

LAMPIRAN I
ANALISIS STATISTIK

T-Test SISTOL

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	tekanan darah sistolik sebelum percobaan	105,07	30	7,037	1,285
	tekanan darah sistolik setelah percobaan	92,93	30	7,978	1,457

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	tekanan darah sistolik sebelum percobaan & tekanan darah sistolik setelah percobaan	30	,727	,000

Paired Samples Test

		Pair 1 tekanan darah sistolik sebelum percobaan - tekanan darah sistolik setelah percobaan
Paired Differences	Mean	12,13
	Std. Deviation	5,612
	Std. Error Mean	1,025
	95% Confidence Interval of the Difference	Lower 10,04 Upper 14,23
T		11,841
Df		29
Sig. (2-tailed)		,000

T-Test DIASTOL**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	tekanan darah diastolik sebelum percobaan	73,50	30	5,818	1,062
	tekanan darah diastolik setelah percobaan	65,00	30	7,158	1,307

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	tekanan darah diastolik sebelum percobaan & tekanan darah diastolik setelah percobaan	30	,847	,000

Paired Samples Test

		Pair 1 tekanan darah diastolik sebelum percobaan - tekanan darah diastolik setelah percobaan
Paired Differences	Mean	8,50
	Std. Deviation	3,812
	Std. Error Mean	,696
	95% Confidence Interval of the Difference	Lower 7,08 Upper 9,92
t		12,212
df		29
Sig. (2-tailed)		,000

T-Test PERSENTASE**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	persentase penurunan tekanan darah sistolik	11,5220	30	5,13514	,93754
	persentase penurunan tekanan darah diastolik	11,6597	30	5,41384	,98843

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	persentase penurunan tekanan darah sistolik & persentase penurunan tekanan darah diastolik	30	,333	,072

Paired Samples Test

		Pair 1 persentase penurunan tekanan darah sistolik - persentase penurunan tekanan darah diastolik
Paired Differences	Mean	-,1377
	Std. Deviation	6,09720
	Std. Error Mean	1,11319
	95% Confidence Interval of the Difference	Lower Upper
		-2,4144 2,1391
t		-,124
df		29
Sig. (2-tailed)		,902

LAMPIRAN II
DATA HASIL PENELITIAN

Tekanan Darah Sistol Sebelum dan Sesudah Minum Air Kelapa Muda

Subjek Uji	Sebelum Minum Air Kelapa Muda				Setelah Minum Air Kelapa Muda				
	TD Normal			Rata-rata	5'	10'	15'	20'	25'
1	90	90	90	90	80	80	80	80	80
2	110	110	110	110	100	100	90	90	100
3	110	110	110	110	96	90	98	88	100
4	100	100	100	100	90	88	90	90	86
5	100	100	100	100	98	94	90	90	90
6	110	110	110	100	90	88	90	90	90
7	106	106	100	104	98	86	90	88	90
8	120	110	110	113	110	100	100	100	110
9	110	110	110	110	100	90	90	96	100
10	110	110	120	113	110	110	110	110	100
11	106	106	106	102	106	106	100	100	106
12	110	110	110	110	98	98	92	90	100
13	120	118	110	116	118	110	110	110	114
14	100	110	96	106	106	100	106	100	100
15	118	118	114	115	110	108	100	106	110
16	100	100	100	100	100	100	88	90	98
17	110	110	110	110	110	110	106	106	106
18	104	104	104	104	104	96	96	98	100
19	100	100	100	100	100	96	100	100	100
20	118	110	110	113	104	104	110	110	110
21	100	100	100	100	98	90	90	100	100
22	100	90	94	95	92	88	88	86	82
23	108	100	100	103	90	90	100	104	104
24	100	96	96	97	90	84	84	80	80
25	104	100	100	101	100	100	96	96	96
26	110	114	110	111	110	104	100	90	108
27	90	90	90	90	90	80	80	86	90
28	110	110	110	110	110	110	104	106	110
29	110	108	108	109	100	98	98	96	96
30	110	110	110	110	108	106	100	96	92

DATA HASIL PENELITIAN

Tekanan Darah Diastol Sebelum dan Sesudah Minum Air Kelapa Muda

Subjek Uji	Sebelum Minum Air Kelapa Muda				Setelah Minum Air Kelapa Muda				
	TD Normal			Rata-rata	5'	10'	15'	20'	25'
1	60	60	60	60	60	60	52	50	52
2	80	80	80	80	70	70	70	70	80
3	70	70	70	70	60	60	58	56	62
4	70	70	70	70	70	60	68	70	72
5	70	70	70	70	68	68	64	62	60
6	70	70	70	70	60	50	58	60	60
7	70	70	60	66	66	66	64	58	68
8	70	70	70	70	70	60	62	68	70
9	60	60	64	64	60	60	60	64	68
10	80	70	70	73	70	68	64	64	68
11	76	70	80	75	70	70	66	66	76
12	80	80	80	80	70	70	68	70	70
13	88	88	76	84	84	76	88	84	90
14	70	76	76	74	80	76	66	66	70
15	80	80	80	80	78	80	70	76	80
16	70	70	70	70	70	70	68	64	70
17	80	80	80	80	80	76	76	74	74
18	80	80	80	80	74	70	70	74	80
19	70	72	76	73	74	70	70	70	70
20	80	80	80	80	80	78	78	84	84
21	78	78	78	78	76	70	68	74	70
22	70	66	70	69	68	60	58	56	66
23	78	80	80	80	78	78	78	80	80
24	70	70	68	69	74	66	64	64	64
25	70	70	74	71	70	68	66	68	68
26	80	80	80	80	80	74	74	70	80
27	66	66	66	66	64	60	60	68	70
28	70	70	80	73	70	70	66	66	70
29	74	76	76	75	70	70	66	70	70
30	75	75	75	75	76	72	70	68	64

LAMPIRAN III

DATA PENELITIAN AIR KELAPA MUDA

No	Subyek Penelitian	Usia (Tahun)	BB/TB (Kg/cm)	Sebelum Minum Air Kelapa Muda (mmHg)	Rata-rata (mmHg)	Setelah Minum Air Kelapa Muda (mmHg)
1	CMS	20	56/160	90/60 90/60 90/60	90/60	80/60 80/60 80/52 80/50 80/52
2	NM	19	67/159	110/80 110/80 110/80	110/80	100/70 100/70 90/70 90/70 100/80
3	MMM	20	50/154	110/70 110/70 110/70	110/70	96/60 90/60 98/58 88/56 100/62
4	HT	20	58/163	100/70 100/70 100/70	100/70	90/70 88/60 90/68 90/70 86/72
5	NA	21	49/170	100/70 100/70 100/70	100/70	98/68 94/68 90/64 90/62 90/60
6	AT	20	43/153	110/70 110/70 110/70	100/70	90/60 88/50 90/58 90/60 90/60
7	OC	22	53/161	106/70 106/70 100/60	86/58	98/66 86/66 90/64 88/58 90/68
8	MAJ	20	56/170	120/70 110/70 110/70	113/70	110/70 100/60 100/62 100/68 110/70

No	Subyek Penelitian	Usia (Tahun)	BB/TB (Kg/cm)	Sebelum Minum Air Kelapa Muda (mmHg)	Rata-rata (mmHg)	Setelah Minum Air Kelapa Muda (mmHg)
9	ERS	21	65/168	110/60 110/60 110/64	110/64	100/60 90/60 90/60 96/64 100/68
10	PRS	20	60/164	110/80 110/70 120/70	113/73	110/70 110/68 110/64 110/64 100/68
11	ADL	20	57/158	106/76 106/70 106/80	102/75	106/70 106/70 100/66 100/66 106/76
12	CT	21	63/154	110/80 110/80 110/80	110/80	98/70 98/70 92/68 90/70 100/70
13	AN	21	58/158	120/88 118/88 110/76	116/84	118/84 110/76 110/88 110/84 114/90
14	ON	21	54/163	100/70 110/76 96/76	102/74	106/80 100/76 106/66 100/66 100/70
15	ML	20	58/158	118/80 118/80 114/80	115/80	110/78 108/80 100/70 106/76 110/80
16	AA	21	48/160	100/70 100/70 100/70	100/70	100/70 100/70 88/68 90/64 98/70

No	Subyek Penelitian	Usia (Tahun)	BB/TB (Kg/cm)	Sebelum Minum Air Kelapa Muda (mmHg)	Rata-rata (mmHg)	Setelah Minum Air Kelapa Muda (mmHg)
17	OG	21	66/160	110/80 110/80 110/80	110/80	110/80 110/76 106/76 106/74 106/74
18	VS	21	71/160	104/80 104/80 104/80	104/80	104/74 96/70 96/70 98/74 100/80
19	M	19	50/155	100/70 100/72 100/76	100/73	100/74 96/70 100/70 100/70 100/70
20	MFNS	18	57/162	118/80 110/80 110/80	113/80	104/80 104/78 110/78 110/84 110/84
21	HR	18	46/147	100/78 100/78 100/78	100/78	98/76 90/70 90/68 100/74 100/70
22	ILTP	19	39/149	100/70 90/66 94/70	95/69	92/68 88/60 88/58 86/56 82/66
23	CS	18	44/150	108/78 100/80 100/80	103/80	90/78 90/78 100/78 104/80 104/80
24	KB	20	49/160	100/70 96/70 96/68	97/69	90/74 84/66 84/64 80/64 80/64

No	Subyek Penelitian	Usia (Tahun)	BB/TB (Kg/cm)	Sebelum Minum Air Kelapa Muda (mmHg)	Rata-rata (mmHg)	Setelah Minum Air Kelapa Muda (mmHg)
25	WM	20	68/165	104/70 100/70 100/74	101/71	100/70 100/68 96/66 96/68 96/68
26	H	18	72/165	110/80 114/80 110/80	111/80	110/80 104/74 100/74 90/70 108/80
27	AB	21	41/151	90/66 90/66 90/66	90/66	90/64 80/60 80/60 86/68 90/70
28	ETD	20	70/162	110/70 110/70 110/80	110/73	110/70 110/70 104/66 106/66 110/70
29	YDG	19	65/169	110/74 108/76 108/76	109/75	100/70 98/70 98/66 96/70 96/70
30	FML	25	58/168	110/75 110/75 110/75	110/75	108/76 106/72 100/70 96/68 92/64

RIWAYAT HIDUP

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