

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.	102	100	102	101,3
3.	110	100	110	106,7
4.	100	100	100	100
5.	118	118	118	118
6.	110	104	100	104,7
7.	120	110	120	116,7
8.	110	110	110	110
9.	110	110	110	110
10.	110	108	108	108,7
11.	110	110	110	110
12.	120	116	112	116
13.	106	106	106	106
14.	120	110	114	114,7
15.	120	112	110	114
16.	120	120	120	120
17.	120	120	120	120
18.	112	112	112	112
19.	108	100	104	104
20.	116	116	116	116
21.	100	100	100	100
22.	100	100	100	100
23.	116	120	120	118,7
24.	110	110	110	110
25.	120	120	120	120
26.	118	118	118	118
27.	102	100	100	100,7
28.	120	114	114	116
29.	110	100	110	106,7
30.	104	104	108	105,3

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

Subjek Penelitian	Sesudah Minum Jus <i>Beet</i> (mmHg)													
	10'	20'	30'	40'	50'	60'	70'	80'	90'	100'	110'	120'	130'	140'
1.	106	104	98	94	92	92	98	104	108					
2.	108	100	100	98	94	94	94	100	102					
3.	104	102	102	102	108	108	108	108	110					
4.	98	98	92	92	92	98	100							
5.	110	110	98	98	92	94	104	112	118					
6.	98	94	90	86	92	96	98	100						
7.	110	106	98	96	94	90	98	102	106	100	110			
8.	110	106	96	96	96	98	102	110						
9.	102	100	98	98	96	100	104	110						
10.	108	102	100	100	100	98	98	96	98	98	98	106	106	110
11.	106	102	100	100	102	98	90	94	98	102	104	106	108	110
12.	118	112	108	100	98	98	104	108	110					
13.	100	100	94	94	92	90	94	94	98	100				
14.	112	110	106	100	102	106	106	110						
15.	114	110	98	90	94	100	106	110	120					
16.	118	118	112	108	104	106	110	116	120					
17.	114	112	108	112	114	118	120							
18.	112	108	108	106	102	106	100	110	112					
19.	102	96	96	92	90	98	104	106						
20.	114	110	98	98	104	106	108	110	116					
21.	96	90	88	90	94	98	98	100						
22.	98	98	94	92	90	94	96	100						
23.	116	116	110	106	108	100	96	98	104	110	114	116	118	120
24.	108	104	102	98	96	96	92	96	98	102	104	104	108	110
25.	118	114	110	108	104	102	106	108	112	114	116	120		
26.	114	106	102	98	94	88	98	104						
27.	98	96	96	94	88	86	88	92	98	102				
28.	108	106	104	102	100	106	110							
29.	110	100	100	100	98	98	96	98	100	108	108	110		
30.	106	104	100	98	98	98	98	98	106					

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.	70	70	70	70
2.	76	70	70	72
3.	60	70	70	66,7
4.	70	70	70	70
5.	70	60	64	64,7
6.	70	70	70	70
7.	80	70	70	73,3
8.	80	80	80	80
9.	60	68	60	62,7
10.	78	72	76	75,3
11.	70	76	70	72
12.	80	80	70	76,7
13.	70	70	70	70
14.	70	70	70	70
15.	70	68	66	68
16.	90	88	88	88,7
17.	70	70	70	70
18.	84	84	84	84
19.	60	60	60	60
20.	70	70	70	70
21.	70	70	70	70
22.	70	70	70	70
23.	68	70	70	69,3
24.	80	78	78	78,7
25.	80	80	80	80
26.	76	80	80	78,7
27.	70	70	70	70
28.	80	70	70	73,3
29.	80	80	80	80
30.	88	80	80	82,7

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

Subjek Penelitian	Setelah Minum Jus Beet (mmHg)													
	10'	20'	30'	40'	50'	60'	70'	80'	90'	100'	110'	120'	130'	140'
1.	66	66	66	64	64	64	70	70	70					
2.	78	66	66	64	60	70	70	70	70					
3.	70	70	68	62	70	70	70	70	70					
4.	66	66	64	64	68	70	70							
5.	74	68	68	66	60	64	70	78	80					
6.	70	68	68	66	68	70	70	70						
7.	70	68	66	62	62	62	70	70	70	70	70			
8.	80	80	80	78	70	76	80	80						
9.	66	66	66	66	70	70	72	80	80					
10.	68	68	66	68	70	66	68	66	70	72	70	70	72	76
11.	70	68	68	66	70	70	66	68	70	74	74	74	76	70
12.	74	76	68	66	68	72	74	74	74					
13.	68	68	64	62	64	64	60	72	74	72	72			
14.	70	72	70	68	78	74	70	70						
15.	66	60	60	58	60	62	62	68	70					
16.	88	86	86	84	82	86	88	88	88					
17.	68	64	68	70	70	70	70							
18.	84	78	80	80	80	82	86	86	86					
19.	58	54	54	54	58	60	68	70						
20.	66	60	60	58	62	68	70	70	70					
21.	70	62	60	64	64	70	70	70						
22.	70	70	70	68	64	66	66	70						
23.	66	66	62	62	60	62	60	60	66	66	74	78	78	78
24.	76	76	72	72	70	68	68	70	70	74	74	74	78	78
25.	78	74	74	72	70	70	74	76	78	78	78	78		
26.	68	66	64	60	60	60	64	64	64	66	70			
27.	66	64	64	64	62	62	60	64	66	66	70			
28.	78	76	76	72	68	74	78							
29.	80	70	70	70	70	70	70	68	70	70	70	78	80	
30.	78	78	78	78	78	74	74	74	80					

LAMPIRAN II

SURAT PERSETUJUAN

Yang bertanda tangan di bawah ini,

Nama lengkap :

NRP :

Tanggal lahir :

Alamat :

Menyatakan bersedia dan tidak berkeberatan menjadi naracoba dalam penelitian yang dilakukan oleh Reyshiani Johan, NRP 0510161, yang bertempat di Universitas Kristen Maranatha.

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

Bandung,

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

Statistik Tekanan Darah Sistolik

Paired t-test :

Normally Test : Passed (P = 0.364)

Group	N	Missing		
Col 1	30	0		
Col 2	30	0		
Group	Mean	Std. Dev	SEM	
Col 1	110.473	6.643	1.213	
Col 2	94.867	6.004	1.096	
Difference	15.607	6.180	1.128	

t = 13.833 with 29 degrees of freedom (P = < 0.001)

95 percent confidence interval for difference of means : 13.299 to 17.914

The change that occurred with the treatment is greater than would be expected by chance, there is statistically significant change (P = < 0.001)

Power of performed test with alpha = 0.050 : 1.000

Statistik Tekanan Darah Diastolik

Data source : Data 1 in Notebook

Paired t-test :

Normally Test : Passed (P = 0.044)

Test execution ended by user request, Signed Rank Test begun

Wilcoxon Signed Rank Test

Data source : Data 1 in Notebook

Group	N	Missing
Col 1	30	0
Col 2	30	0
Tested	30	0

Group	Median	25 %	75 %
Col 1	70.000	70.000	78.700
Col 2	64.000	60.000	68.000

W = -465.000 T+ = 0.000 T- = -465.000 (P = < 0.001)

The change that occurred with the treatment is greater than would be expected by chance, there is statistically significant change (P = < 0.001)

RIWAYAT HIDUP

Nama : Reyshiani Johan

Nomor Pokok Mahasiswa : 0510161

Tempat dan Tanggal Lahir : Bandung, 28 Januari 1987

Alamat : Jl. Babakan Jeruk VII No. 5

Riwayat Pendidikan :

- TK Santo Aloysius, Bandung
- SD Santo Yusuf I, Bandung
- SMP Santo Aloysius I, Bandung
- SMA Santo Aloysius I, Bandung
- Mahasiswi Fakultas Kedokteran Universitas Kristen Maranatha