# LAMPIRAN

1. **Output Statistik Menggunakan SPSS**

**A.1. Berat Badan**

**A.1.1. Data Deskriptif Berat Badan Hewan Coba**

Data deskriptif berat badan hewan coba sebelum perlakuan (hewan coba telah dikondisikan menjadi obesitas) dan selama perlakuan dimana berat badan ditimbang setiap minggu sampai minggu ke-4.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptives** | | | | | |
|  | Kelompok penelitian | | | Statistic | Std. Error |
| Berat badan (gr) sebelum perlakuan | X(-) | Mean | | 226.0000 | 1.29099 |
| 95% Confidence Interval for Mean | Lower Bound | 222.6814 |  |
| Upper Bound | 229.3186 |  |
| 5% Trimmed Mean | | 226.0556 |  |
| Median | | 226.5000 |  |
| Variance | | 10.000 |  |
| Std. Deviation | | 3.16228 |  |
| Minimum | | 221.00 |  |
| Maximum | | 230.00 |  |
| Range | | 9.00 |  |
| Interquartile Range | | 5.25 |  |
| Skewness | | -.569 | .845 |
| Kurtosis | | .148 | 1.741 |
| X(+) | Mean | | 239.1667 | 1.01379 |
| 95% Confidence Interval for Mean | Lower Bound | 236.5606 |  |
| Upper Bound | 241.7727 |  |
| 5% Trimmed Mean | | 239.2407 |  |
| Median | | 239.5000 |  |
| Variance | | 6.167 |  |
| Std. Deviation | | 2.48328 |  |
| Minimum | | 235.00 |  |
| Maximum | | 242.00 |  |
| Range | | 7.00 |  |
| Interquartile Range | | 4.00 |  |
| Skewness | | -.871 | .845 |
| Kurtosis | | .735 | 1.741 |
| X1 | Mean | | 244.0000 | 1.29099 |
| 95% Confidence Interval for Mean | Lower Bound | 240.6814 |  |
| Upper Bound | 247.3186 |  |
| 5% Trimmed Mean | | 243.9444 |  |
| Median | | 243.5000 |  |
| Variance | | 10.000 |  |
| Std. Deviation | | 3.16228 |  |
| Minimum | | 240.00 |  |
| Maximum | | 249.00 |  |
| Range | | 9.00 |  |
| Interquartile Range | | 5.25 |  |
| Skewness | | .569 | .845 |
| Kurtosis | | .148 | 1.741 |
| X2 | Mean | | 244.6667 | 1.45297 |
| 95% Confidence Interval for Mean | Lower Bound | 240.9317 |  |
| Upper Bound | 248.4016 |  |
| 5% Trimmed Mean | | 244.5741 |  |
| Median | | 243.5000 |  |
| Variance | | 12.667 |  |
| Std. Deviation | | 3.55903 |  |
| Minimum | | 241.00 |  |
| Maximum | | 250.00 |  |
| Range | | 9.00 |  |
| Interquartile Range | | 6.75 |  |
| Skewness | | .769 | .845 |
| Kurtosis | | -1.138 | 1.741 |
| X3 | Mean | | 241.1667 | 1.13774 |
| 95% Confidence Interval for Mean | Lower Bound | 238.2420 |  |
| Upper Bound | 244.0913 |  |
| 5% Trimmed Mean | | 241.1296 |  |
| Median | | 240.5000 |  |
| Variance | | 7.767 |  |
| Std. Deviation | | 2.78687 |  |
| Minimum | | 238.00 |  |
| Maximum | | 245.00 |  |
| Range | | 7.00 |  |
| Interquartile Range | | 5.50 |  |
| Skewness | | .493 | .845 |
| Kurtosis | | -1.552 | 1.741 |
| X4 | Mean | | 238.8333 | 1.85143 |
| 95% Confidence Interval for Mean | Lower Bound | 234.0741 |  |
| Upper Bound | 243.5926 |  |
| 5% Trimmed Mean | | 238.9815 |  |
| Median | | 239.5000 |  |
| Variance | | 20.567 |  |
| Std. Deviation | | 4.53505 |  |
| Minimum | | 231.00 |  |
| Maximum | | 244.00 |  |
| Range | | 13.00 |  |
| Interquartile Range | | 7.00 |  |
| Skewness | | -1.015 | .845 |
| Kurtosis | | 1.348 | 1.741 |
| Berat badan (gr) minggu ke-1 | X(-) | Mean | | 232.0000 | 1.46059 |
| 95% Confidence Interval for Mean | Lower Bound | 228.2454 |  |
| Upper Bound | 235.7546 |  |
| 5% Trimmed Mean | | 231.8889 |  |
| Median | | 232.0000 |  |
| Variance | | 12.800 |  |
| Std. Deviation | | 3.57771 |  |
| Minimum | | 228.00 |  |
| Maximum | | 238.00 |  |
| Range | | 10.00 |  |
| Interquartile Range | | 5.50 |  |
| Skewness | | .825 | .845 |
| Kurtosis | | .740 | 1.741 |
| X(+) | Mean | | 251.6667 | 1.05409 |
| 95% Confidence Interval for Mean | Lower Bound | 248.9570 |  |
| Upper Bound | 254.3763 |  |
| 5% Trimmed Mean | | 251.6852 |  |
| Median | | 251.5000 |  |
| Variance | | 6.667 |  |
| Std. Deviation | | 2.58199 |  |
| Minimum | | 248.00 |  |
| Maximum | | 255.00 |  |
| Range | | 7.00 |  |
| Interquartile Range | | 4.75 |  |
| Skewness | | -.077 | .845 |
| Kurtosis | | -.867 | 1.741 |
| X1 | Mean | | 253.3333 | 1.25610 |
| 95% Confidence Interval for Mean | Lower Bound | 250.1044 |  |
| Upper Bound | 256.5622 |  |
| 5% Trimmed Mean | | 253.2593 |  |
| Median | | 252.5000 |  |
| Variance | | 9.467 |  |
| Std. Deviation | | 3.07679 |  |
| Minimum | | 250.00 |  |
| Maximum | | 258.00 |  |
| Range | | 8.00 |  |
| Interquartile Range | | 5.75 |  |
| Skewness | | .705 | .845 |
| Kurtosis | | -.930 | 1.741 |
| X2 | Mean | | 253.8333 | 1.74005 |
| 95% Confidence Interval for Mean | Lower Bound | 249.3604 |  |
| Upper Bound | 258.3063 |  |
| 5% Trimmed Mean | | 253.7593 |  |
| Median | | 252.5000 |  |
| Variance | | 18.167 |  |
| Std. Deviation | | 4.26224 |  |
| Minimum | | 249.00 |  |
| Maximum | | 260.00 |  |
| Range | | 11.00 |  |
| Interquartile Range | | 8.00 |  |
| Skewness | | .637 | .845 |
| Kurtosis | | -1.224 | 1.741 |
| X3 | Mean | | 250.5000 | 1.33542 |
| 95% Confidence Interval for Mean | Lower Bound | 247.0672 |  |
| Upper Bound | 253.9328 |  |
| 5% Trimmed Mean | | 250.4444 |  |
| Median | | 249.5000 |  |
| Variance | | 10.700 |  |
| Std. Deviation | | 3.27109 |  |
| Minimum | | 247.00 |  |
| Maximum | | 255.00 |  |
| Range | | 8.00 |  |
| Interquartile Range | | 6.50 |  |
| Skewness | | .617 | .845 |
| Kurtosis | | -1.638 | 1.741 |
| X4 | Mean | | 247.6667 | 1.87380 |
| 95% Confidence Interval for Mean | Lower Bound | 242.8499 |  |
| Upper Bound | 252.4834 |  |
| 5% Trimmed Mean | | 247.9074 |  |
| Median | | 249.0000 |  |
| Variance | | 21.067 |  |
| Std. Deviation | | 4.58984 |  |
| Minimum | | 239.00 |  |
| Maximum | | 252.00 |  |
| Range | | 13.00 |  |
| Interquartile Range | | 5.50 |  |
| Skewness | | -1.689 | .845 |
| Kurtosis | | 3.298 | 1.741 |
| Berat badan (gr) minggu ke-2 | X(-) | Mean | | 238.5000 | 1.56525 |
| 95% Confidence Interval for Mean | Lower Bound | 234.4764 |  |
| Upper Bound | 242.5236 |  |
| 5% Trimmed Mean | | 238.6111 |  |
| Median | | 239.0000 |  |
| Variance | | 14.700 |  |
| Std. Deviation | | 3.83406 |  |
| Minimum | | 232.00 |  |
| Maximum | | 243.00 |  |
| Range | | 11.00 |  |
| Interquartile Range | | 5.75 |  |
| Skewness | | -.894 | .845 |
| Kurtosis | | 1.020 | 1.741 |
| X(+) | Mean | | 264.8333 | 1.19490 |
| 95% Confidence Interval for Mean | Lower Bound | 261.7618 |  |
| Upper Bound | 267.9049 |  |
| 5% Trimmed Mean | | 264.9259 |  |
| Median | | 265.5000 |  |
| Variance | | 8.567 |  |
| Std. Deviation | | 2.92689 |  |
| Minimum | | 260.00 |  |
| Maximum | | 268.00 |  |
| Range | | 8.00 |  |
| Interquartile Range | | 5.00 |  |
| Skewness | | -.904 | .845 |
| Kurtosis | | .250 | 1.741 |
| X1 | Mean | | 260.6667 | 1.11555 |
| 95% Confidence Interval for Mean | Lower Bound | 257.7991 |  |
| Upper Bound | 263.5343 |  |
| 5% Trimmed Mean | | 260.6296 |  |
| Median | | 260.5000 |  |
| Variance | | 7.467 |  |
| Std. Deviation | | 2.73252 |  |
| Minimum | | 257.00 |  |
| Maximum | | 265.00 |  |
| Range | | 8.00 |  |
| Interquartile Range | | 4.25 |  |
| Skewness | | .435 | .845 |
| Kurtosis | | .586 | 1.741 |
| X2 | Mean | | 261.6667 | 1.42984 |
| 95% Confidence Interval for Mean | Lower Bound | 257.9911 |  |
| Upper Bound | 265.3422 |  |
| 5% Trimmed Mean | | 261.6296 |  |
| Median | | 260.5000 |  |
| Variance | | 12.267 |  |
| Std. Deviation | | 3.50238 |  |
| Minimum | | 258.00 |  |
| Maximum | | 266.00 |  |
| Range | | 8.00 |  |
| Interquartile Range | | 7.25 |  |
| Skewness | | .625 | .845 |
| Kurtosis | | -1.856 | 1.741 |
| X3 | Mean | | 257.5000 | 1.11803 |
| 95% Confidence Interval for Mean | Lower Bound | 254.6260 |  |
| Upper Bound | 260.3740 |  |
| 5% Trimmed Mean | | 257.5000 |  |
| Median | | 257.5000 |  |
| Variance | | 7.500 |  |
| Std. Deviation | | 2.73861 |  |
| Minimum | | 254.00 |  |
| Maximum | | 261.00 |  |
| Range | | 7.00 |  |
| Interquartile Range | | 5.50 |  |
| Skewness | | .000 | .845 |
| Kurtosis | | -1.541 | 1.741 |
| X4 | Mean | | 254.8333 | 1.66166 |
| 95% Confidence Interval for Mean | Lower Bound | 250.5619 |  |
| Upper Bound | 259.1048 |  |
| 5% Trimmed Mean | | 254.9259 |  |
| Median | | 255.5000 |  |
| Variance | | 16.567 |  |
| Std. Deviation | | 4.07022 |  |
| Minimum | | 248.00 |  |
| Maximum | | 260.00 |  |
| Range | | 12.00 |  |
| Interquartile Range | | 6.00 |  |
| Skewness | | -.781 | .845 |
| Kurtosis | | 1.218 | 1.741 |
| Berat badan (gr) minggu ke-3 | X(-) | Mean | | 244.1667 | 1.42400 |
| 95% Confidence Interval for Mean | Lower Bound | 240.5062 |  |
| Upper Bound | 247.8272 |  |
| 5% Trimmed Mean | | 244.1296 |  |
| Median | | 244.0000 |  |
| Variance | | 12.167 |  |
| Std. Deviation | | 3.48807 |  |
| Minimum | | 240.00 |  |
| Maximum | | 249.00 |  |
| Range | | 9.00 |  |
| Interquartile Range | | 6.75 |  |
| Skewness | | .216 | .845 |
| Kurtosis | | -1.453 | 1.741 |
| X(+) | Mean | | 279.5000 | .76376 |
| 95% Confidence Interval for Mean | Lower Bound | 277.5367 |  |
| Upper Bound | 281.4633 |  |
| 5% Trimmed Mean | | 279.5000 |  |
| Median | | 279.5000 |  |
| Variance | | 3.500 |  |
| Std. Deviation | | 1.87083 |  |
| Minimum | | 277.00 |  |
| Maximum | | 282.00 |  |
| Range | | 5.00 |  |
| Interquartile Range | | 3.50 |  |
| Skewness | | .000 | .845 |
| Kurtosis | | -1.200 | 1.741 |
| X1 | Mean | | 269.1667 | 1.53659 |
| 95% Confidence Interval for Mean | Lower Bound | 265.2167 |  |
| Upper Bound | 273.1166 |  |
| 5% Trimmed Mean | | 269.1296 |  |
| Median | | 269.0000 |  |
| Variance | | 14.167 |  |
| Std. Deviation | | 3.76386 |  |
| Minimum | | 264.00 |  |
| Maximum | | 275.00 |  |
| Range | | 11.00 |  |
| Interquartile Range | | 5.75 |  |
| Skewness | | .313 | .845 |
| Kurtosis | | .398 | 1.741 |
| X2 | Mean | | 269.6667 | 1.58465 |
| 95% Confidence Interval for Mean | Lower Bound | 265.5932 |  |
| Upper Bound | 273.7401 |  |
| 5% Trimmed Mean | | 269.5185 |  |
| Median | | 269.0000 |  |
| Variance | | 15.067 |  |
| Std. Deviation | | 3.88158 |  |
| Minimum | | 266.00 |  |
| Maximum | | 276.00 |  |
| Range | | 10.00 |  |
| Interquartile Range | | 7.00 |  |
| Skewness | | .839 | .845 |
| Kurtosis | | -.059 | 1.741 |
| X3 | Mean | | 264.8333 | 1.30171 |
| 95% Confidence Interval for Mean | Lower Bound | 261.4872 |  |
| Upper Bound | 268.1795 |  |
| 5% Trimmed Mean | | 264.8148 |  |
| Median | | 264.5000 |  |
| Variance | | 10.167 |  |
| Std. Deviation | | 3.18852 |  |
| Minimum | | 261.00 |  |
| Maximum | | 269.00 |  |
| Range | | 8.00 |  |
| Interquartile Range | | 6.50 |  |
| Skewness | | .226 | .845 |
| Kurtosis | | -1.626 | 1.741 |
| X4 | Mean | | 262.1667 | 1.88709 |
| 95% Confidence Interval for Mean | Lower Bound | 257.3157 |  |
| Upper Bound | 267.0176 |  |
| 5% Trimmed Mean | | 262.2407 |  |
| Median | | 262.0000 |  |
| Variance | | 21.367 |  |
| Std. Deviation | | 4.62241 |  |
| Minimum | | 255.00 |  |
| Maximum | | 268.00 |  |
| Range | | 13.00 |  |
| Interquartile Range | | 7.75 |  |
| Skewness | | -.378 | .845 |
| Kurtosis | | -.061 | 1.741 |
| Berat badan (gr) mimnggu ke-4 | X(-) | Mean | | 250.3333 | 1.40633 |
| 95% Confidence Interval for Mean | Lower Bound | 246.7182 |  |
| Upper Bound | 253.9484 |  |
| 5% Trimmed Mean | | 250.3148 |  |
| Median | | 250.5000 |  |
| Variance | | 11.867 |  |
| Std. Deviation | | 3.44480 |  |
| Minimum | | 246.00 |  |
| Maximum | | 255.00 |  |
| Range | | 9.00 |  |
| Interquartile Range | | 6.75 |  |
| Skewness | | .018 | .845 |
| Kurtosis | | -1.274 | 1.741 |
| X(+) | Mean | | 292.6667 | .88192 |
| 95% Confidence Interval for Mean | Lower Bound | 290.3996 |  |
| Upper Bound | 294.9337 |  |
| 5% Trimmed Mean | | 292.6296 |  |
| Median | | 292.5000 |  |
| Variance | | 4.667 |  |
| Std. Deviation | | 2.16025 |  |
| Minimum | | 290.00 |  |
| Maximum | | 296.00 |  |
| Range | | 6.00 |  |
| Interquartile Range | | 3.75 |  |
| Skewness | | .463 | .845 |
| Kurtosis | | -.300 | 1.741 |
| X1 | Mean | | 277.1667 | 1.51474 |
| 95% Confidence Interval for Mean | Lower Bound | 273.2729 |  |
| Upper Bound | 281.0604 |  |
| 5% Trimmed Mean | | 277.1852 |  |
| Median | | 277.5000 |  |
| Variance | | 13.767 |  |
| Std. Deviation | | 3.71035 |  |
| Minimum | | 272.00 |  |
| Maximum | | 282.00 |  |
| Range | | 10.00 |  |
| Interquartile Range | | 7.00 |  |
| Skewness | | -.196 | .845 |
| Kurtosis | | -.991 | 1.741 |
| X2 | Mean | | 277.6667 | 1.45297 |
| 95% Confidence Interval for Mean | Lower Bound | 273.9317 |  |
| Upper Bound | 281.4016 |  |
| 5% Trimmed Mean | | 277.5741 |  |
| Median | | 276.5000 |  |
| Variance | | 12.667 |  |
| Std. Deviation | | 3.55903 |  |
| Minimum | | 274.00 |  |
| Maximum | | 283.00 |  |
| Range | | 9.00 |  |
| Interquartile Range | | 6.75 |  |
| Skewness | | .769 | .845 |
| Kurtosis | | -1.138 | 1.741 |
| X3 | Mean | | 273.8333 | 1.30171 |
| 95% Confidence Interval for Mean | Lower Bound | 270.4872 |  |
| Upper Bound | 277.1795 |  |
| 5% Trimmed Mean | | 273.8148 |  |
| Median | | 273.5000 |  |
| Variance | | 10.167 |  |
| Std. Deviation | | 3.18852 |  |
| Minimum | | 270.00 |  |
| Maximum | | 278.00 |  |
| Range | | 8.00 |  |
| Interquartile Range | | 6.50 |  |
| Skewness | | .226 | .845 |
| Kurtosis | | -1.626 | 1.741 |
| X4 | Mean | | 270.1667 | 2.08833 |
| 95% Confidence Interval for Mean | Lower Bound | 264.7985 |  |
| Upper Bound | 275.5349 |  |
| 5% Trimmed Mean | | 270.1852 |  |
| Median | | 269.0000 |  |
| Variance | | 26.167 |  |
| Std. Deviation | | 5.11534 |  |
| Minimum | | 263.00 |  |
| Maximum | | 277.00 |  |
| Range | | 14.00 |  |
| Interquartile Range | | 8.75 |  |
| Skewness | | .098 | .845 |
| Kurtosis | | -.721 | 1.741 |

**A.1.2. Uji Normalitas Berat Badan Hewan Coba**

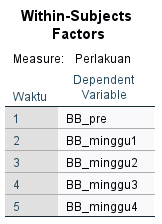
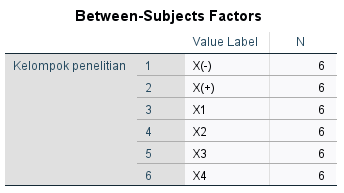
Karena jumlah hewan coba kecil <50 dan data berskala interval, maka uji normalitas yang digunakan adalah Shapiro-Wilk. Data berdistribusi normal jika signifikansi p>0,05.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Tests of Normality** | | | | | | | |
|  | Kelompok penelitian | Kolmogorov-Smirnova | | | Shapiro-Wilk | | |
|  | Statistic | df | Sig. | Statistic | df | Sig. |
| Berat badan (gr) sebelum perlakuan | X(-) | .167 | 6 | .200\* | .979 | 6 | .949 |
| X(+) | .153 | 6 | .200\* | .957 | 6 | .794 |
| X1 | .167 | 6 | .200\* | .979 | 6 | .949 |
| X2 | .241 | 6 | .200\* | .902 | 6 | .387 |
| X3 | .191 | 6 | .200\* | .925 | 6 | .540 |
| X4 | .181 | 6 | .200\* | .944 | 6 | .688 |
| Berat badan (gr) minggu ke-1 | X(-) | .223 | 6 | .200\* | .933 | 6 | .607 |
| X(+) | .150 | 6 | .200\* | .979 | 6 | .945 |
| X1 | .210 | 6 | .200\* | .930 | 6 | .582 |
| X2 | .244 | 6 | .200\* | .917 | 6 | .483 |
| X3 | .227 | 6 | .200\* | .894 | 6 | .340 |
| X4 | .276 | 6 | .173 | .835 | 6 | .118 |
| Berat badan (gr) minggu ke-2 | X(-) | .181 | 6 | .200\* | .954 | 6 | .769 |
| X(+) | .189 | 6 | .200\* | .943 | 6 | .682 |
| X1 | .146 | 6 | .200\* | .988 | 6 | .985 |
| X2 | .242 | 6 | .200\* | .845 | 6 | .142 |
| X3 | .153 | 6 | .200\* | .958 | 6 | .801 |
| X4 | .183 | 6 | .200\* | .962 | 6 | .835 |
| Berat badan (gr) minggu ke-3 | X(-) | .151 | 6 | .200\* | .961 | 6 | .830 |
| X(+) | .122 | 6 | .200\* | .982 | 6 | .961 |
| X1 | .146 | 6 | .200\* | .990 | 6 | .988 |
| X2 | .172 | 6 | .200\* | .912 | 6 | .452 |
| X3 | .173 | 6 | .200\* | .941 | 6 | .667 |
| X4 | .153 | 6 | .200\* | .978 | 6 | .939 |
| Berat badan (gr) mimnggu ke-4 | X(-) | .167 | 6 | .200\* | .963 | 6 | .843 |
| X(+) | .121 | 6 | .200\* | .983 | 6 | .964 |
| X1 | .149 | 6 | .200\* | .977 | 6 | .938 |
| X2 | .241 | 6 | .200\* | .902 | 6 | .387 |
| X3 | .173 | 6 | .200\* | .941 | 6 | .667 |
| X4 | .180 | 6 | .200\* | .949 | 6 | .733 |
| \*. This is a lower bound of the true significance. | | | | | | | |
| a. Lilliefors Significance Correction | | | | | | | |

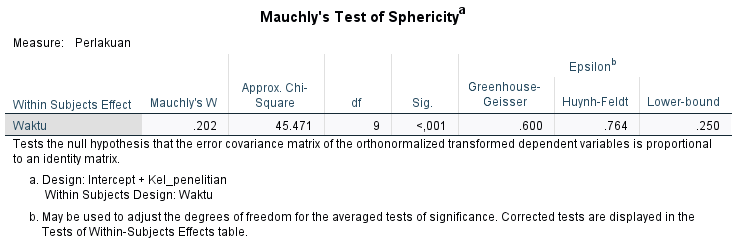
Hasil uji normalitas menunjukkan semua data berat badan hewan coba terdistribusi normal, p>0,05. Karena variabel data lebih dari 2 kelompok dan data berpasangan, maka digunakan uji lanjut *repeated measures* ANOVA untuk melihat perbandingan antar kelompok.

**A.1.3. Uji lanjut *Repeated Measures* ANOVABerat Badan Hewan Coba**

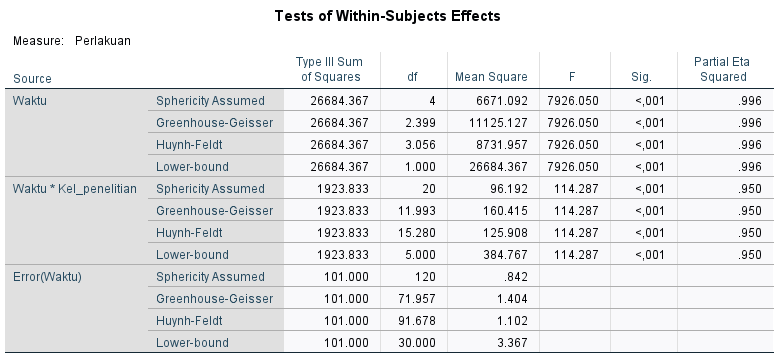
Variabel berat badan di kelompokkan menjadi 5 variabel sebagai berikut:

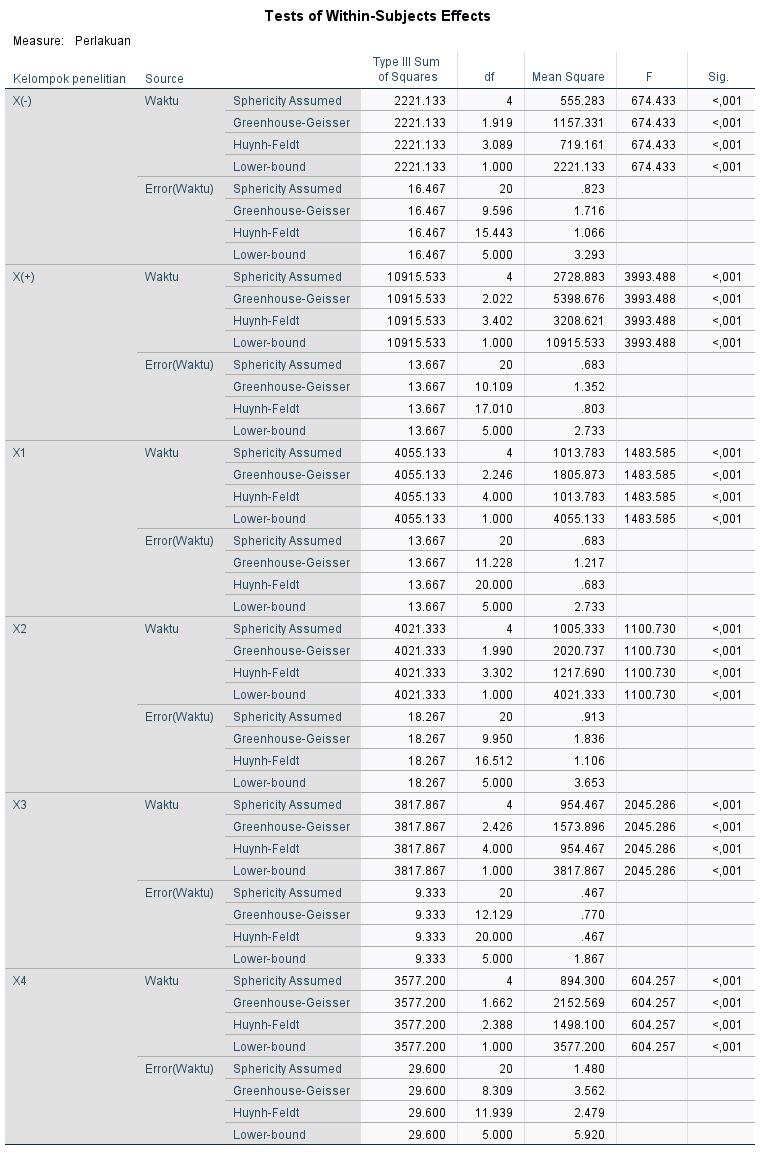
Kemudian kesamaan varian data penelitian dilihat melalui uji Sphericity. Jika p>0,05, maka data dinilai homogen (memenuhi asumsi kesamaan varian).



Hasil output uji Sphericity menunjukkan p <0,05, data dinilai tidak homogen (tidak memenuhi asumsi kesamaan varian). Maka nilai signifikansi selanjutnya mengacu pada nilai Greenhouse-Geisser. Jika p <0,05, maka data dinilai signifikan.



Nilai signifikansi pada kolom Greenhouse-Geisser menunjukkan p<0,05, sehingga data dinilai signifikan. Terdapat perbedaan penurunan berat badan hewan coba yang signifikan dari waktu ke waktu. Adapun nilai signifikansi Greenhouse-Geisser penelitian secara detail ditampilkan sebagai berikut;



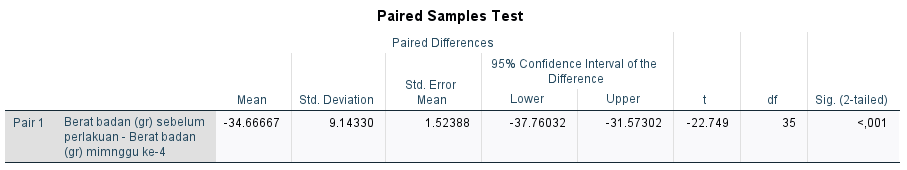
Hasil *repeated* measure ANOVA pada kolom Greenhouse-Geisser menunjukkan semua data signifikan p<0,05. Informasi mengenai rata-rata perubahan berat badan untuk setiap pengukuran dari waktu ke waktu menggunakan uji Post Hoc Bonferroni. Hasil uji ditunjukkan pada tabel *Pairwise Comparisons*.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Pairwise Comparisons** | | | | | | | |
| Measure: Perlakuan  Bonferroni | | | | | | | |
| Kelompok penelitian | (I) Waktu | (J) Waktu | Mean Difference (I-J) | Std. Error | Sig.b | 95% Confidence Interval for Differenceb | |
| Lower Bound | Upper Bound |
| X(-) | 1 | 2 | -6.000\* | .516 | .001 | -8.465 | -3.535 |
| 3 | -12.500\* | .342 | .000 | -14.130 | -10.870 |
| 4 | -18.167\* | .401 | .000 | -20.083 | -16.251 |
| 5 | -24.333\* | .558 | .000 | -26.996 | -21.671 |
| 2 | 1 | 6.000\* | .516 | .001 | 3.535 | 8.465 |
| 3 | -6.500\* | .671 | .002 | -9.702 | -3.298 |
| 4 | -12.167\* | .401 | .000 | -14.083 | -10.251 |
| 5 | -18.333\* | .494 | .000 | -20.693 | -15.973 |
| 3 | 1 | 12.500\* | .342 | .000 | 10.870 | 14.130 |
| 2 | 6.500\* | .671 | .002 | 3.298 | 9.702 |
| 4 | -5.667\* | .558 | .002 | -8.329 | -3.004 |
| 5 | -11.833\* | .792 | .000 | -15.615 | -8.051 |
| 4 | 1 | 18.167\* | .401 | .000 | 16.251 | 20.083 |
| 2 | 12.167\* | .401 | .000 | 10.251 | 14.083 |
| 3 | 5.667\* | .558 | .002 | 3.004 | 8.329 |
| 5 | -6.167\* | .307 | .000 | -7.634 | -4.700 |
| 5 | 1 | 24.333\* | .558 | .000 | 21.671 | 26.996 |
| 2 | 18.333\* | .494 | .000 | 15.973 | 20.693 |
| 3 | 11.833\* | .792 | .000 | 8.051 | 15.615 |
| 4 | 6.167\* | .307 | .000 | 4.700 | 7.634 |
| X(+) | 1 | 2 | -12.500\* | .342 | .000 | -14.130 | -10.870 |
| 3 | -25.667\* | .333 | .000 | -27.258 | -24.076 |
| 4 | -40.333\* | .558 | .000 | -42.996 | -37.671 |
| 5 | -53.500\* | .342 | .000 | -55.130 | -51.870 |
| 2 | 1 | 12.500\* | .342 | .000 | 10.870 | 14.130 |
| 3 | -13.167\* | .477 | .000 | -15.445 | -10.889 |
| 4 | -27.833\* | .543 | .000 | -30.423 | -25.243 |
| 5 | -41.000\* | .447 | .000 | -43.135 | -38.865 |
| 3 | 1 | 25.667\* | .333 | .000 | 24.076 | 27.258 |
| 2 | 13.167\* | .477 | .000 | 10.889 | 15.445 |
| 4 | -14.667\* | .715 | .000 | -18.079 | -11.254 |
| 5 | -27.833\* | .543 | .000 | -30.423 | -25.243 |
| 4 | 1 | 40.333\* | .558 | .000 | 37.671 | 42.996 |
| 2 | 27.833\* | .543 | .000 | 25.243 | 30.423 |
| 3 | 14.667\* | .715 | .000 | 11.254 | 18.079 |
| 5 | -13.167\* | .307 | .000 | -14.634 | -11.700 |
| 5 | 1 | 53.500\* | .342 | .000 | 51.870 | 55.130 |
| 2 | 41.000\* | .447 | .000 | 38.865 | 43.135 |
| 3 | 27.833\* | .543 | .000 | 25.243 | 30.423 |
| 4 | 13.167\* | .307 | .000 | 11.700 | 14.634 |
| X1 | 1 | 2 | -9.333\* | .333 | .000 | -10.924 | -7.742 |
| 3 | -16.667\* | .333 | .000 | -18.258 | -15.076 |
| 4 | -25.167\* | .307 | .000 | -26.634 | -23.700 |
| 5 | -33.167\* | .401 | .000 | -35.083 | -31.251 |
| 2 | 1 | 9.333\* | .333 | .000 | 7.742 | 10.924 |
| 3 | -7.333\* | .558 | .000 | -9.996 | -4.671 |
| 4 | -15.833\* | .601 | .000 | -18.702 | -12.965 |
| 5 | -23.833\* | .543 | .000 | -26.423 | -21.243 |
| 3 | 1 | 16.667\* | .333 | .000 | 15.076 | 18.258 |
| 2 | 7.333\* | .558 | .000 | 4.671 | 9.996 |
| 4 | -8.500\* | .500 | .000 | -10.887 | -6.113 |
| 5 | -16.500\* | .671 | .000 | -19.702 | -13.298 |
| 4 | 1 | 25.167\* | .307 | .000 | 23.700 | 26.634 |
| 2 | 15.833\* | .601 | .000 | 12.965 | 18.702 |
| 3 | 8.500\* | .500 | .000 | 6.113 | 10.887 |
| 5 | -8.000\* | .365 | .000 | -9.743 | -6.257 |
| 5 | 1 | 33.167\* | .401 | .000 | 31.251 | 35.083 |
| 2 | 23.833\* | .543 | .000 | 21.243 | 26.423 |
| 3 | 16.500\* | .671 | .000 | 13.298 | 19.702 |
| 4 | 8.000\* | .365 | .000 | 6.257 | 9.743 |
| X2 | 1 | 2 | -9.167\* | .401 | .000 | -11.083 | -7.251 |
| 3 | -17.000\* | .516 | .000 | -19.465 | -14.535 |
| 4 | -25.000\* | .365 | .000 | -26.743 | -23.257 |
| 5 | -33.000\* | .258 | .000 | -34.232 | -31.768 |
| 2 | 1 | 9.167\* | .401 | .000 | 7.251 | 11.083 |
| 3 | -7.833\* | .654 | .001 | -10.955 | -4.711 |
| 4 | -15.833\* | .601 | .000 | -18.702 | -12.965 |
| 5 | -23.833\* | .543 | .000 | -26.423 | -21.243 |
| 3 | 1 | 17.000\* | .516 | .000 | 14.535 | 19.465 |
| 2 | 7.833\* | .654 | .001 | 4.711 | 10.955 |
| 4 | -8.000\* | .856 | .002 | -12.088 | -3.912 |
| 5 | -16.000\* | .683 | .000 | -19.261 | -12.739 |
| 4 | 1 | 25.000\* | .365 | .000 | 23.257 | 26.743 |
| 2 | 15.833\* | .601 | .000 | 12.965 | 18.702 |
| 3 | 8.000\* | .856 | .002 | 3.912 | 12.088 |
| 5 | -8.000\* | .365 | .000 | -9.743 | -6.257 |
| 5 | 1 | 33.000\* | .258 | .000 | 31.768 | 34.232 |
| 2 | 23.833\* | .543 | .000 | 21.243 | 26.423 |
| 3 | 16.000\* | .683 | .000 | 12.739 | 19.261 |
| 4 | 8.000\* | .365 | .000 | 6.257 | 9.743 |
| X3 | 1 | 2 | -9.333\* | .422 | .000 | -11.346 | -7.321 |
| 3 | -16.333\* | .422 | .000 | -18.346 | -14.321 |
| 4 | -23.667\* | .333 | .000 | -25.258 | -22.076 |
| 5 | -32.667\* | .333 | .000 | -34.258 | -31.076 |
| 2 | 1 | 9.333\* | .422 | .000 | 7.321 | 11.346 |
| 3 | -7.000\* | .516 | .000 | -9.465 | -4.535 |
| 4 | -14.333\* | .494 | .000 | -16.693 | -11.973 |
| 5 | -23.333\* | .494 | .000 | -25.693 | -20.973 |
| 3 | 1 | 16.333\* | .422 | .000 | 14.321 | 18.346 |
| 2 | 7.000\* | .516 | .000 | 4.535 | 9.465 |
| 4 | -7.333\* | .333 | .000 | -8.924 | -5.742 |
| 5 | -16.333\* | .333 | .000 | -17.924 | -14.742 |
| 4 | 1 | 23.667\* | .333 | .000 | 22.076 | 25.258 |
| 2 | 14.333\* | .494 | .000 | 11.973 | 16.693 |
| 3 | 7.333\* | .333 | .000 | 5.742 | 8.924 |
| 5 | -9.000 | .000 | . | -9.000 | -9.000 |
| 5 | 1 | 32.667\* | .333 | .000 | 31.076 | 34.258 |
| 2 | 23.333\* | .494 | .000 | 20.973 | 25.693 |
| 3 | 16.333\* | .333 | .000 | 14.742 | 17.924 |
| 4 | 9.000 | .000 | . | 9.000 | 9.000 |
| X4 | 1 | 2 | -8.833\* | .401 | .000 | -10.749 | -6.917 |
| 3 | -16.000\* | .577 | .000 | -18.756 | -13.244 |
| 4 | -23.333\* | .333 | .000 | -24.924 | -21.742 |
| 5 | -31.333\* | .667 | .000 | -34.516 | -28.151 |
| 2 | 1 | 8.833\* | .401 | .000 | 6.917 | 10.749 |
| 3 | -7.167\* | .703 | .002 | -10.523 | -3.810 |
| 4 | -14.500\* | .671 | .000 | -17.702 | -11.298 |
| 5 | -22.500\* | .992 | .000 | -27.233 | -17.767 |
| 3 | 1 | 16.000\* | .577 | .000 | 13.244 | 18.756 |
| 2 | 7.167\* | .703 | .002 | 3.810 | 10.523 |
| 4 | -7.333\* | .803 | .003 | -11.165 | -3.501 |
| 5 | -15.333\* | 1.085 | .000 | -20.514 | -10.153 |
| 4 | 1 | 23.333\* | .333 | .000 | 21.742 | 24.924 |
| 2 | 14.500\* | .671 | .000 | 11.298 | 17.702 |
| 3 | 7.333\* | .803 | .003 | 3.501 | 11.165 |
| 5 | -8.000\* | .365 | .000 | -9.743 | -6.257 |
| 5 | 1 | 31.333\* | .667 | .000 | 28.151 | 34.516 |
| 2 | 22.500\* | .992 | .000 | 17.767 | 27.233 |
| 3 | 15.333\* | 1.085 | .000 | 10.153 | 20.514 |
| 4 | 8.000\* | .365 | .000 | 6.257 | 9.743 |
| Based on estimated marginal means | | | | | | | |
| \*. The mean difference is significant at the ,05 level. | | | | | | | |
| b. Adjustment for multiple comparisons: Bonferroni. | | | | | | | |

Berdasarkan tabel *Pairwise Comparisons* Bonferroni, data semua kelompok perlakuan ternilai signifikan.

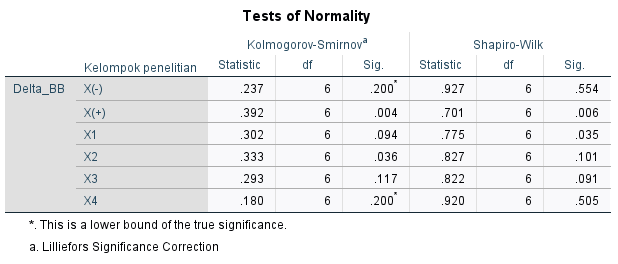
**A.1.4. Uji Lanjut *Paired t Test* Berat Badan Hewan Coba Sebelum dan Sesudah Pemberian Tepung Tempe**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptives** | | | | | |
|  | Kelompok penelitian | | | Statistic | Std. Error |
| Delta\_BB | X(-) | Mean | | 24.3333 | .55777 |
| 95% Confidence Interval for Mean | Lower Bound | 22.8995 |  |
| Upper Bound | 25.7671 |  |
| 5% Trimmed Mean | | 24.3704 |  |
| Median | | 24.5000 |  |
| Variance | | 1.867 |  |
| Std. Deviation | | 1.36626 |  |
| Minimum | | 22.00 |  |
| Maximum | | 26.00 |  |
| Range | | 4.00 |  |
| Interquartile Range | | 1.75 |  |
| Skewness | | -.889 | .845 |
| Kurtosis | | 1.339 | 1.741 |
| X(+) | Mean | | 53.5000 | .34157 |
| 95% Confidence Interval for Mean | Lower Bound | 52.6220 |  |
| Upper Bound | 54.3780 |  |
| 5% Trimmed Mean | | 53.4444 |  |
| Median | | 53.0000 |  |
| Variance | | .700 |  |
| Std. Deviation | | .83666 |  |
| Minimum | | 53.00 |  |
| Maximum | | 55.00 |  |
| Range | | 2.00 |  |
| Interquartile Range | | 1.25 |  |
| Skewness | | 1.537 | .845 |
| Kurtosis | | 1.429 | 1.741 |
| X1 | Mean | | 33.1667 | .40139 |
| 95% Confidence Interval for Mean | Lower Bound | 32.1349 |  |
| Upper Bound | 34.1985 |  |
| 5% Trimmed Mean | | 33.1852 |  |
| Median | | 33.5000 |  |
| Variance | | .967 |  |
| Std. Deviation | | .98319 |  |
| Minimum | | 32.00 |  |
| Maximum | | 34.00 |  |
| Range | | 2.00 |  |
| Interquartile Range | | 2.00 |  |
| Skewness | | -.456 | .845 |
| Kurtosis | | -2.390 | 1.741 |
| X2 | Mean | | 33.0000 | .25820 |
| 95% Confidence Interval for Mean | Lower Bound | 32.3363 |  |
| Upper Bound | 33.6637 |  |
| 5% Trimmed Mean | | 33.0000 |  |
| Median | | 33.0000 |  |
| Variance | | .400 |  |
| Std. Deviation | | .63246 |  |
| Minimum | | 32.00 |  |
| Maximum | | 34.00 |  |
| Range | | 2.00 |  |
| Interquartile Range | | .50 |  |
| Skewness | | .000 | .845 |
| Kurtosis | | 2.500 | 1.741 |
| X3 | Mean | | 32.6667 | .33333 |
| 95% Confidence Interval for Mean | Lower Bound | 31.8098 |  |
| Upper Bound | 33.5235 |  |
| 5% Trimmed Mean | | 32.6296 |  |
| Median | | 32.5000 |  |
| Variance | | .667 |  |
| Std. Deviation | | .81650 |  |
| Minimum | | 32.00 |  |
| Maximum | | 34.00 |  |
| Range | | 2.00 |  |
| Interquartile Range | | 1.25 |  |
| Skewness | | .857 | .845 |
| Kurtosis | | -.300 | 1.741 |
| X4 | Mean | | 31.3333 | .66667 |
| 95% Confidence Interval for Mean | Lower Bound | 29.6196 |  |
| Upper Bound | 33.0471 |  |
| 5% Trimmed Mean | | 31.3704 |  |
| Median | | 31.5000 |  |
| Variance | | 2.667 |  |
| Std. Deviation | | 1.63299 |  |
| Minimum | | 29.00 |  |
| Maximum | | 33.00 |  |
| Range | | 4.00 |  |
| Interquartile Range | | 3.25 |  |
| Skewness | | -.383 | .845 |
| Kurtosis | | -1.481 | 1.741 |

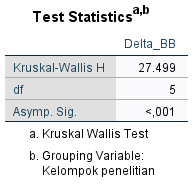


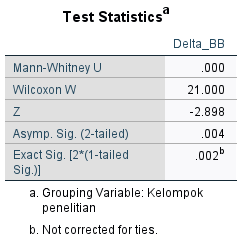
Hasil uji *paired t test* menunjukkan signifikansi p<0,05, maka data dinilai signifikan.

**A.1.5. Uji Normalitas Delta BB minggu ke-0 dan BB minggu ke-4**

****

Pada kelompok X+, data tidak terdistribusi normal karena signifikansi p<0,05. Maka uji menggunakan Kruskall Wallis dan dilanjutkan dengan uji Mann Whitney.





**A.2. Lee Index**

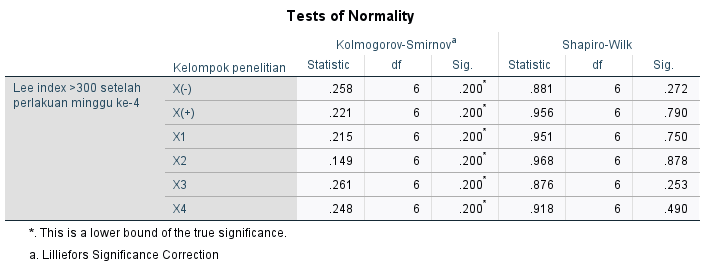
**A.2.1. Data Deskriptif Lee Index Hewan Coba**

Data deskriptif Lee-Index hewan coba setelah perlakuan minggu ke-4.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptives** | | | | | |
|  | Kelompok penelitian | | | Statistic | Std. Error |
| Lee index >300 setelah perlakuan minggu ke-4 | X(-) | Mean | | 289.2000 | 1.13957 |
| 95% Confidence Interval for Mean | Lower Bound | 286.2706 |  |
| Upper Bound | 292.1294 |  |
| 5% Trimmed Mean | | 289.1661 |  |
| Median | | 288.8850 |  |
| Variance | | 7.792 |  |
| Std. Deviation | | 2.79137 |  |
| Minimum | | 286.24 |  |
| Maximum | | 292.77 |  |
| Range | | 6.53 |  |
| Interquartile Range | | 5.29 |  |
| Skewness | | .204 | .845 |
| Kurtosis | | -2.473 | 1.741 |
| X(+) | Mean | | 347.3750 | .90680 |
| 95% Confidence Interval for Mean | Lower Bound | 345.0440 |  |
| Upper Bound | 349.7060 |  |
| 5% Trimmed Mean | | 347.3467 |  |
| Median | | 347.3300 |  |
| Variance | | 4.934 |  |
| Std. Deviation | | 2.22119 |  |
| Minimum | | 344.24 |  |
| Maximum | | 351.02 |  |
| Range | | 6.78 |  |
| Interquartile Range | | 2.96 |  |
| Skewness | | .457 | .845 |
| Kurtosis | | 1.644 | 1.741 |
| X1 | Mean | | 307.9450 | 1.06345 |
| 95% Confidence Interval for Mean | Lower Bound | 305.2113 |  |
| Upper Bound | 310.6787 |  |
| 5% Trimmed Mean | | 308.0039 |  |
| Median | | 308.3950 |  |
| Variance | | 6.786 |  |
| Std. Deviation | | 2.60491 |  |
| Minimum | | 303.90 |  |
| Maximum | | 310.93 |  |
| Range | | 7.03 |  |
| Interquartile Range | | 4.79 |  |
| Skewness | | -.635 | .845 |
| Kurtosis | | -.455 | 1.741 |
| X2 | Mean | | 303.1367 | 1.53576 |
| 95% Confidence Interval for Mean | Lower Bound | 299.1889 |  |
| Upper Bound | 307.0845 |  |
| 5% Trimmed Mean | | 303.2230 |  |
| Median | | 303.6050 |  |
| Variance | | 14.151 |  |
| Std. Deviation | | 3.76183 |  |
| Minimum | | 297.21 |  |
| Maximum | | 307.51 |  |
| Range | | 10.30 |  |
| Interquartile Range | | 6.69 |  |
| Skewness | | -.615 | .845 |
| Kurtosis | | -.226 | 1.741 |
| X3 | Mean | | 295.8883 | .74045 |
| 95% Confidence Interval for Mean | Lower Bound | 293.9850 |  |
| Upper Bound | 297.7917 |  |
| 5% Trimmed Mean | | 295.8870 |  |
| Median | | 295.5850 |  |
| Variance | | 3.290 |  |
| Std. Deviation | | 1.81372 |  |
| Minimum | | 293.79 |  |
| Maximum | | 298.01 |  |
| Range | | 4.22 |  |
| Interquartile Range | | 3.49 |  |
| Skewness | | .158 | .845 |
| Kurtosis | | -2.428 | 1.741 |
| X4 | Mean | | 306.5133 | 1.83329 |
| 95% Confidence Interval for Mean | Lower Bound | 301.8007 |  |
| Upper Bound | 311.2259 |  |
| 5% Trimmed Mean | | 306.5731 |  |
| Median | | 306.8150 |  |
| Variance | | 20.166 |  |
| Std. Deviation | | 4.49062 |  |
| Minimum | | 300.20 |  |
| Maximum | | 311.75 |  |
| Range | | 11.55 |  |
| Interquartile Range | | 7.48 |  |
| Skewness | | -.270 | .845 |
| Kurtosis | | -1.713 | 1.741 |

**A.2.2. Uji Normalitas Lee Index Hewan Coba**

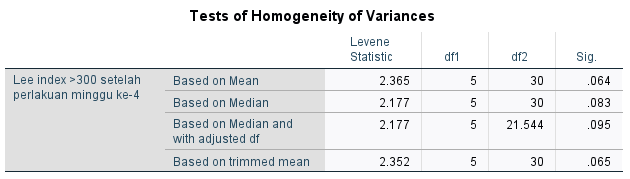
Karena jumlah hewan coba kecil <50 dan data berskala interval, maka uji normalitas yang digunakan adalah Shapiro-Wilk. Data berdistribusi normal jika signifikansi p>0,05.



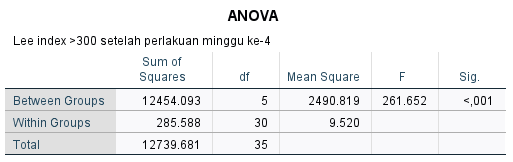
Hasil uji normalitas menunjukkan semua data Lee Index hewan coba terdistribusi normal, p>0,05. Karena variabel data lebih dari 2 kelompok dan data tidak berpasangan, maka digunakan uji lanjut *one way* ANOVA untuk melihat perbandingan antar kelompok.

**A.2.3. Uji lanjut *one way* ANOVALee Index Hewan Coba**

Sebelum uji *one way* ANOVA dilakukan, kesamaan varian data penelitian dilihat melalui uji Sphericity. Jika p>0,05, maka data dinilai homogen (memenuhi asumsi kesamaan varian).



Hasil output uji Sphericity menunjukkan p>0,05, data dinilai homogen (memenuhi asumsi kesamaan varian). Maka dilakukan uji *one way* ANOVA dengan uji lanjut Post Hoc Bonferroni. Jika p <0,05, maka data dinilai signifikan.



Hasil tabel *one way* ANOVA diatas menunjukkan data Lee-Index signifikan p<0,05. Informasi mengenai rata-rata perbandingan Lee Index kelompok menggunakan uji Post Hoc Bonferroni. Hasil uji ditunjukkan pada tabel *Multiple Comparisons*.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Multiple Comparisons** | | | | | | |
| Dependent Variable: Lee index >300 setelah perlakuan minggu ke-4 | | | | | | |
| Bonferroni | | | | | | |
| (I) Kelompok penelitian | (J) Kelompok penelitian | Mean Difference (I-J) | Std. Error | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| X(-) | X(+) | -58.17500\* | 1.78135 | .000 | -63.8554 | -52.4946 |
| X1 | -18.74500\* | 1.78135 | .000 | -24.4254 | -13.0646 |
| X2 | -13.93667\* | 1.78135 | .000 | -19.6170 | -8.2563 |
| X3 | -6.68833\* | 1.78135 | .011 | -12.3687 | -1.0080 |
| X4 | -17.31333\* | 1.78135 | .000 | -22.9937 | -11.6330 |
| X(+) | X(-) | 58.17500\* | 1.78135 | .000 | 52.4946 | 63.8554 |
| X1 | 39.43000\* | 1.78135 | .000 | 33.7496 | 45.1104 |
| X2 | 44.23833\* | 1.78135 | .000 | 38.5580 | 49.9187 |
| X3 | 51.48667\* | 1.78135 | .000 | 45.8063 | 57.1670 |
| X4 | 40.86167\* | 1.78135 | .000 | 35.1813 | 46.5420 |
| X1 | X(-) | 18.74500\* | 1.78135 | .000 | 13.0646 | 24.4254 |
| X(+) | -39.43000\* | 1.78135 | .000 | -45.1104 | -33.7496 |
| X2 | 4.80833 | 1.78135 | .170 | -.8720 | 10.4887 |
| X3 | 12.05667\* | 1.78135 | .000 | 6.3763 | 17.7370 |
| X4 | 1.43167 | 1.78135 | 1.000 | -4.2487 | 7.1120 |
| X2 | X(-) | 13.93667\* | 1.78135 | .000 | 8.2563 | 19.6170 |
| X(+) | -44.23833\* | 1.78135 | .000 | -49.9187 | -38.5580 |
| X1 | -4.80833 | 1.78135 | .170 | -10.4887 | .8720 |
| X3 | 7.24833\* | 1.78135 | .005 | 1.5680 | 12.9287 |
| X4 | -3.37667 | 1.78135 | 1.000 | -9.0570 | 2.3037 |
| X3 | X(-) | 6.68833\* | 1.78135 | .011 | 1.0080 | 12.3687 |
| X(+) | -51.48667\* | 1.78135 | .000 | -57.1670 | -45.8063 |
| X1 | -12.05667\* | 1.78135 | .000 | -17.7370 | -6.3763 |
| X2 | -7.24833\* | 1.78135 | .005 | -12.9287 | -1.5680 |
| X4 | -10.62500\* | 1.78135 | .000 | -16.3054 | -4.9446 |
| X4 | X(-) | 17.31333\* | 1.78135 | .000 | 11.6330 | 22.9937 |
| X(+) | -40.86167\* | 1.78135 | .000 | -46.5420 | -35.1813 |
| X1 | -1.43167 | 1.78135 | 1.000 | -7.1120 | 4.2487 |
| X2 | 3.37667 | 1.78135 | 1.000 | -2.3037 | 9.0570 |
| X3 | 10.62500\* | 1.78135 | .000 | 4.9446 | 16.3054 |
| \*. The mean difference is significant at the 0.05 level. | | | | | | |

Berdasarkan tabel *Multiple Comparisons* Bonferroni, data semua kelompok perlakuan ternilai signifikan kecuali antar kelompok X1 dengan X2; X1 dengan X4; X2 dengan X4.

**A.3. hs-CRP (C- Reactive Protein)**

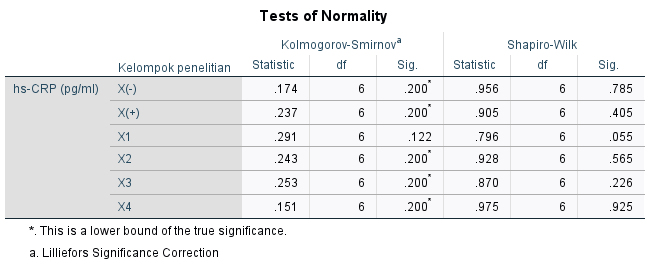
**A.3.1. Data Deskriptif hs-CRP Hewan Coba**

Data deskriptif hs-CRP hewan coba setelah perlakuan minggu ke-4.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptives** | | | | | |
|  | Kelompok penelitian | | | Statistic | Std. Error |
| hs-CRP (pg/ml) | X(-) | Mean | | 2.9950 | .05110 |
| 95% Confidence Interval for Mean | Lower Bound | 2.8636 |  |
| Upper Bound | 3.1264 |  |
| 5% Trimmed Mean | | 2.9928 |  |
| Median | | 3.0000 |  |
| Variance | | .016 |  |
| Std. Deviation | | .12518 |  |
| Minimum | | 2.85 |  |
| Maximum | | 3.18 |  |
| Range | | .33 |  |
| Interquartile Range | | .23 |  |
| Skewness | | .272 | .845 |
| Kurtosis | | -.859 | 1.741 |
| X(+) | Mean | | 17.4517 | .34216 |
| 95% Confidence Interval for Mean | Lower Bound | 16.5721 |  |
| Upper Bound | 18.3312 |  |
| 5% Trimmed Mean | | 17.4457 |  |
| Median | | 17.4000 |  |
| Variance | | .702 |  |
| Std. Deviation | | .83813 |  |
| Minimum | | 16.49 |  |
| Maximum | | 18.52 |  |
| Range | | 2.03 |  |
| Interquartile Range | | 1.56 |  |
| Skewness | | .129 | .845 |
| Kurtosis | | -2.346 | 1.741 |
| X1 | Mean | | 7.7833 | .17966 |
| 95% Confidence Interval for Mean | Lower Bound | 7.3215 |  |
| Upper Bound | 8.2452 |  |
| 5% Trimmed Mean | | 7.7859 |  |
| Median | | 7.8200 |  |
| Variance | | .194 |  |
| Std. Deviation | | .44008 |  |
| Minimum | | 7.30 |  |
| Maximum | | 8.22 |  |
| Range | | .92 |  |
| Interquartile Range | | .84 |  |
| Skewness | | -.072 | .845 |
| Kurtosis | | -3.069 | 1.741 |
| X2 | Mean | | 5.0650 | .09858 |
| 95% Confidence Interval for Mean | Lower Bound | 4.8116 |  |
| Upper Bound | 5.3184 |  |
| 5% Trimmed Mean | | 5.0583 |  |
| Median | | 5.0800 |  |
| Variance | | .058 |  |
| Std. Deviation | | .24147 |  |
| Minimum | | 4.78 |  |
| Maximum | | 5.47 |  |
| Range | | .69 |  |
| Interquartile Range | | .37 |  |
| Skewness | | .743 | .845 |
| Kurtosis | | 1.013 | 1.741 |
| X3 | Mean | | 3.9850 | .12826 |
| 95% Confidence Interval for Mean | Lower Bound | 3.6553 |  |
| Upper Bound | 4.3147 |  |
| 5% Trimmed Mean | | 3.9911 |  |
| Median | | 4.0900 |  |
| Variance | | .099 |  |
| Std. Deviation | | .31418 |  |
| Minimum | | 3.56 |  |
| Maximum | | 4.30 |  |
| Range | | .74 |  |
| Interquartile Range | | .61 |  |
| Skewness | | -.582 | .845 |
| Kurtosis | | -1.921 | 1.741 |
| X4 | Mean | | 4.2433 | .16964 |
| 95% Confidence Interval for Mean | Lower Bound | 3.8073 |  |
| Upper Bound | 4.6794 |  |
| 5% Trimmed Mean | | 4.2420 |  |
| Median | | 4.1800 |  |
| Variance | | .173 |  |
| Std. Deviation | | .41553 |  |
| Minimum | | 3.69 |  |
| Maximum | | 4.82 |  |
| Range | | 1.13 |  |
| Interquartile Range | | .76 |  |
| Skewness | | .211 | .845 |
| Kurtosis | | -.905 | 1.741 |

**A.3.2. Uji Normalitas hs-CRP Hewan Coba**

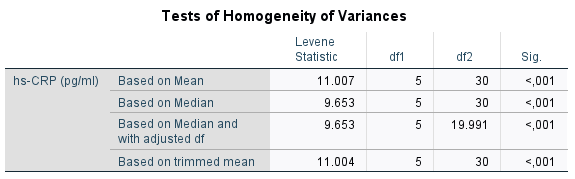
Karena jumlah hewan coba kecil <50 dan data berskala interval, maka uji normalitas yang digunakan adalah Shapiro-Wilk. Data berdistribusi normal jika signifikansi p>0,05.



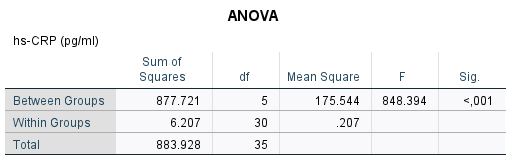
Hasil uji normalitas menunjukkan semua data hs-CRP hewan coba terdistribusi normal, p>0,05. Karena variabel data lebih dari 2 kelompok dan data tidak berpasangan, maka digunakan uji lanjut *one way* ANOVA untuk melihat perbandingan antar kelompok.

**A.3.3. Uji lanjut *one way* ANOVAhs-CRP Hewan Coba**

Sebelum uji *one way* ANOVA dilakukan, kesamaan varian data penelitian dilihat melalui uji Sphericity. Jika p>0,05, maka data dinilai homogen (memenuhi asumsi kesamaan varian).



Hasil output uji Sphericity menunjukkan p <0,05, data dinilai tidak homogen (tidak memenuhi asumsi kesamaan varian). Maka uji *one way* ANOVA masih bisa digunakan dengan uji lanjut Games Howell karena data terdistribusi normal. Jika p <0,05, maka data dinilai signifikan.



Hasil tabel *one way* ANOVA diatas menunjukkan data hs-CRP signifikan p<0,05 pada semua kelompok. Informasi mengenai rata-rata perbandingan kelompok menggunakan uji Post Hoc Games Howell. Hasil uji ditunjukkan pada tabel *Multiple Comparisons*.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Multiple Comparisons** | | | | | | |
| Dependent Variable: hs-CRP (pg/ml) | | | | | | |
| Games-Howell | | | | | | |
| (I) Kelompok penelitian | (J) Kelompok penelitian | Mean Difference (I-J) | Std. Error | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| X(-) | X(+) | -14.45667\* | .34596 | .000 | -15.9064 | -13.0070 |
| X1 | -4.78833\* | .18679 | .000 | -5.5404 | -4.0362 |
| X2 | -2.07000\* | .11104 | .000 | -2.4826 | -1.6574 |
| X3 | -.99000\* | .13807 | .002 | -1.5239 | -.4561 |
| X4 | -1.24833\* | .17717 | .003 | -1.9576 | -.5391 |
| X(+) | X(-) | 14.45667\* | .34596 | .000 | 13.0070 | 15.9064 |
| X1 | 9.66833\* | .38646 | .000 | 8.2353 | 11.1013 |
| X2 | 12.38667\* | .35608 | .000 | 10.9547 | 13.8186 |
| X3 | 13.46667\* | .36541 | .000 | 12.0417 | 14.8916 |
| X4 | 13.20833\* | .38191 | .000 | 11.7794 | 14.6373 |
| X1 | X(-) | 4.78833\* | .18679 | .000 | 4.0362 | 5.5404 |
| X(+) | -9.66833\* | .38646 | .000 | -11.1013 | -8.2353 |
| X2 | 2.71833\* | .20493 | .000 | 1.9637 | 3.4730 |
| X3 | 3.79833\* | .22075 | .000 | 3.0151 | 4.5816 |
| X4 | 3.54000\* | .24709 | .000 | 2.6812 | 4.3988 |
| X2 | X(-) | 2.07000\* | .11104 | .000 | 1.6574 | 2.4826 |
| X(+) | -12.38667\* | .35608 | .000 | -13.8186 | -10.9547 |
| X1 | -2.71833\* | .20493 | .000 | -3.4730 | -1.9637 |
| X3 | 1.08000\* | .16177 | .001 | .5106 | 1.6494 |
| X4 | .82167\* | .19620 | .025 | .1055 | 1.5378 |
| X3 | X(-) | .99000\* | .13807 | .002 | .4561 | 1.5239 |
| X(+) | -13.46667\* | .36541 | .000 | -14.8916 | -12.0417 |
| X1 | -3.79833\* | .22075 | .000 | -4.5816 | -3.0151 |
| X2 | -1.08000\* | .16177 | .001 | -1.6494 | -.5106 |
| X4 | -.25833 | .21267 | .820 | -1.0082 | .4915 |
| X4 | X(-) | 1.24833\* | .17717 | .003 | .5391 | 1.9576 |
| X(+) | -13.20833\* | .38191 | .000 | -14.6373 | -11.7794 |
| X1 | -3.54000\* | .24709 | .000 | -4.3988 | -2.6812 |
| X2 | -.82167\* | .19620 | .025 | -1.5378 | -.1055 |
| X3 | .25833 | .21267 | .820 | -.4915 | 1.0082 |
| \*. The mean difference is significant at the 0.05 level. | | | | | | |

Berdasarkan tabel *Multiple Comparisons* Games Howell, data semua kelompok perlakuan ternilai signifikan kecuali antar kelompok X3 dengan X4.

**A.4. Total Kolesterol**

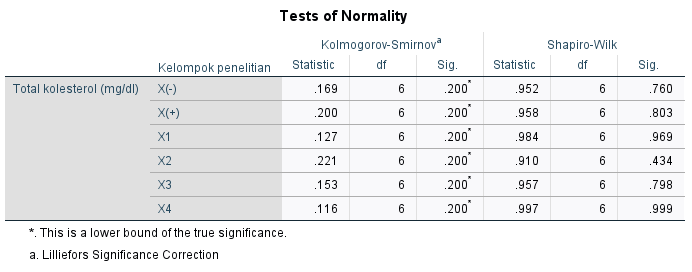
**A.4.1. Data Deskriptif Total Kolesterol Hewan Coba**

Data deskriptif total kolesterol hewan coba setelah perlakuan minggu ke-4.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptives** | | | | | |
|  | Kelompok penelitian | | | Statistic | Std. Error |
| Total kolesterol (mg/dl) | X(-) | Mean | | 86.8883 | 1.28007 |
| 95% Confidence Interval for Mean | Lower Bound | 83.5978 |  |
| Upper Bound | 90.1789 |  |
| 5% Trimmed Mean | | 86.8609 |  |
| Median | | 87.1350 |  |
| Variance | | 9.831 |  |
| Std. Deviation | | 3.13552 |  |
| Minimum | | 83.09 |  |
| Maximum | | 91.18 |  |
| Range | | 8.09 |  |
| Interquartile Range | | 5.89 |  |
| Skewness | | .060 | .845 |
| Kurtosis | | -1.480 | 1.741 |
| X(+) | Mean | | 196.8133 | 1.33848 |
| 95% Confidence Interval for Mean | Lower Bound | 193.3727 |  |
| Upper Bound | 200.2540 |  |
| 5% Trimmed Mean | | 196.8676 |  |
| Median | | 197.0600 |  |
| Variance | | 10.749 |  |
| Std. Deviation | | 3.27859 |  |
| Minimum | | 191.91 |  |
| Maximum | | 200.74 |  |
| Range | | 8.83 |  |
| Interquartile Range | | 5.51 |  |
| Skewness | | -.400 | .845 |
| Kurtosis | | -.934 | 1.741 |
| X1 | Mean | | 118.7517 | 1.28367 |
| 95% Confidence Interval for Mean | Lower Bound | 115.4519 |  |
| Upper Bound | 122.0514 |  |
| 5% Trimmed Mean | | 118.7107 |  |
| Median | | 118.7500 |  |
| Variance | | 9.887 |  |
| Std. Deviation | | 3.14434 |  |
| Minimum | | 114.71 |  |
| Maximum | | 123.53 |  |
| Range | | 8.82 |  |
| Interquartile Range | | 5.51 |  |
| Skewness | | .312 | .845 |
| Kurtosis | | -.211 | 1.741 |
| X2 | Mean | | 100.4883 | 1.45504 |
| 95% Confidence Interval for Mean | Lower Bound | 96.7480 |  |
| Upper Bound | 104.2286 |  |
| 5% Trimmed Mean | | 100.4609 |  |
| Median | | 99.6300 |  |
| Variance | | 12.703 |  |
| Std. Deviation | | 3.56410 |  |
| Minimum | | 96.32 |  |
| Maximum | | 105.15 |  |
| Range | | 8.83 |  |
| Interquartile Range | | 7.17 |  |
| Skewness | | .448 | .845 |
| Kurtosis | | -1.626 | 1.741 |
| X3 | Mean | | 95.2200 | .82168 |
| 95% Confidence Interval for Mean | Lower Bound | 93.1078 |  |
| Upper Bound | 97.3322 |  |
| 5% Trimmed Mean | | 95.2200 |  |
| Median | | 95.2200 |  |
| Variance | | 4.051 |  |
| Std. Deviation | | 2.01270 |  |
| Minimum | | 92.65 |  |
| Maximum | | 97.79 |  |
| Range | | 5.14 |  |
| Interquartile Range | | 4.05 |  |
| Skewness | | .000 | .845 |
| Kurtosis | | -1.549 | 1.741 |
| X4 | Mean | | 104.6567 | 1.58426 |
| 95% Confidence Interval for Mean | Lower Bound | 100.5842 |  |
| Upper Bound | 108.7291 |  |
| 5% Trimmed Mean | | 104.6435 |  |
| Median | | 104.4150 |  |
| Variance | | 15.059 |  |
| Std. Deviation | | 3.88062 |  |
| Minimum | | 99.26 |  |
| Maximum | | 110.29 |  |
| Range | | 11.03 |  |
| Interquartile Range | | 6.61 |  |
| Skewness | | .132 | .845 |
| Kurtosis | | -.247 | 1.741 |

**A.4.2. Uji Normalitas Total Kolesterol Hewan Coba**

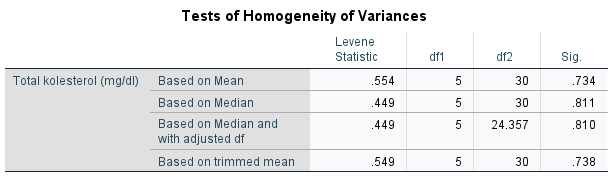
Karena jumlah hewan coba kecil <50 dan data berskala interval, maka uji normalitas yang digunakan adalah Shapiro-Wilk. Data berdistribusi normal jika signifikansi p>0,05.



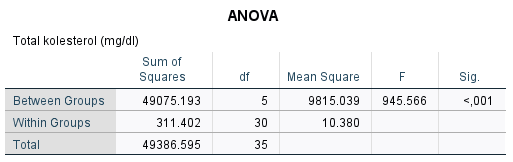
Hasil uji normalitas menunjukkan semua data total kolesterol hewan coba terdistribusi normal, p>0,05. Karena variabel data lebih dari 2 kelompok dan data tidak berpasangan, maka digunakan uji lanjut *one way* ANOVA untuk melihat perbandingan antar kelompok.

**A.4.3. Uji lanjut *one way* ANOVATotal Kolesterol Hewan Coba**

Sebelum uji *one way* ANOVA dilakukan, kesamaan varian data penelitian dilihat melalui uji Sphericity. Jika p>0,05, maka data dinilai homogen (memenuhi asumsi kesamaan varian).



Hasil output uji Sphericity menunjukkan p>0,05, data dinilai homogen (memenuhi asumsi kesamaan varian). Maka uji *one way* ANOVA digunakan dengan uji lanjut Post Hoc Bonferroni. Jika p <0,05, maka data dinilai signifikan.



Hasil tabel *one way* ANOVA diatas menunjukkan data total kolesterol signifikan p<0,05 pada semua kelompok. Informasi mengenai rata-rata perbandingan kelompok menggunakan uji Post Hoc Bonferroni. Hasil uji ditunjukkan pada tabel *Multiple Comparisons*.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Multiple Comparisons** | | | | | | |
| Dependent Variable: Total kolesterol (mg/dl) | | | | | | |
| Bonferroni | | | | | | |
| (I) Kelompok penelitian | (J) Kelompok penelitian | Mean Difference (I-J) | Std. Error | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| X(-) | X(+) | -109.92500\* | 1.86011 | .000 | -115.8565 | -103.9935 |
| X1 | -31.86333\* | 1.86011 | .000 | -37.7949 | -25.9318 |
| X2 | -13.60000\* | 1.86011 | .000 | -19.5315 | -7.6685 |
| X3 | -8.33167\* | 1.86011 | .002 | -14.2632 | -2.4001 |
| X4 | -17.76833\* | 1.86011 | .000 | -23.6999 | -11.8368 |
| X(+) | X(-) | 109.92500\* | 1.86011 | .000 | 103.9935 | 115.8565 |
| X1 | 78.06167\* | 1.86011 | .000 | 72.1301 | 83.9932 |
| X2 | 96.32500\* | 1.86011 | .000 | 90.3935 | 102.2565 |
| X3 | 101.59333\* | 1.86011 | .000 | 95.6618 | 107.5249 |
| X4 | 92.15667\* | 1.86011 | .000 | 86.2251 | 98.0882 |
| X1 | X(-) | 31.86333\* | 1.86011 | .000 | 25.9318 | 37.7949 |
| X(+) | -78.06167\* | 1.86011 | .000 | -83.9932 | -72.1301 |
| X2 | 18.26333\* | 1.86011 | .000 | 12.3318 | 24.1949 |
| X3 | 23.53167\* | 1.86011 | .000 | 17.6001 | 29.4632 |
| X4 | 14.09500\* | 1.86011 | .000 | 8.1635 | 20.0265 |
| X2 | X(-) | 13.60000\* | 1.86011 | .000 | 7.6685 | 19.5315 |
| X(+) | -96.32500\* | 1.86011 | .000 | -102.2565 | -90.3935 |
| X1 | -18.26333\* | 1.86011 | .000 | -24.1949 | -12.3318 |
| X3 | 5.26833 | 1.86011 | .123 | -.6632 | 11.1999 |
| X4 | -4.16833 | 1.86011 | .489 | -10.0999 | 1.7632 |
| X3 | X(-) | 8.33167\* | 1.86011 | .002 | 2.4001 | 14.2632 |
| X(+) | -101.59333\* | 1.86011 | .000 | -107.5249 | -95.6618 |
| X1 | -23.53167\* | 1.86011 | .000 | -29.4632 | -17.6001 |
| X2 | -5.26833 | 1.86011 | .123 | -11.1999 | .6632 |
| X4 | -9.43667\* | 1.86011 | .000 | -15.3682 | -3.5051 |
| X4 | X(-) | 17.76833\* | 1.86011 | .000 | 11.8368 | 23.6999 |
| X(+) | -92.15667\* | 1.86011 | .000 | -98.0882 | -86.2251 |
| X1 | -14.09500\* | 1.86011 | .000 | -20.0265 | -8.1635 |
| X2 | 4.16833 | 1.86011 | .489 | -1.7632 | 10.0999 |
| X3 | 9.43667\* | 1.86011 | .000 | 3.5051 | 15.3682 |
| \*. The mean difference is significant at the 0.05 level. | | | | | | |

Berdasarkan tabel *Multiple Comparisons* Bonferroni, data semua kelompok perlakuan ternilai signifikan kecuali antar kelompok X2 dengan X3; X2 dengan X4.

**A.5. Trigliserida**

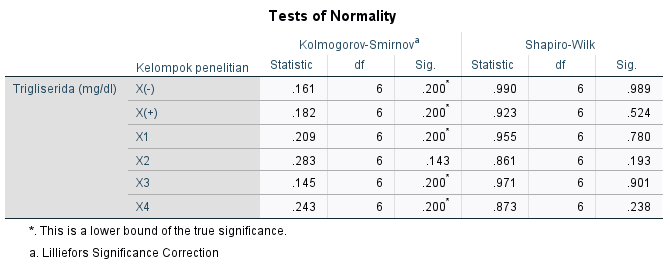
**A.5.1. Data Deskriptif Trigliserida Hewan Coba**

Data deskriptif trigliserida hewan coba setelah perlakuan minggu ke-4.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptives** | | | | | |
|  | Kelompok penelitian | | | Statistic | Std. Error |
| Trigliserida (mg/dl) | X(-) | Mean | | 66.9283 | 1.20215 |
| 95% Confidence Interval for Mean | Lower Bound | 63.8381 |  |
| Upper Bound | 70.0186 |  |
| 5% Trimmed Mean | | 66.9426 |  |
| Median | | 66.7950 |  |
| Variance | | 8.671 |  |
| Std. Deviation | | 2.94467 |  |
| Minimum | | 62.45 |  |
| Maximum | | 71.15 |  |
| Range | | 8.70 |  |
| Interquartile Range | | 4.55 |  |
| Skewness | | -.126 | .845 |
| Kurtosis | | .588 | 1.741 |
| X(+) | Mean | | 129.1167 | 2.87681 |
| 95% Confidence Interval for Mean | Lower Bound | 121.7216 |  |
| Upper Bound | 136.5117 |  |
| 5% Trimmed Mean | | 128.8385 |  |
| Median | | 127.6650 |  |
| Variance | | 49.656 |  |
| Std. Deviation | | 7.04672 |  |
| Minimum | | 121.74 |  |
| Maximum | | 141.50 |  |
| Range | | 19.76 |  |
| Interquartile Range | | 10.87 |  |
| Skewness | | 1.182 | .845 |
| Kurtosis | | 1.479 | 1.741 |
| X1 | Mean | | 98.4183 | 1.53850 |
| 95% Confidence Interval for Mean | Lower Bound | 94.4635 |  |
| Upper Bound | 102.3732 |  |
| 5% Trimmed Mean | | 98.4181 |  |
| Median | | 97.6250 |  |
| Variance | | 14.202 |  |
| Std. Deviation | | 3.76854 |  |
| Minimum | | 93.28 |  |
| Maximum | | 103.56 |  |
| Range | | 10.28 |  |
| Interquartile Range | | 6.72 |  |
| Skewness | | .202 | .845 |
| Kurtosis | | -.786 | 1.741 |
| X2 | Mean | | 81.2917 | 1.99450 |
| 95% Confidence Interval for Mean | Lower Bound | 76.1646 |  |
| Upper Bound | 86.4187 |  |
| 5% Trimmed Mean | | 81.1452 |  |
| Median | | 79.4450 |  |
| Variance | | 23.868 |  |
| Std. Deviation | | 4.88552 |  |
| Minimum | | 76.68 |  |
| Maximum | | 88.54 |  |
| Range | | 11.86 |  |
| Interquartile Range | | 9.49 |  |
| Skewness | | .846 | .845 |
| Kurtosis | | -1.308 | 1.741 |
| X3 | Mean | | 74.5733 | .97113 |
| 95% Confidence Interval for Mean | Lower Bound | 72.0770 |  |
| Upper Bound | 77.0697 |  |
| 5% Trimmed Mean | | 74.6026 |  |
| Median | | 74.7050 |  |
| Variance | | 5.659 |  |
| Std. Deviation | | 2.37876 |  |
| Minimum | | 71.15 |  |
| Maximum | | 77.47 |  |
| Range | | 6.32 |  |
| Interquartile Range | | 4.54 |  |
| Skewness | | -.281 | .845 |
| Kurtosis | | -1.023 | 1.741 |
| X4 | Mean | | 77.8650 | 1.23655 |
| 95% Confidence Interval for Mean | Lower Bound | 74.6864 |  |
| Upper Bound | 81.0436 |  |
| 5% Trimmed Mean | | 77.7333 |  |
| Median | | 76.6800 |  |
| Variance | | 9.174 |  |
| Std. Deviation | | 3.02891 |  |
| Minimum | | 75.10 |  |
| Maximum | | 83.00 |  |
| Range | | 7.90 |  |
| Interquartile Range | | 4.94 |  |
| Skewness | | 1.150 | .845 |
| Kurtosis | | .398 | 1.741 |

**A.5.2. Uji Normalitas Trigliserida Hewan Coba**

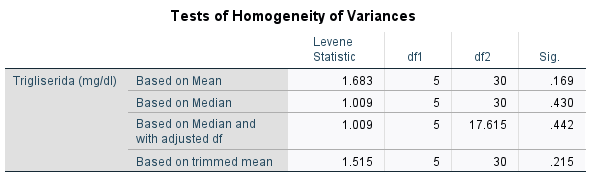
Karena jumlah hewan coba kecil <50 dan data berskala interval, maka uji normalitas yang digunakan adalah Shapiro-Wilk. Data berdistribusi normal jika signifikansi p>0,05.



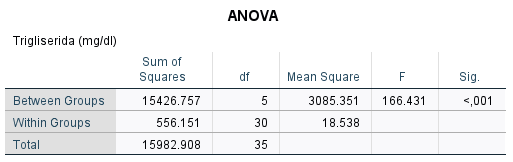
Hasil uji normalitas menunjukkan semua data trigliserida hewan coba terdistribusi normal, p>0,05. Karena variabel data lebih dari 2 kelompok dan data tidak berpasangan, maka digunakan uji lanjut *one way* ANOVA untuk melihat perbandingan antar kelompok.

**A.5.3. Uji lanjut *one way* ANOVATrigliserida Hewan Coba**

Sebelum uji *one way* ANOVA dilakukan, kesamaan varian data penelitian dilihat melalui uji Sphericity. Jika p>0,05, maka data dinilai homogen (memenuhi asumsi kesamaan varian).



Hasil output uji Sphericity menunjukkan p>0,05, data dinilai homogen (memenuhi asumsi kesamaan varian). Maka uji *one way* ANOVA digunakan dengan uji lanjut Post Hoc Bonferroni. Jika p <0,05, maka data dinilai signifikan.



Hasil tabel *one way* ANOVA diatas menunjukkan data trigliserida signifikan p<0,05 pada semua kelompok. Informasi mengenai rata-rata perbandingan kelompok menggunakan uji Post Hoc Bonferroni. Hasil uji ditunjukkan pada tabel *Multiple Comparisons*.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Multiple Comparisons** | | | | | | |
| Dependent Variable: Trigliserida (mg/dl) | | | | | | |
| Bonferroni | | | | | | |
| (I) Kelompok penelitian | (J) Kelompok penelitian | Mean Difference (I-J) | Std. Error | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| X(-) | X(+) | -62.18833\* | 2.48585 | .000 | -70.1152 | -54.2614 |
| X1 | -31.49000\* | 2.48585 | .000 | -39.4169 | -23.5631 |
| X2 | -14.36333\* | 2.48585 | .000 | -22.2902 | -6.4364 |
| X3 | -7.64500 | 2.48585 | .067 | -15.5719 | .2819 |
| X4 | -10.93667\* | 2.48585 | .002 | -18.8636 | -3.0098 |
| X(+) | X(-) | 62.18833\* | 2.48585 | .000 | 54.2614 | 70.1152 |
| X1 | 30.69833\* | 2.48585 | .000 | 22.7714 | 38.6252 |
| X2 | 47.82500\* | 2.48585 | .000 | 39.8981 | 55.7519 |
| X3 | 54.54333\* | 2.48585 | .000 | 46.6164 | 62.4702 |
| X4 | 51.25167\* | 2.48585 | .000 | 43.3248 | 59.1786 |
| X1 | X(-) | 31.49000\* | 2.48585 | .000 | 23.5631 | 39.4169 |
| X(+) | -30.69833\* | 2.48585 | .000 | -38.6252 | -22.7714 |
| X2 | 17.12667\* | 2.48585 | .000 | 9.1998 | 25.0536 |
| X3 | 23.84500\* | 2.48585 | .000 | 15.9181 | 31.7719 |
| X4 | 20.55333\* | 2.48585 | .000 | 12.6264 | 28.4802 |
| X2 | X(-) | 14.36333\* | 2.48585 | .000 | 6.4364 | 22.2902 |
| X(+) | -47.82500\* | 2.48585 | .000 | -55.7519 | -39.8981 |
| X1 | -17.12667\* | 2.48585 | .000 | -25.0536 | -9.1998 |
| X3 | 6.71833 | 2.48585 | .168 | -1.2086 | 14.6452 |
| X4 | 3.42667 | 2.48585 | 1.000 | -4.5002 | 11.3536 |
| X3 | X(-) | 7.64500 | 2.48585 | .067 | -.2819 | 15.5719 |
| X(+) | -54.54333\* | 2.48585 | .000 | -62.4702 | -46.6164 |
| X1 | -23.84500\* | 2.48585 | .000 | -31.7719 | -15.9181 |
| X2 | -6.71833 | 2.48585 | .168 | -14.6452 | 1.2086 |
| X4 | -3.29167 | 2.48585 | 1.000 | -11.2186 | 4.6352 |
| X4 | X(-) | 10.93667\* | 2.48585 | .002 | 3.0098 | 18.8636 |
| X(+) | -51.25167\* | 2.48585 | .000 | -59.1786 | -43.3248 |
| X1 | -20.55333\* | 2.48585 | .000 | -28.4802 | -12.6264 |
| X2 | -3.42667 | 2.48585 | 1.000 | -11.3536 | 4.5002 |
| X3 | 3.29167 | 2.48585 | 1.000 | -4.6352 | 11.2186 |
| \*. The mean difference is significant at the 0.05 level. | | | | | | |

Berdasarkan tabel *Multiple Comparisons* Games Bonferroni, data semua kelompok perlakuan ternilai signifikan kecuali antar kelompok X- dengan X3; X2 dengan X3; X2 dengan X4; X3 dengan X4.

**A.6. LDL (*Low Density Lipoprotein*)**

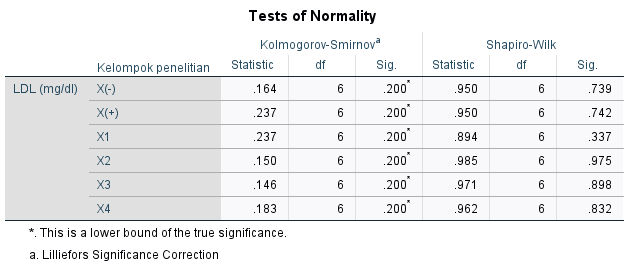
**A.6.1. Data Deskriptif LDL Hewan Coba**

Data deskriptif LDL hewan coba setelah perlakuan minggu ke-4.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptives** | | | | | |
|  | Kelompok penelitian | | | Statistic | Std. Error |
| LDL (mg/dl) | X(-) | Mean | | 27.2400 | .69214 |
| 95% Confidence Interval for Mean | Lower Bound | 25.4608 |  |
| Upper Bound | 29.0192 |  |
| 5% Trimmed Mean | | 27.2400 |  |
| Median | | 27.2400 |  |
| Variance | | 2.874 |  |
| Std. Deviation | | 1.69538 |  |
| Minimum | | 25.09 |  |
| Maximum | | 29.39 |  |
| Range | | 4.30 |  |
| Interquartile Range | | 3.22 |  |
| Skewness | | .000 | .845 |
| Kurtosis | | -1.875 | 1.741 |
| X(+) | Mean | | 87.9333 | .54538 |
| 95% Confidence Interval for Mean | Lower Bound | 86.5314 |  |
| Upper Bound | 89.3353 |  |
| 5% Trimmed Mean | | 87.9465 |  |
| Median | | 88.1700 |  |
| Variance | | 1.785 |  |
| Std. Deviation | | 1.33591 |  |
| Minimum | | 86.02 |  |
| Maximum | | 89.61 |  |
| Range | | 3.59 |  |
| Interquartile Range | | 2.51 |  |
| Skewness | | -.389 | .845 |
| Kurtosis | | -.937 | 1.741 |
| X1 | Mean | | 51.7317 | 2.23310 |
| 95% Confidence Interval for Mean | Lower Bound | 45.9913 |  |
| Upper Bound | 57.4720 |  |
| 5% Trimmed Mean | | 51.8246 |  |
| Median | | 52.6900 |  |
| Variance | | 29.920 |  |
| Std. Deviation | | 5.46994 |  |
| Minimum | | 44.44 |  |
| Maximum | | 57.35 |  |
| Range | | 12.91 |  |
| Interquartile Range | | 10.76 |  |
| Skewness | | -.350 | .845 |
| Kurtosis | | -2.146 | 1.741 |
| X2 | Mean | | 37.7550 | 1.77234 |
| 95% Confidence Interval for Mean | Lower Bound | 33.1991 |  |
| Upper Bound | 42.3109 |  |
| 5% Trimmed Mean | | 37.7683 |  |
| Median | | 38.3550 |  |
| Variance | | 18.847 |  |
| Std. Deviation | | 4.34132 |  |
| Minimum | | 31.54 |  |
| Maximum | | 43.73 |  |
| Range | | 12.19 |  |
| Interquartile Range | | 7.35 |  |
| Skewness | | -.169 | .845 |
| Kurtosis | | -.472 | 1.741 |
| X3 | Mean | | 30.5850 | .88101 |
| 95% Confidence Interval for Mean | Lower Bound | 28.3203 |  |
| Upper Bound | 32.8497 |  |
| 5% Trimmed Mean | | 30.5583 |  |
| Median | | 30.4650 |  |
| Variance | | 4.657 |  |
| Std. Deviation | | 2.15802 |  |
| Minimum | | 27.96 |  |
| Maximum | | 33.69 |  |
| Range | | 5.73 |  |
| Interquartile Range | | 4.13 |  |
| Skewness | | .281 | .845 |
| Kurtosis | | -1.028 | 1.741 |
| X4 | Mean | | 36.4400 | 1.19078 |
| 95% Confidence Interval for Mean | Lower Bound | 33.3790 |  |
| Upper Bound | 39.5010 |  |
| 5% Trimmed Mean | | 36.5067 |  |
| Median | | 36.9200 |  |
| Variance | | 8.508 |  |
| Std. Deviation | | 2.91680 |  |
| Minimum | | 31.54 |  |
| Maximum | | 40.14 |  |
| Range | | 8.60 |  |
| Interquartile Range | | 4.30 |  |
| Skewness | | -.785 | .845 |
| Kurtosis | | 1.227 | 1.741 |

**A.6.2. Uji Normalitas LDL Hewan Coba**

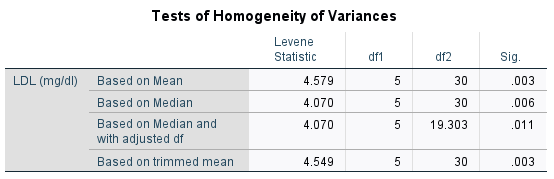
Karena jumlah hewan coba kecil <50 dan data berskala interval, maka uji normalitas yang digunakan adalah Shapiro-Wilk. Data berdistribusi normal jika signifikansi p>0,05.



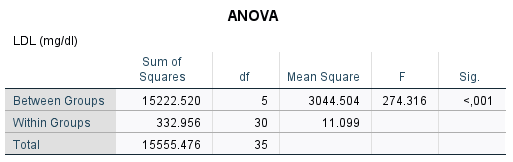
Hasil uji normalitas menunjukkan semua data LDL hewan coba terdistribusi normal, p>0,05. Karena variabel data lebih dari 2 kelompok dan data tidak berpasangan, maka digunakan uji lanjut *one way* ANOVA untuk melihat perbandingan antar kelompok.

**A.6.3. Uji lanjut *one way* ANOVALDL Hewan Coba**

Sebelum uji *one way* ANOVA dilakukan, kesamaan varian data penelitian dilihat melalui uji Sphericity. Jika p>0,05, maka data dinilai homogen (memenuhi asumsi kesamaan varian).



Hasil output uji Sphericity menunjukkan p<0,05, data dinilai tidak homogen (tidak memenuhi asumsi kesamaan varian). Maka uji *one way* ANOVA masih bisa digunakan dengan uji lanjut Games Howell karena data terdistribusi normal. Jika p <0,05, maka data dinilai signifikan.



Hasil tabel *one way* ANOVA diatas menunjukkan data LDL signifikan p<0,05 pada semua kelompok. Informasi mengenai rata-rata perbandingan kelompok menggunakan uji Post Hoc Games Howell. Hasil uji ditunjukkan pada tabel *Multiple Comparisons*.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Multiple Comparisons** | | | | | | |
| Dependent Variable: LDL (mg/dl) | | | | | | |
| Games-Howell | | | | | | |
| (I) Kelompok penelitian | (J) Kelompok penelitian | Mean Difference (I-J) | Std. Error | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| X(-) | X(+) | -60.69333\* | .88119 | .000 | -63.7880 | -57.5987 |
| X1 | -24.49167\* | 2.33790 | .000 | -33.8221 | -15.1612 |
| X2 | -10.51500\* | 1.90269 | .009 | -17.8932 | -3.1368 |
| X3 | -3.34500 | 1.12037 | .108 | -7.2807 | .5907 |
| X4 | -9.20000\* | 1.37732 | .001 | -14.2272 | -4.1728 |
| X(+) | X(-) | 60.69333\* | .88119 | .000 | 57.5987 | 63.7880 |
| X1 | 36.20167\* | 2.29873 | .000 | 26.8209 | 45.5824 |
| X2 | 50.17833\* | 1.85435 | .000 | 42.7719 | 57.5848 |
| X3 | 57.34833\* | 1.03616 | .000 | 53.6017 | 61.0950 |
| X4 | 51.49333\* | 1.30973 | .000 | 46.5321 | 56.4546 |
| X1 | X(-) | 24.49167\* | 2.33790 | .000 | 15.1612 | 33.8221 |
| X(+) | -36.20167\* | 2.29873 | .000 | -45.5824 | -26.8209 |
| X2 | 13.97667\* | 2.85095 | .007 | 3.9709 | 23.9825 |
| X3 | 21.14667\* | 2.40060 | .001 | 11.8510 | 30.4424 |
| X4 | 15.29167\* | 2.53074 | .003 | 5.9303 | 24.6530 |
| X2 | X(-) | 10.51500\* | 1.90269 | .009 | 3.1368 | 17.8932 |
| X(+) | -50.17833\* | 1.85435 | .000 | -57.5848 | -42.7719 |
| X1 | -13.97667\* | 2.85095 | .007 | -23.9825 | -3.9709 |
| X3 | 7.17000 | 1.97923 | .058 | -.2324 | 14.5724 |
| X4 | 1.31500 | 2.13521 | .987 | -6.3186 | 8.9486 |
| X3 | X(-) | 3.34500 | 1.12037 | .108 | -.5907 | 7.2807 |
| X(+) | -57.34833\* | 1.03616 | .000 | -61.0950 | -53.6017 |
| X1 | -21.14667\* | 2.40060 | .001 | -30.4424 | -11.8510 |
| X2 | -7.17000 | 1.97923 | .058 | -14.5724 | .2324 |
| X4 | -5.85500\* | 1.48126 | .027 | -11.0895 | -.6205 |
| X4 | X(-) | 9.20000\* | 1.37732 | .001 | 4.1728 | 14.2272 |
| X(+) | -51.49333\* | 1.30973 | .000 | -56.4546 | -46.5321 |
| X1 | -15.29167\* | 2.53074 | .003 | -24.6530 | -5.9303 |
| X2 | -1.31500 | 2.13521 | .987 | -8.9486 | 6.3186 |
| X3 | 5.85500\* | 1.48126 | .027 | .6205 | 11.0895 |
| \*. The mean difference is significant at the 0.05 level. | | | | | | |

Berdasarkan tabel *Multiple Comparisons* Games Howell, data semua kelompok perlakuan ternilai signifikan kecuali antar kelompok X- dengan X3; X2 dengan X3; X2 dengan X4.

**A.7. HDL (*High Density Lipoprotein*)**

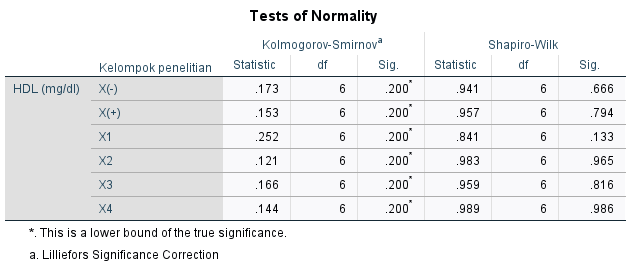
**A.7.1. Data Deskriptif HDL Hewan Coba**

Data deskriptif HDL hewan coba setelah perlakuan minggu ke-4.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptives** | | | | | |
|  | Kelompok penelitian | | | Statistic | Std. Error |
| HDL (mg/dl) | X(-) | Mean | | 83.6050 | 1.05797 |
| 95% Confidence Interval for Mean | Lower Bound | 80.8854 |  |
| Upper Bound | 86.3246 |  |
| 5% Trimmed Mean | | 83.5900 |  |
| Median | | 83.3350 |  |
| Variance | | 6.716 |  |
| Std. Deviation | | 2.59148 |  |
| Minimum | | 80.49 |  |
| Maximum | | 86.99 |  |
| Range | | 6.50 |  |
| Interquartile Range | | 5.29 |  |
| Skewness | | .226 | .845 |
| Kurtosis | | -1.627 | 1.741 |
| X(+) | Mean | | 21.0033 | .82408 |
| 95% Confidence Interval for Mean | Lower Bound | 18.8850 |  |
| Upper Bound | 23.1217 |  |
| 5% Trimmed Mean | | 20.9431 |  |
| Median | | 20.7350 |  |
| Variance | | 4.075 |  |
| Std. Deviation | | 2.01857 |  |
| Minimum | | 18.70 |  |
| Maximum | | 24.39 |  |
| Range | | 5.69 |  |
| Interquartile Range | | 3.25 |  |
| Skewness | | .870 | .845 |
| Kurtosis | | .735 | 1.741 |
| X1 | Mean | | 63.5517 | 1.05754 |
| 95% Confidence Interval for Mean | Lower Bound | 60.8332 |  |
| Upper Bound | 66.2702 |  |
| 5% Trimmed Mean | | 63.5213 |  |
| Median | | 63.4150 |  |
| Variance | | 6.710 |  |
| Std. Deviation | | 2.59044 |  |
| Minimum | | 60.98 |  |
| Maximum | | 66.67 |  |
| Range | | 5.69 |  |
| Interquartile Range | | 5.07 |  |
| Skewness | | .108 | .845 |
| Kurtosis | | -2.760 | 1.741 |
| X2 | Mean | | 66.9383 | .71713 |
| 95% Confidence Interval for Mean | Lower Bound | 65.0949 |  |
| Upper Bound | 68.7818 |  |
| 5% Trimmed Mean | | 66.9681 |  |
| Median | | 67.0750 |  |
| Variance | | 3.086 |  |
| Std. Deviation | | 1.75659 |  |
| Minimum | | 64.23 |  |
| Maximum | | 69.11 |  |
| Range | | 4.88 |  |
| Interquartile Range | | 3.05 |  |
| Skewness | | -.460 | .845 |
| Kurtosis | | -.304 | 1.741 |
| X3 | Mean | | 74.7967 | .86544 |
| 95% Confidence Interval for Mean | Lower Bound | 72.5720 |  |
| Upper Bound | 77.0214 |  |
| 5% Trimmed Mean | | 74.7513 |  |
| Median | | 74.3900 |  |
| Variance | | 4.494 |  |
| Std. Deviation | | 2.11989 |  |
| Minimum | | 72.36 |  |
| Maximum | | 78.05 |  |
| Range | | 5.69 |  |
| Interquartile Range | | 3.86 |  |
| Skewness | | .611 | .845 |
| Kurtosis | | -.646 | 1.741 |
| X4 | Mean | | 69.2417 | .94910 |
| 95% Confidence Interval for Mean | Lower Bound | 66.8019 |  |
| Upper Bound | 71.6814 |  |
| 5% Trimmed Mean | | 69.2569 |  |
| Median | | 69.5150 |  |
| Variance | | 5.405 |  |
| Std. Deviation | | 2.32480 |  |
| Minimum | | 65.85 |  |
| Maximum | | 72.36 |  |
| Range | | 6.51 |  |
| Interquartile Range | | 4.06 |  |
| Skewness | | -.252 | .845 |
| Kurtosis | | -.460 | 1.741 |

**A.7.2. Uji Normalitas HDL Hewan Coba**

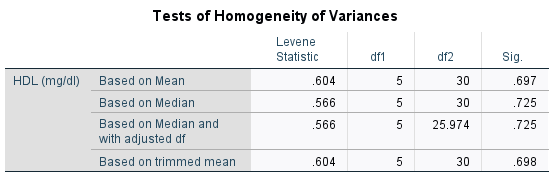
Karena jumlah hewan coba kecil <50 dan data berskala interval, maka uji normalitas yang digunakan adalah Shapiro-Wilk. Data berdistribusi normal jika signifikansi p>0,05.



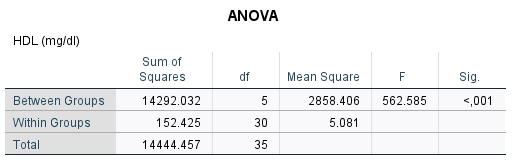
Hasil uji normalitas menunjukkan semua data HDL hewan coba terdistribusi normal, p>0,05. Karena variabel data lebih dari 2 kelompok dan data tidak berpasangan, maka digunakan uji lanjut *one way* ANOVA untuk melihat perbandingan antar kelompok.

**A.7.3. Uji lanjut *one way* ANOVAHDL Hewan Coba**

Sebelum uji *one way* ANOVA dilakukan, kesamaan varian data penelitian dilihat melalui uji Sphericity. Jika p>0,05, maka data dinilai homogen (memenuhi asumsi kesamaan varian).



Hasil output uji Sphericity menunjukkan p>0,05, data dinilai homogen (memenuhi asumsi kesamaan varian). Maka uji *one way* ANOVA digunakan dengan uji lanjut Bonferroni. Jika p <0,05, maka data dinilai signifikan.



Hasil tabel *one way* ANOVA diatas menunjukkan data HDL signifikan p<0,05 pada semua kelompok. Informasi mengenai rata-rata perbandingan kelompok menggunakan uji Post Hoc Bonferroni. Hasil uji ditunjukkan pada tabel *Multiple Comparisons*.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Multiple Comparisons** | | | | | | |
| Dependent Variable: HDL (mg/dl) | | | | | | |
| Bonferroni | | | | | | |
| (I) Kelompok penelitian | (J) Kelompok penelitian | Mean Difference (I-J) | Std. Error | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| X(-) | X(+) | 62.60167\* | 1.30139 | .000 | 58.4518 | 66.7515 |
| X1 | 20.05333\* | 1.30139 | .000 | 15.9035 | 24.2032 |
| X2 | 16.66667\* | 1.30139 | .000 | 12.5168 | 20.8165 |
| X3 | 8.80833\* | 1.30139 | .000 | 4.6585 | 12.9582 |
| X4 | 14.36333\* | 1.30139 | .000 | 10.2135 | 18.5132 |
| X(+) | X(-) | -62.60167\* | 1.30139 | .000 | -66.7515 | -58.4518 |
| X1 | -42.54833\* | 1.30139 | .000 | -46.6982 | -38.3985 |
| X2 | -45.93500\* | 1.30139 | .000 | -50.0849 | -41.7851 |
| X3 | -53.79333\* | 1.30139 | .000 | -57.9432 | -49.6435 |
| X4 | -48.23833\* | 1.30139 | .000 | -52.3882 | -44.0885 |
| X1 | X(-) | -20.05333\* | 1.30139 | .000 | -24.2032 | -15.9035 |
| X(+) | 42.54833\* | 1.30139 | .000 | 38.3985 | 46.6982 |
| X2 | -3.38667 | 1.30139 | .214 | -7.5365 | .7632 |
| X3 | -11.24500\* | 1.30139 | .000 | -15.3949 | -7.0951 |
| X4 | -5.69000\* | 1.30139 | .002 | -9.8399 | -1.5401 |
| X2 | X(-) | -16.66667\* | 1.30139 | .000 | -20.8165 | -12.5168 |
| X(+) | 45.93500\* | 1.30139 | .000 | 41.7851 | 50.0849 |
| X1 | 3.38667 | 1.30139 | .214 | -.7632 | 7.5365 |
| X3 | -7.85833\* | 1.30139 | .000 | -12.0082 | -3.7085 |
| X4 | -2.30333 | 1.30139 | 1.000 | -6.4532 | 1.8465 |
| X3 | X(-) | -8.80833\* | 1.30139 | .000 | -12.9582 | -4.6585 |
| X(+) | 53.79333\* | 1.30139 | .000 | 49.6435 | 57.9432 |
| X1 | 11.24500\* | 1.30139 | .000 | 7.0951 | 15.3949 |
| X2 | 7.85833\* | 1.30139 | .000 | 3.7085 | 12.0082 |
| X4 | 5.55500\* | 1.30139 | .003 | 1.4051 | 9.7049 |
| X4 | X(-) | -14.36333\* | 1.30139 | .000 | -18.5132 | -10.2135 |
| X(+) | 48.23833\* | 1.30139 | .000 | 44.0885 | 52.3882 |
| X1 | 5.69000\* | 1.30139 | .002 | 1.5401 | 9.8399 |
| X2 | 2.30333 | 1.30139 | 1.000 | -1.8465 | 6.4532 |
| X3 | -5.55500\* | 1.30139 | .003 | -9.7049 | -1.4051 |
| \*. The mean difference is significant at the 0.05 level. | | | | | | |

Berdasarkan tabel *Multiple Comparisons* Bonferroni, data semua kelompok perlakuan ternilai signifikan kecuali antar kelompok X1 dengan X2; X2 dengan X4.

1. **Data Hasil Pengukuran Antropometri, hs-CRP, dan Profil Lipid**

**B.1. Data Antropometri**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| KEL | Berat badan (gram) | | | | | | | Panjang badan (cm)\_minggu ke4 | Lee Index |
| BB\_awal (non-obes) | BB\_pre (obes) | BB\_1 | BB\_2 | BB\_3 | BB\_4 | ∆ BB pre-BB\_4 |
| X (-).1 | 209 | 227 | 233 | 240 | 245 | 251 | 24.00 | 21,96 | 287,25 |
| X (-).2 | 204 | 221 | 228 | 232 | 240 | 247 | 26.00 | 21,92 | 286,24 |
| X (-).3 | 208 | 226 | 231 | 238 | 243 | 250 | 24.00 | 21,60 | 291,65 |
| X (-).4 | 211 | 230 | 238 | 243 | 249 | 255 | 25.00 | 21,66 | 292,77 |
| X (-).5 | 206 | 224 | 229 | 237 | 241 | 246 | 22.00 | 21,85 | 286,77 |
| X (-).6 | 208 | 228 | 233 | 241 | 247 | 253 | 25.00 | 21,77 | 290,52 |
| X (+).1 | 202 | 235 | 248 | 260 | 278 | 290 | 55.00 | 19,05 | 347,46 |
| X (+).2 | 210 | 242 | 254 | 268 | 282 | 296 | 54.00 | 19,15 | 348,01 |
| X (+).3 | 208 | 240 | 252 | 265 | 280 | 293 | 53.00 | 19,13 | 347,20 |
| X (+).4 | 205 | 238 | 250 | 263 | 277 | 291 | 53.00 | 19,25 | 344,24 |
| X (+).5 | 209 | 241 | 255 | 267 | 281 | 294 | 53.00 | 19,20 | 346,32 |
| X (+).6 | 206 | 239 | 251 | 266 | 279 | 292 | 53.00 | 18,90 | 351,02 |
| X1.1 | 211 | 243 | 253 | 259 | 268 | 277 | 34.00 | 21,45 | 303,90 |
| X1.2 | 208 | 240 | 250 | 257 | 264 | 272 | 32.00 | 21,00 | 308,53 |
| X1.3 | 215 | 249 | 258 | 265 | 275 | 282 | 33.00 | 21,43 | 306,00 |
| X1.4 | 212 | 244 | 252 | 261 | 270 | 278 | 34.00 | 20,99 | 310,93 |
| X1.5 | 210 | 242 | 251 | 260 | 267 | 274 | 32.00 | 21,07 | 308,26 |
| X1.6 | 213 | 246 | 256 | 262 | 271 | 280 | 34.00 | 21,10 | 310,05 |
| X2.1 | 208 | 241 | 249 | 258 | 266 | 275 | 34.00 | 21,88 | 297,21 |
| X2.2 | 213 | 244 | 252 | 260 | 270 | 277 | 33.00 | 21,29 | 306,19 |
| X2.3 | 217 | 250 | 260 | 266 | 276 | 283 | 33.00 | 21,58 | 304,24 |
| X2.4 | 211 | 243 | 253 | 259 | 268 | 276 | 33.00 | 21,49 | 302,97 |
| X2.5 | 210 | 242 | 251 | 261 | 266 | 274 | 32.00 | 21,60 | 300,70 |
| X2.6 | 215 | 248 | 258 | 266 | 272 | 281 | 33.00 | 21,30 | 307,51 |
| X3.1 | 205 | 238 | 248 | 255 | 261 | 270 | 32.00 | 22,00 | 293,79 |
| X3.2 | 212 | 245 | 255 | 260 | 268 | 277 | 32.00 | 21,98 | 296,57 |
| X3.3 | 210 | 241 | 249 | 258 | 265 | 274 | 33.00 | 22,05 | 294,56 |
| X3.4 | 206 | 239 | 247 | 254 | 262 | 271 | 32.00 | 21,73 | 297,80 |
| X3.5 | 213 | 244 | 254 | 261 | 269 | 278 | 34.00 | 21,90 | 298,01 |
| X3.6 | 209 | 240 | 250 | 257 | 264 | 273 | 33.00 | 22,02 | 294,60 |
| X4.1 | 204 | 237 | 247 | 253 | 260 | 268 | 31.00 | 21,23 | 303,69 |
| X4.2 | 208 | 240 | 250 | 255 | 263 | 270 | 30.00 | 21,53 | 300,20 |
| X4.3 | 206 | 239 | 248 | 257 | 261 | 268 | 29.00 | 21,20 | 304,12 |
| X4.4 | 200 | 231 | 239 | 248 | 255 | 263 | 32.00 | 20,70 | 309,51 |
| X4.5 | 211 | 244 | 252 | 260 | 268 | 277 | 33.00 | 20,91 | 311,75 |
| X4.6 | 207 | 242 | 250 | 256 | 266 | 275 | 33.00 | 20,99 | 309,81 |

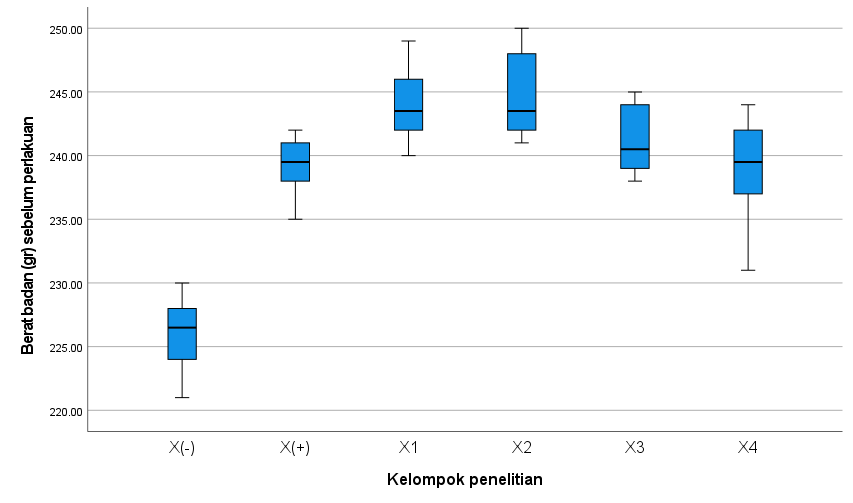
**B.2. Data Biokimia**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| KEL | Profil lipid (mg/dl) | | | | hs-CRP (pg/ml) |
| Tot\_Kolesterol | Trigliserida | LDL | HDL |
| X (-).1 | 86,03 | 71,15 | 25,09 | 86,18 | 2,97 |
| X (-).2 | 83,82 | 68,77 | 26,52 | 82,93 | 2,85 |
| X (-).3 | 83,09 | 66,40 | 27,96 | 80,49 | 3,07 |
| X (-).4 | 88,97 | 65,61 | 25,81 | 83,74 | 2,87 |
| X (-).5 | 91,18 | 62,45 | 28,67 | 81,30 | 3,18 |
| X (-).6 | 88,24 | 67,19 | 29,39 | 86,99 | 3,03 |
| X (+).1 | 198,53 | 124,11 | 89,61 | 19,51 | 16,49 |
| X (+).2 | 195,59 | 132,02 | 88,17 | 21,14 | 18,15 |
| X (+).3 | 199,26 | 126,48 | 86,02 | 24,39 | 16,92 |
| X (+).4 | 194,85 | 128,85 | 88,17 | 18,70 | 18,52 |
| X (+).5 | 200,74 | 141,50 | 86,74 | 21,95 | 17,88 |
| X (+).6 | 191,91 | 121,74 | 88,89 | 20,33 | 16,75 |
| X1.1 | 116,18 | 98,02 | 44,44 | 60,98 | 8,14 |
| X1.2 | 118,38 | 93,28 | 46,59 | 66,67 | 7,50 |
| X1.3 | 123,53 | 96,44 | 57,35 | 61,79 | 7,36 |
| X1.4 | 120,59 | 101,98 | 55,20 | 65,04 | 8,22 |
| X1.5 | 119,12 | 103,56 | 56,63 | 65,85 | 8,18 |
| X1.6 | 114,71 | 97,23 | 50,18 | 60,98 | 7,30 |
| X2.1 | 100,00 | 79,84 | 40,14 | 69,11 | 5,06 |
| X2.2 | 104,41 | 76,68 | 43,73 | 66,67 | 4,86 |
| X2.3 | 96,32 | 79,05 | 34,41 | 67,48 | 5,47 |
| X2.4 | 99,26 | 86,17 | 31,54 | 64,23 | 5,10 |
| X2.5 | 105,15 | 88,54 | 39,43 | 68,29 | 4,78 |
| X2.6 | 97,79 | 77,47 | 37,28 | 65,85 | 5,12 |
| X3.1 | 97,06 | 76,68 | 30,82 | 74,80 | 3,56 |
| X3.2 | 95,59 | 74,31 | 27,96 | 72,36 | 4,22 |
| X3.3 | 93,38 | 72,73 | 33,69 | 76,42 | 3,98 |
| X3.4 | 94,85 | 71,15 | 30,11 | 78,05 | 3,65 |
| X3.5 | 97,79 | 75,10 | 28,67 | 73,98 | 4,30 |
| X3.6 | 92,65 | 77,47 | 32,26 | 73,17 | 4,20 |
| X4.1 | 102,21 | 83,00 | 35,13 | 72,36 | 4,61 |
| X4.2 | 99,26 | 77,47 | 37,28 | 69,92 | 4,26 |
| X4.3 | 103,68 | 75,89 | 36,56 | 65,85 | 3,69 |
| X4.4 | 110,29 | 79,84 | 40,14 | 69,11 | 4,82 |
| X4.5 | 107,35 | 75,89 | 37,99 | 67,48 | 4,10 |
| X4.6 | 105,15 | 75,10 | 31,54 | 70,73 | 3,98 |

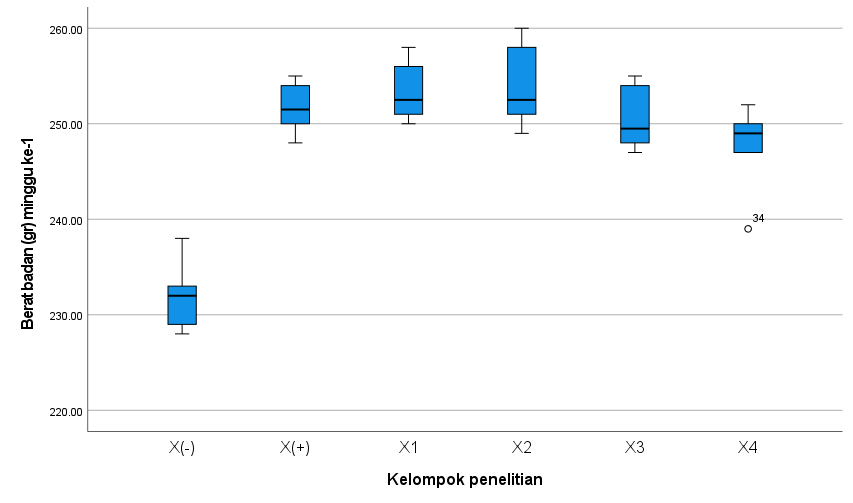
1. **SPSS Boxplot Hasil Penelitian**

**C.1. Berat Badan**

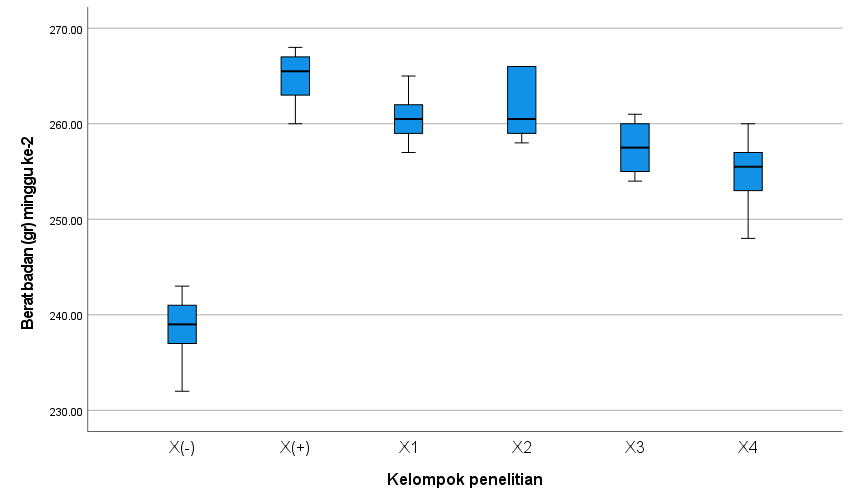
**C.1.1. Berat badan pre-perlakuan (sudah terkondisi obesitas)**

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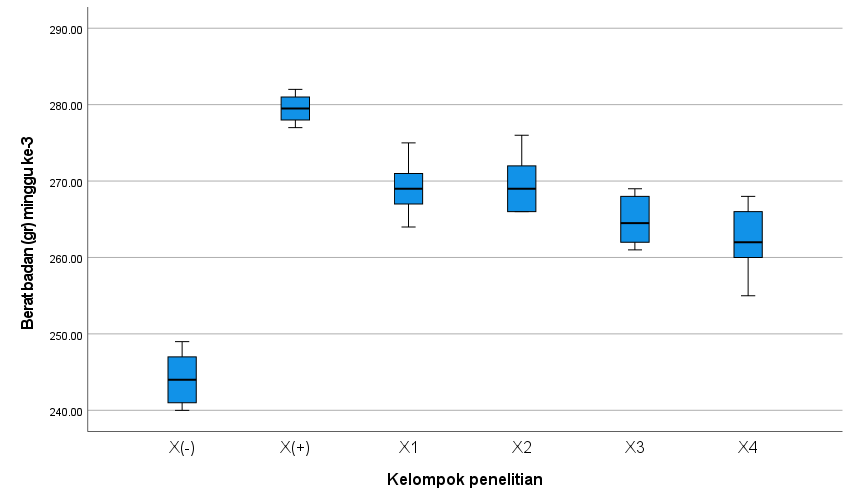
**C.1.2. Berat badan minggu ke-1**

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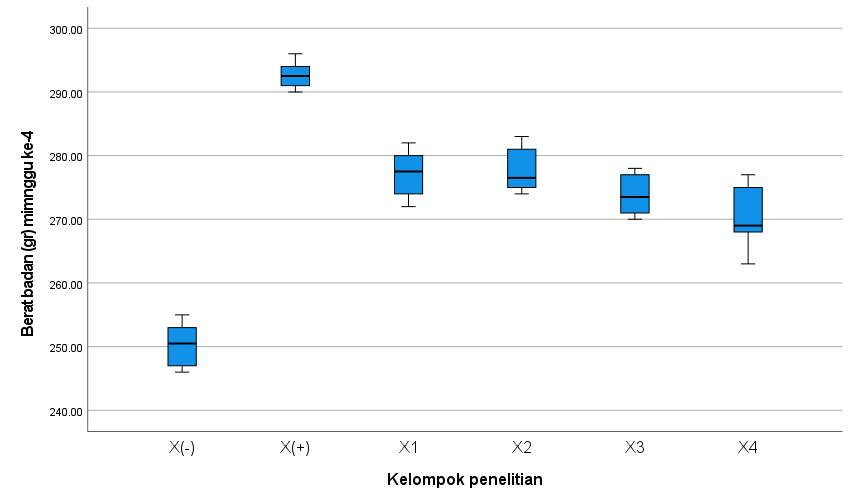
**C.1.3. Berat badan minggu ke-2**

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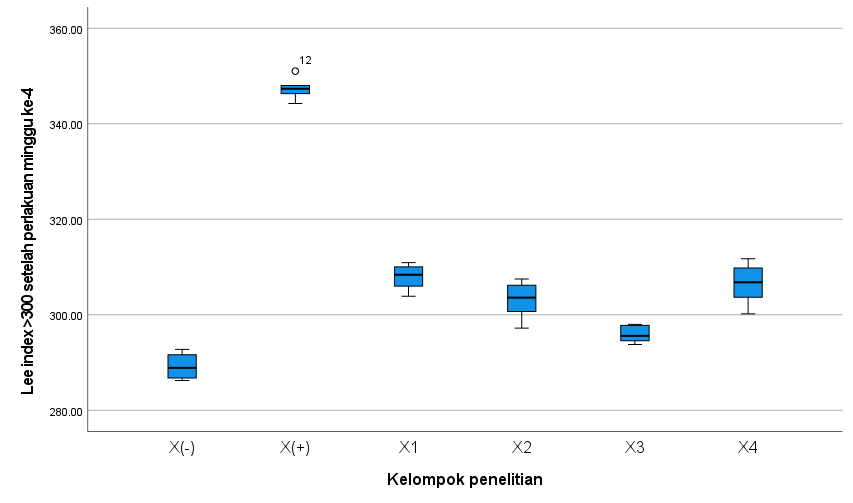
**C.1.4. Berat badan minggu ke-3**

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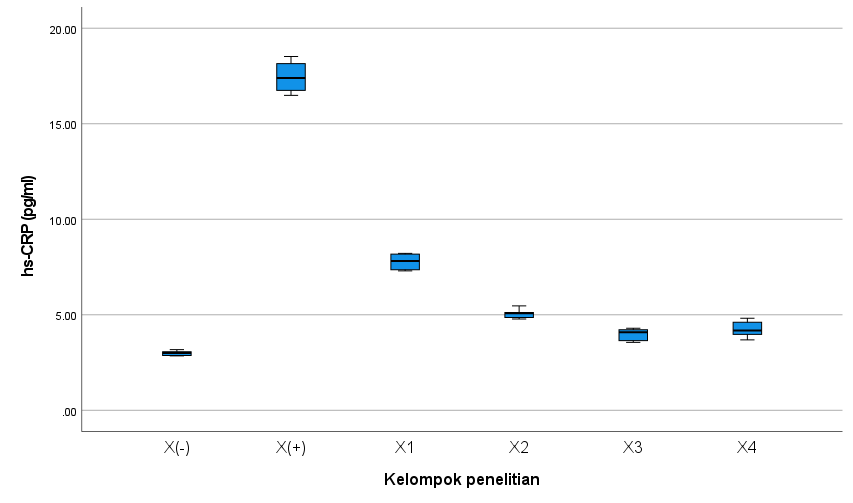
**C.1.5. Berat badan minggu ke-4**

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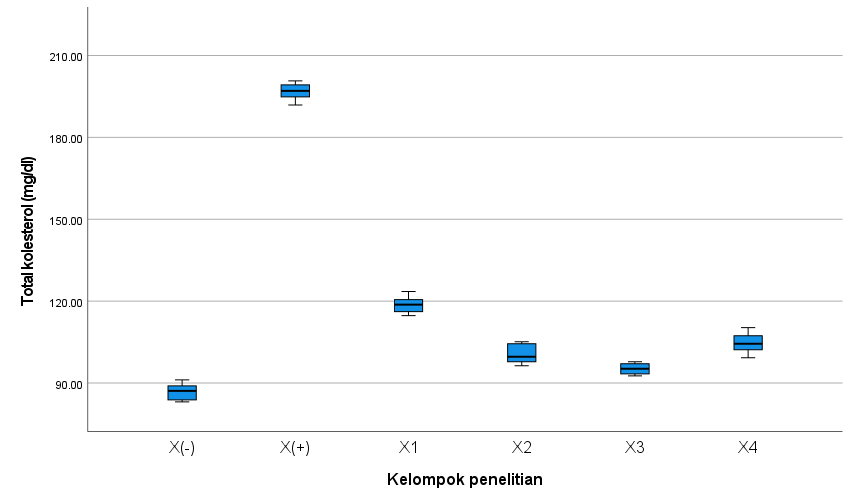
**C.2. Lee-Index**

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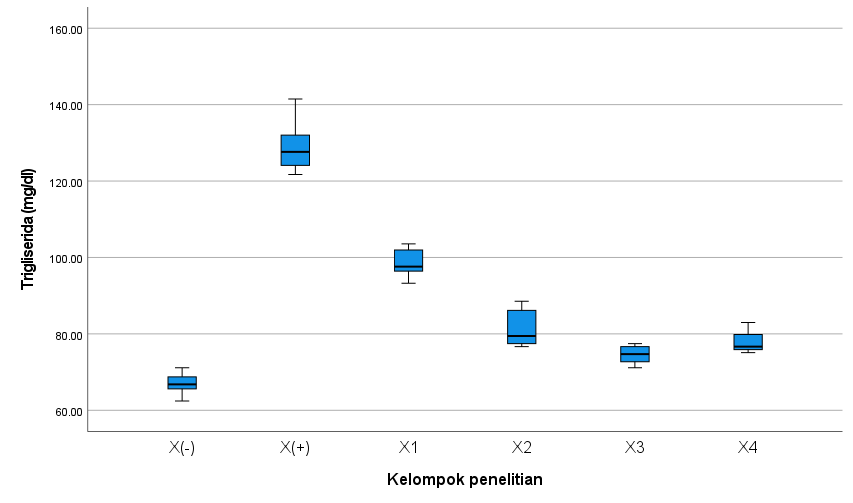
**C.3. hs-CRP**

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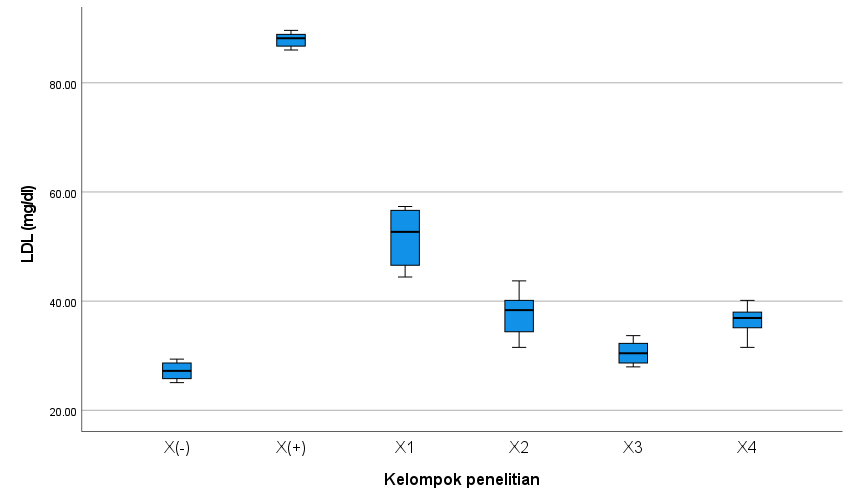
**C.4. Total Kolesterol**

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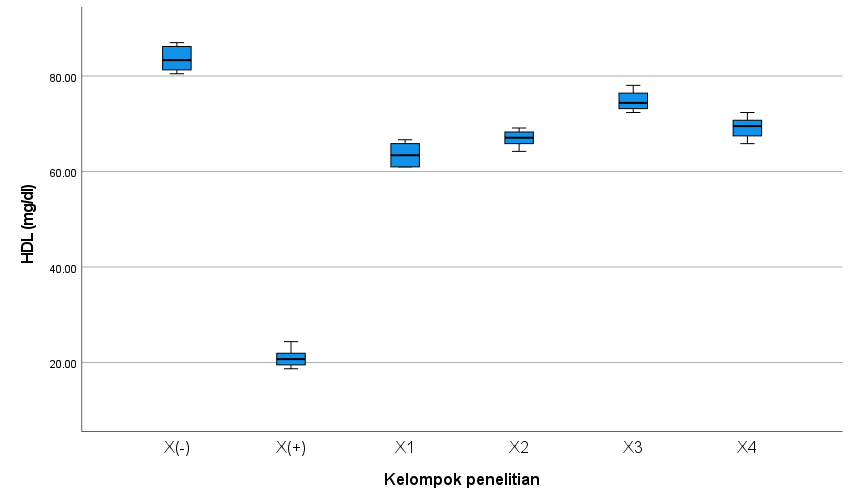
**C.5. Trigliserida**

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**C.6. LDL**

****

**C.7. HDL**

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1. **Hasil Pengukuran HPLC (Total Isoflavon dan Genistein)**

