awal	68.911107	30	3.5514099	.6483958
rata2.D.sesudah	64.888886	30	3.1771856	.5800721

## 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 : Evangelia Yuninda, NRP : 0510073, yang bertempat di Universitas Kristen Maranatha.

Surat persetujuan ini saya buat dengan kesadaran saya sendiri tanpa tekanan ataupun paksaan dari pihak mana pun.

Bandung ..... 2009

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## **DAFTAR RIWAYAT HIDUP**

Nama : Evangelia Yuninda

NRP : 0510073

Tempat, tanggal lahir : Bandung, 28 Juni 1987

Alamat : Kompleks Mitra Dago Parahyangan Jln. Agave Blok M no  
10 Antapani, Bandung 40291

Riwayat Pendidikan :

1. 1999, lulus SD Kristen Trimulia, Bandung
2. 2002, lulus SLTP Negeri 2, Bandung
3. 2005, lulus SMU Negeri 5, Bandung
4. 2005, Mahasiswa Fakultas Kedokteran Umum Universitas Kristen Maranatha,  
Bandung