

**BIODATA MAHASISWA BIMBINGAN SKRIPSI FK UKI  
TAHUN AKADEMIK 2018-2019**

NAMA MAHASISWA : Muhammad Imam Fitrah Harianto

NIM MAHASISWA : 1561050037

TEMPAT/TANGGAL LAHIR : Kendari, 21 Januari 1998

**RIWAYAT PENDIDIKAN**

1. SD : SD Negeri 1 Jatisura
2. SLTP : SMP Negeri 1 Jatiwangi
3. SLTA : SMA Negeri 1 Jatiwangi
4. UNIVERSITAS : UNIVERSITAS KRISTEN INDONESIA  
JAKARTA

**JUDUL SKRIPSI :**

**HUBUNGAN ANTARA POLA MAKAN DAN RIWAYAT DIABETES  
MELITUS PADA KELUARGA TERHADAP KEJADIAN DIABETES  
MELITUS TIPE II DI RUMAH SAKIT UMUM UKI**

**LAMPIRAN 1****Surat Permohonan Izin Penelitian**

**Universitas Kristen Indonesia**  
Fakultas Kedokteran

Jl. Mayjen Sutoyo no.2  
Cawang - Jakarta 13630  
INDONESIA

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Nomor : 370 / UKI.F5.D/PP.5.2/2018  
Hal : Permohonan ijin penelitian

17 Oktober 2018

**Yth. dr. Dominggus M. Efruan, MARS**  
Direktur Rumah Sakit Umum UKI  
di - Tempat

Sehubungan dengan penyusunan skripsi berjudul "**Hubungan Pola Makan dan Genetik Terhadap Kejadian Diabetes Melitus Tipe 2 di Rumah Sakit Umum UKI**" oleh mahasiswa Fakultas Kedokteran Universitas Kristen Indonesia tersebut di bawah ini:

Nama : Muhammad Imam Fitrah Harianto  
NIM : 1561050037

Maka dengan ini kami mohon agar kiranya yang bersangkutan dapat diijinkan melakukan penelitian berupa penyebaran kuisioner kepada pasien di Rumah Sakit Umum UKI untuk menyelesaikan skripsi tersebut.

Atas perkenan dan ijin yang Saudara berikan diucapkan terima kasih



Tembusan :  
 1. Kepala Diklat RSU UKI  
 2. Dosen Pembimbing Skripsi Mahasiswa bersangkutan  
 3. Mahasiswa bersangkutan

**LAMPIRAN 2**

Kepada Yth :  
 Bapak Dr. dr. Robert H. Sirait, Sp.Au  
 Dekan Fakultas Kedokteran  
 Universitas Kristen Indonesia  
 di-  
 Jakarta

Dengan hormat,

Menjawab surat Bapak nomor 370/UKI.FS.D/PP.5.2/2018 yang kami terima tanggal 18 Januari 2019 tentang "Permohonan Ijin Penelitian", untuk pengambilan data bagi mahasiswa FK UKI guna penyusunan skripsi telah kami terima & disetujui, adapun data mahasiswanya adalah sebagai berikut:

Nama : Muhammad Imam Fitrah Harianto  
 NIM : 1561050037  
 Judul Skripsi : Hubungan Pola Makan dan Genetik Terhadap Kejadian Diabetes Melitus Tipe 2 di RSU UKI

Untuk proses lebih lanjut dan sesuai dengan administrasi yang ada di RSU UKI maka mahasiswa dapat menghubungi bagian Direktorat P4 lantai 2 IGD RSU UKI pada jam kerja untuk melengkapi berkas penelitian.

Setelah menyelesaikan riset tersebut harus memberikan 1 buah buku hasil akhir kegiatan kepada RSU UKI.

Demikian kami sampaikan atas perhatian dan kerjasamanya kami ucapan terima kasih.

Hormat kami,

dr. Dominggu M. Efruan, MARS  
 Direktur

Tembusan:

1. Ketua Komite Etik Penelitian RSU UKI
2. Ka. Bid Pend & Penelitian RSU UKI
3. Ka. Bid Pelayanan Medis RSU UKI
4. Ka. Instalasi Rekam Medis RSU UKI
5. Arsip

**LAMPIRAN 3****PERNYATAAN PERSETUJUAN****Informed Consent**

Saya menyatakan bersedia untuk berpartisipasi dalam pengambilan data atau sebagai responden pada penelitian yang dilakukan oleh mahasiswa Fakultas Kedokteran Universitas Kristen Indonesia.

Judul penelitian : “Hubungan Antara Pola Makan dan Riwayat Diabetes Melitus pada Keluarga Terhadap Kejadian Diabetes Melitus Tipe II Di Rumah Sakit Umum UKI”  
Peneliti : Muhammad Imam Fitrah Harianto  
NIM : 1561050037

Saya percaya yang saya informasikan dijamin kerahasiaannya.

Demikian secara sukarela dan tidak ada unsur paksaan dari siapapun, saya bersedia berperan serta dalam penelitian.

Jakarta, 2019

Peneliti

Responden

Muhammad Imam Fitrah H

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**Lampiran 4****KUESIONER PENELITIAN**

**HUBUNGAN ANTARA POLA MAKAN DAN RIWAYAT  
DIABETES MELITUS PADA KELUARGA TERHADAP  
KEJADIAN DIABETES MELITUS TIPE II DI RUMAH SAKIT  
UMUM UKI**

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No Responden : .....

Tanggal Kuesioner : .....

Nama Responden : .....

**A. KARAKTERISTIK RESPONDEN**

Petunjuk pengisian kuesioner :

Berikan tanda Ceklist (✓) pada kolom yang sudah disediakan.

1. Umur : ..... Tahun
2. Jenis Kelamin :  1. Laki - laki  
 2. Perempuan
3. Pendidikan :  1. SD  
 2. SMP  
 3. SMA  
 4. DIPLOMA  
 5. SARJANA  
 6. TIDAK SEKOLAH

**B. STATUS DIABETES MELITUS**

1. Riwayat Keluarga :  1. Tidak ada penderita Diabetes Mellitus  
 2. Ada penderita Diabetes Mellitus
2. Jika di keluarga ada yang menderita diabetes, apakah pola makannya bagus?  
a. Ya  
b. Tidak
3. Pada usia berapa anda pertama kali di diagnosis diabetes melitus?  
..... Tahun

### C. FORMULIR FOOD FREQUENCY

Petunjuk pengisian kuesioner :

Berilah tanda Ceklist (✓) pada kolom yang sesuai dengan kebiasaan anda dalam mengkonsumsi makanan (dalam 1 bulan terakhir).

| NO | Bahan Makanan                     | Frekuensi     |               |                     |              |
|----|-----------------------------------|---------------|---------------|---------------------|--------------|
|    |                                   | Sangat Sering | Sering        | Jarang/Tidak Pernah |              |
|    |                                   | >1 kali/Hari  | 4 – 6x/minggu | 1-3x/minggu         | Tidak Pernah |
| A. | <b>Makanan sumber karbohidrat</b> |               |               |                     |              |
| 1. | Nasi putih                        |               |               |                     |              |
| 2. | Nasi merah                        |               |               |                     |              |
| 3. | Roti                              |               |               |                     |              |
| 4. | Kentang                           |               |               |                     |              |
| 5. | Singkong                          |               |               |                     |              |
| 6. | Ubi                               |               |               |                     |              |
| 7. | Sagu                              |               |               |                     |              |
| 8. | Jagung                            |               |               |                     |              |
| B. | <b>Makanan Berlemak</b>           |               |               |                     |              |
| 1. | Susu Fullcream                    |               |               |                     |              |
| 2. | Jeroan                            |               |               |                     |              |
| 3. | Keju                              |               |               |                     |              |
| 4. | Mentega                           |               |               |                     |              |
| 5. | Santan                            |               |               |                     |              |
| 6. | Gorengan                          |               |               |                     |              |
| 7. | Daging Sapi dengan Lemak          |               |               |                     |              |

|           |                               |  |  |  |  |
|-----------|-------------------------------|--|--|--|--|
| 8.        | Daging Kambing dengan Lemak   |  |  |  |  |
| <b>C.</b> | <b>Makanan Sumber Protein</b> |  |  |  |  |
| 1.        | Telur                         |  |  |  |  |
| 2.        | Gandum                        |  |  |  |  |
| 3.        | Dada ayam                     |  |  |  |  |
| 4.        | Yogurt                        |  |  |  |  |
| 5.        | Daging sapi tanpa lemak       |  |  |  |  |
| 6.        | Ikan tuna                     |  |  |  |  |
| 7.        | Udang                         |  |  |  |  |
| 8.        | Kacang almond                 |  |  |  |  |
| <b>D.</b> | <b>Sayuran</b>                |  |  |  |  |
| 1.        | Labu Siam                     |  |  |  |  |
| 2.        | Wortel                        |  |  |  |  |
| 3.        | Kol                           |  |  |  |  |
| 4.        | Sawi                          |  |  |  |  |
| 5.        | Buncis                        |  |  |  |  |
| 6.        | Bayam                         |  |  |  |  |
| 7.        | Kangkung                      |  |  |  |  |
| 8.        | Daun Singkong                 |  |  |  |  |
| 9.        | Jamur                         |  |  |  |  |
| 10.       | Kacang Panjang                |  |  |  |  |
| 11.       | Ketimun                       |  |  |  |  |
| 12.       | Taoge                         |  |  |  |  |
| <b>D.</b> | <b>Buah – buahan</b>          |  |  |  |  |

|           |                           |  |  |  |  |
|-----------|---------------------------|--|--|--|--|
| 1.        | Pisang                    |  |  |  |  |
| 2.        | Pepaya                    |  |  |  |  |
| 3.        | Semangka                  |  |  |  |  |
| 4.        | Alpukat                   |  |  |  |  |
| 5.        | Apel                      |  |  |  |  |
| 6.        | Jambu Biji                |  |  |  |  |
| 7.        | Jeruk                     |  |  |  |  |
| 8.        | Mangga                    |  |  |  |  |
| <b>E.</b> | <b>Minuman Beralkohol</b> |  |  |  |  |
| 1.        | Bir                       |  |  |  |  |
| 2.        | Whiskey                   |  |  |  |  |
| 3.        | Vodka                     |  |  |  |  |
| 4.        | Wine/Anggur               |  |  |  |  |
| 5.        | Tuak                      |  |  |  |  |
| 6.        | Sopi                      |  |  |  |  |
| <b>F.</b> | <b>Minuman berkafein</b>  |  |  |  |  |
| 1.        | Minuman Bersoda           |  |  |  |  |
| 2.        | Kopi                      |  |  |  |  |
| 3.        | Teh                       |  |  |  |  |

## D. FOOD RECALL

### Petunjuk Pengisian

- a. Tulislah semua makanan dan minuman yang Anda konsumsi dalam 24jam terakhir (berikan merk dagangnya jika tersedia).
- b. Tulislah makanan dan minuman itu dalam satuan Ukuran Rumah Tangga (URT).
- c. Mohon semua makanan dan minuman yang dikonsumsi ditulis apa adanya.

Ukuran Rumah Tangga (URT):

|               |                    |
|---------------|--------------------|
| bh = buah     | bsr = besar        |
| bj = biji     | ptg = potong       |
| btg = batang  | sdm = sondok makan |
| bks = bungkus | gls = gelas        |
| pk = pak      | ckr = cangkir      |
| ktk = kotak   | prs = porsi        |
| btr = butir   | sdt = sendok teh   |

## ***Food Recall 24 Jam***

Nama :

Tanggal:

| Waktu      | Menu Makanan atau Minuman<br>(berikan merk dagangnya jika tersedia) | Banyaknya |   |
|------------|---|-----------|---|
|            |   | URT       | g |
| Pagi       |   |           |   |
|            |   |           |   |
|            |   |           |   |
| Selingan 1 |   |           |   |
|            |   |           |   |
|            |   |           |   |
| Siang      |   |           |   |
|            |   |           |   |
|            |   |           |   |
| Selingan 2 |   |           |   |
|            |   |           |   |
|            |   |           |   |
| Malam      |   |           |   |
|            |   |           |   |
|            |   |           |   |

**Lampiran 5**

**JAWABAN RESPONDEN PADA KUESIONER**  
**(DATA PENELITIAN)**

| Responden | Umur        | Jenis Kelamin | Pendidikan | Distribusi Umur (Cutt Off) | Diabetes Melitus | Asupan Kalori |       |         |
|-----------|-------------|---------------|------------|----------------------------|------------------|---------------|-------|---------|
|           |             |               |            |                            |                  | Karbohidrat   | Lemak | Protein |
| 1         | 61-65 tahun | Laki-laki     | Sarjana    | 46-50 tahun                | DM               | 231,5         | 85,3  | 64,5    |
| 2         | 71-75 tahun | Perempuan     | Diploma    | 46-50 tahun                | DM               | 211,2         | 46,6  | 65,1    |
| 3         | 46-50 tahun | Perempuan     | Sarjana    | 41-45 tahun                | DM               | 297,9         | 55,2  | 72,9    |
| 4         | 61-65 tahun | Laki-laki     | Sarjana    | 51-55 tahun                | DM               | 499,9         | 86,5  | 83,8    |
| 5         | 66-70 tahun | Laki-laki     | SMA        | 56-60 tahun                | DM               | 558,9         | 73,7  | 115,5   |
| 6         | 51-55 tahun | Laki-laki     | Sarjana    | 46-50 tahun                | DM               | 328,6         | 23,7  | 49,8    |
| 7         | 66-70 tahun | Perempuan     | SD         | 56-60 tahun                | DM               | 144,6         | 30,7  | 45,7    |
| 8         | 66-70 tahun | Perempuan     | SMP        | 56-60 tahun                | DM               | 144,8         | 52,8  | 48,9    |
| 9         | 56-60 tahun | Laki-laki     | Diploma    | 41-45 tahun                | DM               | 337,4         | 51,3  | 72,6    |
| 10        | 61-65 tahun | Laki-laki     | SMA        | 46-50 tahun                | DM               | 1358,2        | 93,9  | 121,9   |
| 11        | 61-65 tahun | Laki-laki     | SMA        | 56-60 tahun                | DM               | 285,8         | 63,6  | 57      |
| 12        | 46-50 tahun | Perempuan     | SMA        | 41-45 tahun                | DM               | 925,4         | 49,6  | 68,7    |
| 13        | 41-45 tahun | Perempuan     | Sarjana    | 36-40 tahun                | DM               | 1084,3        | 103   | 101,7   |
| 14        | 76-80 tahun | Laki-laki     | SMA        | 56-60 tahun                | Non DM           | 388,7         | 56,2  | 66,7    |
| 15        | 66-70 tahun | Perempuan     | SMA        | 51-55 tahun                | DM               | 774,4         | 84,9  | 102,6   |
| 16        | 56-60 tahun | Laki-laki     | Sarjana    | 46-50 tahun                | Non DM           | 281,6         | 60,9  | 64      |
| 17        | 41-45 tahun | Perempuan     | Sarjana    | 36-40 tahun                | DM               | 138,7         | 90,4  | 69,2    |
| 18        | 46-50 tahun | Perempuan     | SMP        | 41-45 tahun                | DM               | 527,4         | 88,3  | 105     |
| 19        | 66-70 tahun | Laki-laki     | SMA        | 56-60 tahun                | DM               | 158,9         | 72,5  | 71,2    |
| 20        | 46-50 tahun | Laki-laki     | Sarjana    | 41-45 tahun                | DM               | 239           | 83,5  | 80,7    |
| 21        | 76-80 tahun | Laki-laki     | SMA        | 76-80 tahun                | Non DM           | 220,9         | 85,6  | 80      |
| 22        | 51-55 tahun | Perempuan     | SMA        | 41-45 tahun                | DM               | 205           | 82,9  | 75,1    |
| 23        | 56-60 tahun | Laki-laki     | SMA        | 41-45 tahun                | Non DM           | 982,3         | 41    | 118,9   |

|    |             |           |         |             |        |        |       |       |
|----|-------------|-----------|---------|-------------|--------|--------|-------|-------|
| 24 | 61-65 tahun | Perempuan | SMA     | 56-60 tahun | DM     | 553,1  | 33,8  | 61,2  |
| 25 | 41-45 tahun | Laki-laki | Sarjana | 41-45 tahun | DM     | 129,1  | 55,7  | 67,9  |
| 26 | 76-80 tahun | Perempuan | SMA     | 61-65 tahun | DM     | 134,9  | 47,3  | 46,8  |
| 27 | 76-80 tahun | Laki-laki | SMA     | 66-70 tahun | DM     | 89,4   | 85,5  | 79    |
| 28 | 71-75 tahun | Perempuan | SMA     | 46-50 tahun | DM     | 191,4  | 7     | 20,9  |
| 29 | 46-50 tahun | Perempuan | Sarjana | 41-45 tahun | Non DM | 379,1  | 93,8  | 83,4  |
| 30 | 66-70 tahun | Perempuan | Sarjana | 56-60 tahun | DM     | 496,5  | 45,2  | 51,7  |
| 31 | 66-70 tahun | Perempuan | Diploma | 61-65 tahun | DM     | 396,3  | 55,3  | 78,3  |
| 32 | 71-75 tahun | Laki-laki | Diploma | 61-65 tahun | DM     | 493,6  | 60,6  | 94,6  |
| 33 | 66-70 tahun | Perempuan | Diploma | 46-50 tahun | DM     | 430,7  | 89,6  | 79,7  |
| 34 | 71-75 tahun | Perempuan | SMA     | 56-60 tahun | DM     | 243,9  | 64,9  | 67,8  |
| 35 | 71-75 tahun | Perempuan | SMA     | 46-50 tahun | DM     | 248,3  | 68,5  | 79,9  |
| 36 | 56-60 tahun | Perempuan | Sarjana | 51-55 tahun | DM     | 261,5  | 74,1  | 79    |
| 37 | 66-70 tahun | Laki-laki | Sarjana | 56-60 tahun | DM     | 138,5  | 68,1  | 80,9  |
| 38 | 61-65 tahun | Perempuan | SMA     | 46-50 tahun | Non DM | 176,4  | 103,8 | 98,7  |
| 39 | 66-70 tahun | Perempuan | SMA     | 51-55 tahun | DM     | 297,4  | 97,3  | 108,3 |
| 40 | 71-75 tahun | Laki-laki | SMP     | 66-70 tahun | DM     | 195,5  | 53,8  | 73    |
| 41 | 56-60 tahun | Perempuan | Sarjana | 51-55 tahun | DM     | 181,8  | 67,2  | 78,9  |
| 42 | 61-65 tahun | Perempuan | SMA     | 46-50 tahun | DM     | 378,2  | 34,3  | 78,4  |
| 43 | 61-65 tahun | Perempuan | Diploma | 51-55 tahun | DM     | 310,4  | 121,3 | 104,5 |
| 44 | 66-70 tahun | Laki-laki | SMA     | 46-50 tahun | DM     | 206,8  | 30,2  | 65,5  |
| 45 | 51-55 tahun | Laki-laki | Sarjana | 36-40 tahun | Non DM | 408,1  | 48,3  | 88,4  |
| 46 | 46-50 tahun | Perempuan | Sarjana | 41-45 tahun | DM     | 475,4  | 69,6  | 82,5  |
| 47 | 66-70 tahun | Perempuan | Diploma | 41-45 tahun | DM     | 608,5  | 79,4  | 86    |
| 48 | 61-65 tahun | Laki-laki | SMA     | 56-60 tahun | DM     | 65,4   | 36,4  | 48    |
| 49 | 56-60 tahun | Laki-laki | SMA     | 46-50 tahun | Non DM | 1223,4 | 150,6 | 177,1 |
| 50 | 51-55 tahun | Perempuan | Sarjana | 46-50 tahun | DM     | 116,6  | 45    | 39    |
| 51 | 46-50 tahun | Laki-laki | SMA     | 36-40 tahun | Non DM | 616,9  | 90,3  | 105,1 |
| 52 | 56-60 tahun | Laki-laki | Sarjana | 46-50 tahun | DM     | 134,4  | 39,8  | 38,8  |
| 53 | 51-55 tahun | Laki-laki | Sarjana | 46-50 tahun | DM     | 176,5  | 2,9   | 14,7  |
| 54 | 56-60 tahun | Perempuan | Diploma | 46-50 tahun | Non DM | 883,2  | 71,5  | 100   |

|            |             |           |         |             |        |        |       |       |
|------------|-------------|-----------|---------|-------------|--------|--------|-------|-------|
| 55         | 66-70 tahun | Laki-laki | Diploma | 46-50 tahun | Non DM | 388,2  | 71,7  | 88,4  |
| 56         | 51-55 tahun | Perempuan | Sarjana | 46-50 tahun | DM     | 343,9  | 56,8  | 66,1  |
| 57         | 61-65 tahun | Perempuan | Diploma | 56-60 tahun | DM     | 227,2  | 42,4  | 54,8  |
| 58         | 66-70 tahun | Perempuan | Sarjana | 56-60 tahun | DM     | 265,1  | 11,7  | 27,7  |
| 59         | 71-75 tahun | Perempuan | SMA     | 56-60 tahun | DM     | 170    | 86,3  | 66,7  |
| 60         | 61-65 tahun | Laki-laki | SMA     | 56-60 tahun | DM     | 147,8  | 4,9   | 18,1  |
| 61         | 61-65 tahun | Perempuan | Diploma | 46-50 tahun | DM     | 41,7   | 35,8  | 24,1  |
| 62         | 71-75 tahun | Perempuan | Sarjana | 51-55 tahun | DM     | 148,4  | 82,9  | 19,5  |
| 63         | 56-60 tahun | Laki-laki | SMA     | 51-55 tahun | Non DM | 349,3  | 111,8 | 131,4 |
| 64         | 66-70 tahun | Laki-laki | Diploma | 56-60 tahun | DM     | 506,1  | 66,9  | 51,1  |
| 65         | 61-65 tahun | Laki-laki | Sarjana | 51-55 tahun | Non DM | 181    | 53,9  | 48    |
| 66         | 51-55 tahun | Perempuan | Sarjana | 46-50 tahun | DM     | 287,4  | 88,2  | 92    |
| 67         | 66-70 tahun | Laki-laki | Diploma | 46-50 tahun | Non DM | 384,1  | 32,8  | 66,5  |
| 68         | 71-75 tahun | Perempuan | SMA     | 56-60 tahun | DM     | 96,6   | 41    | 22,9  |
| 69         | 61-65 tahun | Perempuan | SMA     | 51-55 tahun | Non DM | 548    | 50,7  | 69,9  |
| 70         | 46-50 tahun | Laki-laki | Sarjana | 41-45 tahun | DM     | 444,4  | 20,8  | 25    |
| 71         | 61-65 tahun | Perempuan | Diploma | 56-60 tahun | Non DM | 185,9  | 75,6  | 75    |
| 72         | 71-75 tahun | Laki-laki | Sarjana | 56-60 tahun | DM     | 67,9   | 1,8   | 20,3  |
| 73         | 66-70 tahun | Laki-laki | SMA     | 51-55 tahun | DM     | 123,7  | 19,9  | 27,3  |
| 74         | 66-70 tahun | Perempuan | Diploma | 56-60 tahun | DM     | 81     | 20,2  | 21,9  |
| 75         | 61-65 tahun | Laki-laki | SMA     | 51-55 tahun | DM     | 250    | 51,1  | 47    |
| 76         | 46-50 tahun | Perempuan | Sarjana | 41-45 tahun | Non DM | 130,7  | 55,9  | 96,1  |
| 77         | 56-60 tahun | Laki-laki | SMA     | 46-50 tahun | DM     | 483,1  | 156,3 | 65,9  |
| 78         | 61-65 tahun | Perempuan | Diploma | 56-60 tahun | Non DM | 164,1  | 63,2  | 90,3  |
| 79         | 66-70 tahun | Laki-laki | Diploma | 61-65 tahun | DM     | 356,6  | 58,4  | 82,9  |
| 80         | 61-65 tahun | Perempuan | SMA     | 51-55 tahun | DM     | 249,4  | 60,5  | 122   |
| Mean       |             |           |         |             |        | 344.9  | 62.2  | 71.0  |
| Median     |             |           |         |             |        | 263.3  | 60.55 | 71.9  |
| St Deviasi |             |           |         |             |        | 262.8  | 30.1  | 30.0  |
| Minimum    |             |           |         |             |        | 41.7   | 1.8   | 14.7  |
| Maximum    |             |           |         |             |        | 1358.2 | 156.3 | 177.1 |

| Responden | Karbohidrat |            |      |         |          |     |      |        |        |           |              |
|-----------|-------------|------------|------|---------|----------|-----|------|--------|--------|-----------|--------------|
|           | Nasi Putih  | Nasi Merah | Roti | Kentang | Singkong | Ubi | Sagu | Jagung | Jumlah | Rata-rata | Kategori     |
| 1         | 4           | 1          | 3    | 3       | 2        | 2   | 1    | 1      | 17     | 2,13      | Jarang       |
| 2         | 2           | 2          | 3    | 2       | 2        | 1   | 1    | 2      | 15     | 1,88      | Jarang       |
| 3         | 4           | 1          | 3    | 2       | 2        | 1   | 1    | 2      | 16     | 2,00      | Jarang       |
| 4         | 4           | 1          | 2    | 1       | 2        | 1   | 1    | 1      | 13     | 1,63      | Tidak Pernah |
| 5         | 3           | 3          | 1    | 2       | 2        | 2   | 1    | 1      | 15     | 1,88      | Jarang       |
| 6         | 4           | 1          | 3    | 2       | 2        | 2   | 1    | 2      | 17     | 2,13      | Jarang       |
| 7         | 3           | 2          | 2    | 2       | 2        | 1   | 1    | 2      | 15     | 1,88      | Jarang       |
| 8         | 1           | 1          | 1    | 2       | 2        | 2   | 1    | 2      | 12     | 1,50      | Tidak Pernah |
| 9         | 4           | 4          | 1    | 1       | 2        | 1   | 1    | 2      | 16     | 2,00      | Jarang       |
| 10        | 4           | 4          | 3    | 3       | 2        | 3   | 2    | 3      | 24     | 3,00      | Sering       |
| 11        | 3           | 2          | 2    | 2       | 2        | 3   | 1    | 2      | 17     | 2,13      | Jarang       |
| 12        | 4           | 2          | 2    | 3       | 3        | 2   | 2    | 3      | 21     | 2,63      | Sering       |
| 13        | 3           | 2          | 2    | 2       | 3        | 3   | 1    | 2      | 18     | 2,25      | Jarang       |
| 14        | 4           | 2          | 3    | 3       | 3        | 2   | 2    | 2      | 21     | 2,63      | Sering       |
| 15        | 4           | 1          | 3    | 2       | 2        | 2   | 1    | 2      | 17     | 2,13      | Jarang       |
| 16        | 3           | 2          | 3    | 2       | 2        | 3   | 1    | 2      | 18     | 2,25      | Jarang       |
| 17        | 3           | 2          | 2    | 2       | 2        | 2   | 2    | 3      | 18     | 2,25      | Jarang       |
| 18        | 4           | 4          | 3    | 3       | 2        | 2   | 2    | 3      | 23     | 2,88      | Sering       |
| 19        | 4           | 2          | 2    | 2       | 2        | 2   | 2    | 3      | 19     | 2,38      | Jarang       |
| 20        | 3           | 2          | 3    | 2       | 2        | 2   | 2    | 2      | 18     | 2,25      | Jarang       |
| 21        | 4           | 4          | 2    | 2       | 2        | 2   | 2    | 2      | 20     | 2,50      | Jarang       |
| 22        | 4           | 2          | 4    | 2       | 2        | 2   | 2    | 2      | 20     | 2,50      | Jarang       |
| 23        | 4           | 2          | 2    | 2       | 2        | 2   | 2    | 2      | 18     | 2,25      | Jarang       |
| 24        | 4           | 1          | 2    | 2       | 2        | 2   | 1    | 2      | 16     | 2,00      | Jarang       |
| 25        | 4           | 4          | 2    | 2       | 3        | 2   | 4    | 2      | 23     | 2,88      | Sering       |
| 26        | 4           | 1          | 2    | 2       | 2        | 2   | 2    | 2      | 17     | 2,13      | Jarang       |
| 27        | 4           | 2          | 4    | 3       | 3        | 3   | 2    | 1      | 22     | 2,75      | Sering       |
| 28        | 4           | 4          | 4    | 1       | 1        | 1   | 1    | 3      | 19     | 2,38      | Jarang       |

| Responden | Karbohidrat |            |      |         |          |     |      |        |        |           | Kategori     |
|-----------|-------------|------------|------|---------|----------|-----|------|--------|--------|-----------|--------------|
|           | Nasi Putih  | Nasi Merah | Roti | Kentang | Singkong | Ubi | Sagu | Jagung | Jumlah | Rata-rata |              |
| 29        | 4           | 2          | 3    | 2       | 1        | 3   | 1    | 3      | 19     | 2,38      | Jarang       |
| 30        | 4           | 3          | 3    | 2       | 2        | 2   | 1    | 3      | 20     | 2,50      | Jarang       |
| 31        | 4           | 1          | 1    | 1       | 3        | 3   | 1    | 2      | 16     | 2,00      | Jarang       |
| 32        | 4           | 1          | 1    | 2       | 2        | 1   | 1    | 1      | 13     | 1,63      | Tidak Pernah |
| 33        | 1           | 4          | 3    | 1       | 1        | 1   | 1    | 1      | 13     | 1,63      | Tidak Pernah |
| 34        | 4           | 1          | 3    | 2       | 1        | 1   | 1    | 2      | 15     | 1,88      | Jarang       |
| 35        | 1           | 4          | 3    | 1       | 1        | 1   | 1    | 1      | 13     | 1,63      | Tidak Pernah |
| 36        | 1           | 4          | 3    | 2       | 1        | 1   | 1    | 1      | 14     | 1,75      | Tidak Pernah |
| 37        | 4           | 1          | 1    | 1       | 2        | 2   | 1    | 1      | 13     | 1,63      | Tidak Pernah |
| 38        | 4           | 1          | 1    | 2       | 2        | 2   | 1    | 2      | 15     | 1,88      | Jarang       |
| 39        | 4           | 1          | 2    | 2       | 2        | 1   | 1    | 1      | 14     | 1,75      | Tidak Pernah |
| 40        | 4           | 1          | 1    | 2       | 2        | 1   | 1    | 1      | 13     | 1,63      | Tidak Pernah |
| 41        | 4           | 1          | 3    | 2       | 1        | 1   | 1    | 1      | 14     | 1,75      | Tidak Pernah |
| 42        | 1           | 2          | 3    | 1       | 1        | 1   | 1    | 2      | 12     | 1,50      | Tidak Pernah |
| 43        | 2           | 3          | 3    | 2       | 2        | 1   | 1    | 1      | 15     | 1,88      | Jarang       |
| 44        | 2           | 1          | 3    | 2       | 1        | 1   | 1    | 1      | 12     | 1,50      | Tidak Pernah |
| 45        | 1           | 1          | 1    | 2       | 2        | 2   | 1    | 1      | 11     | 1,38      | Tidak Pernah |
| 46        | 1           | 1          | 3    | 2       | 2        | 1   | 1    | 2      | 13     | 1,63      | Tidak Pernah |
| 47        | 3           | 1          | 3    | 3       | 2        | 4   | 3    | 2      | 21     | 2,63      | Sering       |
| 48        | 4           | 1          | 2    | 2       | 3        | 2   | 3    | 3      | 20     | 2,50      | Jarang       |
| 49        | 4           | 1          | 3    | 3       | 3        | 2   | 2    | 3      | 21     | 2,63      | Sering       |
| 50        | 1           | 2          | 2    | 2       | 2        | 2   | 1    | 2      | 14     | 1,75      | Tidak Pernah |
| 51        | 4           | 4          | 3    | 4       | 3        | 3   | 2    | 3      | 26     | 3,25      | Sering       |
| 52        | 3           | 4          | 3    | 4       | 3        | 3   | 2    | 2      | 24     | 3,00      | Sering       |
| 53        | 3           | 1          | 3    | 4       | 3        | 2   | 2    | 3      | 21     | 2,63      | Sering       |
| 54        | 3           | 2          | 4    | 4       | 4        | 2   | 2    | 2      | 23     | 2,88      | Sering       |
| 55        | 4           | 1          | 1    | 1       | 2        | 1   | 1    | 1      | 12     | 1,50      | Tidak Pernah |
| 56        | 1           | 4          | 3    | 2       | 1        | 1   | 1    | 1      | 14     | 1,75      | Tidak Pernah |

| Responden | Karbohidrat |            |      |         |          |     |      |        |        |           |               |
|-----------|-------------|------------|------|---------|----------|-----|------|--------|--------|-----------|---------------|
|           | Nasi Putih  | Nasi Merah | Roti | Kentang | Singkong | Ubi | Sagu | Jagung | Jumlah | Rata-rata | Kategori      |
| 57        | 4           | 4          | 3    | 4       | 3        | 3   | 3    | 2      | 26     | 3,25      | Sering        |
| 58        | 3           | 4          | 3    | 4       | 3        | 2   | 2    | 3      | 24     | 3,00      | Sering        |
| 59        | 1           | 4          | 1    | 1       | 1        | 1   | 1    | 1      | 11     | 1,38      | Tidak Pernah  |
| 60        | 4           | 4          | 3    | 3       | 3        | 3   | 2    | 2      | 24     | 3,00      | Sering        |
| 61        | 4           | 4          | 3    | 3       | 4        | 4   | 3    | 3      | 28     | 3,50      | Sangat Sering |
| 62        | 4           | 4          | 3    | 4       | 3        | 3   | 3    | 2      | 26     | 3,25      | Sering        |
| 63        | 4           | 1          | 2    | 2       | 1        | 1   | 1    | 2      | 14     | 1,75      | Tidak Pernah  |
| 64        | 3           | 1          | 2    | 3       | 2        | 3   | 3    | 2      | 19     | 2,38      | Jarang        |
| 65        | 3           | 1          | 2    | 3       | 2        | 2   | 3    | 2      | 18     | 2,25      | Jarang        |
| 66        | 1           | 4          | 3    | 2       | 2        | 1   | 1    | 2      | 16     | 2,00      | Jarang        |
| 67        | 4           | 1          | 1    | 1       | 2        | 2   | 1    | 2      | 14     | 1,75      | Tidak Pernah  |
| 68        | 3           | 2          | 3    | 3       | 3        | 2   | 2    | 2      | 20     | 2,50      | Jarang        |
| 69        | 4           | 1          | 1    | 2       | 2        | 1   | 1    | 2      | 14     | 1,75      | Tidak Pernah  |
| 70        | 3           | 1          | 4    | 3       | 3        | 2   | 2    | 1      | 19     | 2,38      | Jarang        |
| 71        | 4           | 1          | 3    | 4       | 4        | 3   | 2    | 2      | 23     | 2,88      | Sering        |
| 72        | 3           | 1          | 2    | 3       | 3        | 3   | 2    | 3      | 20     | 2,50      | Jarang        |
| 73        | 3           | 2          | 2    | 4       | 4        | 3   | 2    | 3      | 23     | 2,88      | Sering        |
| 74        | 3           | 1          | 4    | 4       | 3        | 4   | 3    | 2      | 24     | 3,00      | Sering        |
| 75        | 3           | 4          | 3    | 4       | 4        | 4   | 3    | 3      | 28     | 3,50      | Sangat Sering |
| 76        | 4           | 2          | 1    | 2       | 1        | 1   | 1    | 1      | 13     | 1,63      | Tidak Pernah  |
| 77        | 3           | 4          | 3    | 4       | 4        | 3   | 3    | 2      | 26     | 3,25      | Sering        |
| 78        | 4           | 1          | 2    | 2       | 2        | 1   | 1    | 2      | 15     | 1,88      | Jarang        |
| 79        | 4           | 4          | 3    | 2       | 2        | 2   | 1    | 2      | 20     | 2,50      | Jarang        |
| 80        | 1           | 1          | 3    | 2       | 2        | 2   | 1    | 2      | 14     | 1,75      | Tidak Pernah  |

**Keterangan :***Penskoran :*

- 1 : Tidak Pernah
- 2 : Jarang
- 3 : Sering
- 4 : Sangat Sering

**Kategori Rata-rata :**

- Skor min = 1 dan skor maks = 4, maka rentang skor =  $(4 - 1) : 4 = 0,75$
- 1,00 – 1,75 : Tidak Pernah
  - 1,76 – 2,51 : Jarang
  - 2,52 – 3,27 : Sering
  - 3,28 – 4,03 : Sangat Sering

| Responden | Lemak          |        |      |         |        |          |                          |                             |        |           |              | Rata-rata | Kategori |
|-----------|----------------|--------|------|---------|--------|----------|--------------------------|-----------------------------|--------|-----------|--------------|-----------|----------|
|           | Susu Fullcream | Jeroan | Keju | Mentega | Santan | Gorengan | Daging Sapi Dengan Lemak | Daging Kambing Dengan Lemak | Jumlah | Rata-rata | Kategori     |           |          |
| 1         | 3              | 2      | 1    | 3       | 3      | 3        | 2                        | 2                           | 19     | 2.38      | Jarang       |           |          |
| 2         | 3              | 1      | 3    | 3       | 2      | 2        | 2                        | 1                           | 17     | 2.13      | Jarang       |           |          |
| 3         | 4              | 1      | 3    | 3       | 2      | 2        | 2                        | 1                           | 18     | 2.25      | Jarang       |           |          |
| 4         | 1              | 2      | 1    | 1       | 2      | 3        | 2                        | 2                           | 14     | 1.75      | Tidak Pernah |           |          |
| 5         | 1              | 2      | 1    | 2       | 2      | 4        | 2                        | 2                           | 16     | 2.00      | Jarang       |           |          |
| 6         | 1              | 2      | 1    | 2       | 2      | 2        | 2                        | 2                           | 14     | 1.75      | Tidak Pernah |           |          |
| 7         | 1              | 1      | 2    | 1       | 2      | 2        | 2                        | 1                           | 12     | 1.50      | Tidak Pernah |           |          |
| 8         | 1              | 1      | 1    | 1       | 2      | 3        | 1                        | 2                           | 12     | 1.50      | Tidak Pernah |           |          |
| 9         | 1              | 2      | 1    | 1       | 2      | 3        | 3                        | 1                           | 14     | 1.75      | Tidak Pernah |           |          |
| 10        | 3              | 4      | 3    | 3       | 4      | 3        | 3                        | 2                           | 25     | 3.13      | Sering       |           |          |
| 11        | 2              | 3      | 3    | 3       | 3      | 2        | 2                        | 2                           | 20     | 2.50      | Jarang       |           |          |
| 12        | 2              | 4      | 2    | 2       | 4      | 3        | 3                        | 2                           | 22     | 2.75      | Sering       |           |          |
| 13        | 2              | 3      | 2    | 2       | 3      | 2        | 2                        | 1                           | 17     | 2.13      | Jarang       |           |          |
| 14        | 2              | 4      | 3    | 3       | 4      | 3        | 2                        | 2                           | 23     | 2.88      | Sering       |           |          |
| 15        | 2              | 4      | 4    | 3       | 3      | 3        | 2                        | 2                           | 23     | 2.88      | Sering       |           |          |
| 16        | 2              | 2      | 3    | 3       | 4      | 2        | 2                        | 2                           | 20     | 2.50      | Jarang       |           |          |
| 17        | 2              | 2      | 3    | 3       | 3      | 2        | 2                        | 2                           | 19     | 2.38      | Jarang       |           |          |
| 18        | 2              | 4      | 3    | 3       | 4      | 3        | 2                        | 2                           | 23     | 2.88      | Sering       |           |          |
| 19        | 2              | 3      | 3    | 3       | 4      | 3        | 3                        | 2                           | 23     | 2.88      | Sering       |           |          |
| 20        | 2              | 2      | 3    | 3       | 3      | 2        | 2                        | 2                           | 19     | 2.38      | Jarang       |           |          |
| 21        | 2              | 1      | 2    | 2       | 2      | 2        | 4                        | 1                           | 16     | 2.00      | Jarang       |           |          |
| 22        | 4              | 2      | 3    | 3       | 2      | 2        | 2                        | 1                           | 19     | 2.38      | Jarang       |           |          |
| 23        | 1              | 2      | 2    | 2       | 3      | 2        | 2                        | 2                           | 16     | 2.00      | Jarang       |           |          |
| 24        | 3              | 2      | 3    | 3       | 2      | 2        | 1                        | 1                           | 17     | 2.13      | Jarang       |           |          |
| 25        | 1              | 1      | 2    | 2       | 2      | 4        | 4                        | 4                           | 20     | 2.50      | Jarang       |           |          |
| 26        | 2              | 1      | 2    | 2       | 4      | 4        | 4                        | 1                           | 20     | 2.50      | Jarang       |           |          |
| 27        | 1              | 1      | 4    | 4       | 4      | 4        | 2                        | 2                           | 22     | 2.75      | Sering       |           |          |

| Responden | Lemak          |        |      |         |        |          |                          |                             |        |      | Rata-rata    | Kategori |
|-----------|----------------|--------|------|---------|--------|----------|--------------------------|-----------------------------|--------|------|--------------|----------|
|           | Susu Fullcream | Jeroan | Keju | Mentega | Santan | Gorengan | Daging Sapi Dengan Lemak | Daging Kambing Dengan Lemak | Jumlah |      |              |          |
| 28        | 1              | 2      | 2    | 3       | 3      | 2        | 2                        | 2                           | 17     | 2.13 | Jarang       |          |
| 29        | 1              | 2      | 2    | 2       | 2      | 3        | 2                        | 2                           | 16     | 2.00 | Jarang       |          |
| 30        | 2              | 2      | 1    | 1       | 3      | 2        | 2                        | 2                           | 15     | 1.88 | Jarang       |          |
| 31        | 1              | 1      | 1    | 1       | 1      | 4        | 3                        | 3                           | 15     | 1.88 | Jarang       |          |
| 32        | 1              | 1      | 1    | 1       | 2      | 2        | 2                        | 2                           | 12     | 1.50 | Tidak Pernah |          |
| 33        | 4              | 1      | 3    | 3       | 1      | 1        | 1                        | 1                           | 15     | 1.88 | Jarang       |          |
| 34        | 3              | 1      | 1    | 3       | 2      | 2        | 2                        | 1                           | 15     | 1.88 | Jarang       |          |
| 35        | 3              | 1      | 3    | 3       | 1      | 1        | 1                        | 1                           | 14     | 1.75 | Tidak Pernah |          |
| 36        | 3              | 1      | 3    | 3       | 2      | 1        | 1                        | 1                           | 15     | 1.88 | Jarang       |          |
| 37        | 1              | 2      | 1    | 1       | 2      | 3        | 2                        | 2                           | 14     | 1.75 | Tidak Pernah |          |
| 38        | 3              | 2      | 1    | 1       | 2      | 2        | 1                        | 1                           | 13     | 1.63 | Tidak Pernah |          |
| 39        | 3              | 1      | 3    | 3       | 2      | 1        | 1                        | 1                           | 15     | 1.88 | Jarang       |          |
| 40        | 1              | 2      | 1    | 1       | 2      | 2        | 1                        | 2                           | 12     | 1.50 | Tidak Pernah |          |
| 41        | 3              | 1      | 3    | 3       | 2      | 2        | 1                        | 1                           | 16     | 2.00 | Jarang       |          |
| 42        | 2              | 1      | 3    | 3       | 2      | 2        | 1                        | 1                           | 15     | 1.88 | Jarang       |          |
| 43        | 3              | 1      | 3    | 3       | 2      | 2        | 1                        | 1                           | 16     | 2.00 | Jarang       |          |
| 44        | 1              | 1      | 3    | 3       | 1      | 2        | 1                        | 1                           | 13     | 1.63 | Tidak Pernah |          |
| 45        | 1              | 2      | 1    | 1       | 2      | 3        | 2                        | 2                           | 14     | 1.75 | Tidak Pernah |          |
| 46        | 3              | 1      | 3    | 3       | 2      | 2        | 2                        | 1                           | 17     | 2.13 | Jarang       |          |
| 47        | 3              | 1      | 3    | 2       | 3      | 3        | 3                        | 2                           | 20     | 2.50 | Jarang       |          |
| 48        | 3              | 3      | 3    | 4       | 4      | 3        | 3                        | 1                           | 24     | 3.00 | Sering       |          |
| 49        | 2              | 4      | 3    | 3       | 3      | 2        | 3                        | 2                           | 22     | 2.75 | Sering       |          |
| 50        | 2              | 2      | 2    | 1       | 1      | 2        | 2                        | 2                           | 14     | 1.75 | Tidak Pernah |          |
| 51        | 3              | 3      | 3    | 3       | 3      | 2        | 2                        | 2                           | 21     | 2.63 | Sering       |          |
| 52        | 3              | 1      | 3    | 3       | 4      | 3        | 2                        | 1                           | 20     | 2.50 | Jarang       |          |
| 53        | 3              | 1      | 3    | 3       | 3      | 2        | 2                        | 2                           | 19     | 2.38 | Jarang       |          |
| 54        | 4              | 2      | 3    | 3       | 3      | 2        | 1                        | 1                           | 19     | 2.38 | Jarang       |          |
| 55        | 1              | 2      | 1    | 1       | 2      | 3        | 2                        | 1                           | 13     | 1.63 | Tidak Pernah |          |

| Responden | Lemak          |        |      |         |        |          |                          |                             |        |      |              | Rata-rata | Kategori |
|-----------|----------------|--------|------|---------|--------|----------|--------------------------|-----------------------------|--------|------|--------------|-----------|----------|
|           | Susu Fullcream | Jeroan | Keju | Mentega | Santan | Gorengan | Daging Sapi Dengan Lemak | Daging Kambing Dengan Lemak | Jumlah |      |              |           |          |
| 56        | 3              | 1      | 3    | 3       | 1      | 2        | 1                        | 1                           | 15     | 1.88 | Jarang       |           |          |
| 57        | 4              | 1      | 4    | 3       | 3      | 3        | 2                        | 2                           | 22     | 2.75 | Sering       |           |          |
| 58        | 3              | 2      | 3    | 4       | 3      | 2        | 3                        | 2                           | 22     | 2.75 | Sering       |           |          |
| 59        | 3              | 1      | 3    | 1       | 1      | 1        | 1                        | 1                           | 12     | 1.50 | Tidak Pernah |           |          |
| 60        | 3              | 2      | 4    | 3       | 4      | 3        | 3                        | 2                           | 24     | 3.00 | Sering       |           |          |
| 61        | 4              | 3      | 3    | 3       | 4      | 3        | 3                        | 3                           | 26     | 3.25 | Sering       |           |          |
| 62        | 3              | 1      | 3    | 4       | 3      | 3        | 2                        | 2                           | 21     | 2.63 | Sering       |           |          |
| 63        | 3              | 2      | 2    | 2       | 2      | 2        | 2                        | 1                           | 16     | 2.00 | Jarang       |           |          |
| 64        | 3              | 1      | 2    | 3       | 4      | 3        | 2                        | 2                           | 20     | 2.50 | Jarang       |           |          |
| 65        | 4              | 1      | 2    | 3       | 3      | 2        | 2                        | 2                           | 19     | 2.38 | Jarang       |           |          |
| 66        | 3              | 2      | 3    | 3       | 2      | 2        | 2                        | 2                           | 19     | 2.38 | Jarang       |           |          |
| 67        | 3              | 2      | 1    | 1       | 2      | 2        | 2                        | 1                           | 14     | 1.75 | Tidak Pernah |           |          |
| 68        | 3              | 1      | 3    | 3       | 3      | 2        | 2                        | 2                           | 19     | 2.38 | Jarang       |           |          |
| 69        | 1              | 1      | 1    | 2       | 2      | 2        | 2                        | 1                           | 12     | 1.50 | Tidak Pernah |           |          |
| 70        | 4              | 3      | 2    | 3       | 3      | 2        | 2                        | 1                           | 20     | 2.50 | Jarang       |           |          |
| 71        | 4              | 1      | 2    | 3       | 3      | 2        | 2                        | 2                           | 19     | 2.38 | Jarang       |           |          |
| 72        | 3              | 1      | 3    | 2       | 3      | 3        | 2                        | 2                           | 19     | 2.38 | Jarang       |           |          |
| 73        | 4              | 1      | 4    | 4       | 3      | 2        | 3                        | 1                           | 22     | 2.75 | Sering       |           |          |
| 74        | 4              | 3      | 3    | 3       | 2      | 2        | 2                        | 2                           | 21     | 2.63 | Sering       |           |          |
| 75        | 4              | 1      | 3    | 4       | 4      | 3        | 2                        | 2                           | 23     | 2.88 | Sering       |           |          |
| 76        | 3              | 1      | 1    | 2       | 2      | 2        | 2                        | 1                           | 14     | 1.75 | Tidak Pernah |           |          |
| 77        | 3              | 1      | 3    | 2       | 2      | 2        | 2                        | 2                           | 17     | 2.13 | Jarang       |           |          |
| 78        | 1              | 1      | 1    | 1       | 1      | 2        | 2                        | 1                           | 10     | 1.25 | Tidak Pernah |           |          |
| 79        | 3              | 2      | 1    | 1       | 2      | 2        | 2                        | 2                           | 15     | 1.88 | Jarang       |           |          |
| 80        | 3              | 2      | 3    | 3       | 2      | 3        | 2                        | 2                           | 20     | 2.50 | Jarang       |           |          |

**Keterangan :***Penskoran :*

- 1 : Tidak Pernah  
 2 : Jarang  
 3 : Sering  
 4 : Sangat Sering

**Kategori Rata-rata :**

Skor min = 1 dan skor maks = 4, maka rentang skor =  $(4 - 1) : 4 = 0,75$

|             |                 |
|-------------|-----------------|
| 1,00 – 1,75 | : Tidak Pernah  |
| 1,76 – 2,51 | : Jarang        |
| 2,52 – 3,27 | : Sering        |
| 3,28 – 4,03 | : Sangat Sering |

| Responden | Protein |        |           |        |                         |      |         |        |        |           |              |
|-----------|---------|--------|-----------|--------|-------------------------|------|---------|--------|--------|-----------|--------------|
|           | Telur   | Gandum | Dada Ayam | Yogurt | Daging Sapi Tanpa Lemak | Ikan | Seafood | Kacang | Jumlah | Rata-rata | Kategori     |
| 1         | 3       | 3      | 3         | 2      | 2                       | 3    | 2       | 3      | 21     | 2.63      | Sering       |
| 2         | 2       | 3      | 2         | 2      | 3                       | 2    | 2       | 1      | 17     | 2.13      | Jarang       |
| 3         | 2       | 3      | 2         | 2      | 2                       | 2    | 2       | 1      | 16     | 2.00      | Jarang       |
| 4         | 2       | 1      | 1         | 1      | 2                       | 1    | 1       | 1      | 10     | 1.25      | Tidak Pernah |
| 5         | 3       | 1      | 2         | 1      | 2                       | 1    | 3       | 1      | 14     | 1.75      | Tidak Pernah |
| 6         | 2       | 1      | 1         | 1      | 2                       | 1    | 3       | 1      | 12     | 1.50      | Tidak Pernah |
| 7         | 2       | 1      | 2         | 2      | 2                       | 1    | 2       | 1      | 13     | 1.63      | Tidak Pernah |
| 8         | 2       | 1      | 2         | 2      | 2                       | 2    | 2       | 1      | 14     | 1.75      | Tidak Pernah |
| 9         | 3       | 1      | 3         | 1      | 2                       | 1    | 2       | 1      | 14     | 1.75      | Tidak Pernah |
| 10        | 3       | 2      | 3         | 1      | 2                       | 3    | 3       | 2      | 19     | 2.38      | Jarang       |
| 11        | 3       | 2      | 3         | 2      | 2                       | 3    | 3       | 2      | 20     | 2.50      | Jarang       |
| 12        | 3       | 2      | 4         | 2      | 2                       | 3    | 3       | 2      | 21     | 2.63      | Sering       |
| 13        | 2       | 2      | 3         | 2      | 2                       | 3    | 3       | 2      | 19     | 2.38      | Jarang       |
| 14        | 3       | 2      | 4         | 1      | 3                       | 4    | 4       | 2      | 23     | 2.88      | Sering       |
| 15        | 4       | 2      | 3         | 2      | 2                       | 3    | 3       | 2      | 21     | 2.63      | Sering       |
| 16        | 2       | 2      | 3         | 1      | 2                       | 2    | 3       | 2      | 17     | 2.13      | Jarang       |
| 17        | 3       | 2      | 3         | 3      | 2                       | 2    | 2       | 2      | 19     | 2.38      | Jarang       |
| 18        | 3       | 2      | 3         | 1      | 2                       | 4    | 2       | 2      | 19     | 2.38      | Jarang       |
| 19        | 3       | 2      | 3         | 1      | 2                       | 3    | 3       | 2      | 19     | 2.38      | Jarang       |
| 20        | 2       | 2      | 3         | 2      | 2                       | 2    | 2       | 2      | 17     | 2.13      | Jarang       |
| 21        | 2       | 1      | 3         | 1      | 2                       | 2    | 3       | 3      | 17     | 2.13      | Jarang       |
| 22        | 4       | 4      | 4         | 1      | 2                       | 3    | 3       | 2      | 23     | 2.88      | Sering       |
| 23        | 3       | 2      | 2         | 1      | 2                       | 4    | 2       | 2      | 18     | 2.25      | Jarang       |
| 24        | 3       | 1      | 1         | 2      | 2                       | 1    | 2       | 2      | 14     | 1.75      | Tidak Pernah |
| 25        | 4       | 2      | 2         | 2      | 2                       | 2    | 2       | 4      | 20     | 2.50      | Jarang       |
| 26        | 2       | 2      | 4         | 2      | 2                       | 4    | 3       | 1      | 20     | 2.50      | Jarang       |
| 27        | 3       | 4      | 4         | 2      | 4                       | 2    | 2       | 2      | 23     | 2.88      | Sering       |
| 28        | 3       | 3      | 3         | 2      | 3                       | 4    | 4       | 4      | 26     | 3.25      | Sering       |

| Responden | Protein |        |           |        |                         |      |         |        |        |           |              |
|-----------|---------|--------|-----------|--------|-------------------------|------|---------|--------|--------|-----------|--------------|
|           | Telur   | Gandum | Dada Ayam | Yogurt | Daging Sapi Tanpa Lemak | Ikan | Seafood | Kacang | Jumlah | Rata-rata | Kategori     |
| 29        | 3       | 3      | 2         | 2      | 2                       | 2    | 2       | 1      | 17     | 2.13      | Jarang       |
| 30        | 2       | 1      | 1         | 1      | 2                       | 4    | 2       | 2      | 15     | 1.88      | Jarang       |
| 31        | 2       | 1      | 3         | 1      | 3                       | 4    | 4       | 4      | 22     | 2.75      | Sering       |
| 32        | 2       | 1      | 2         | 1      | 2                       | 2    | 2       | 1      | 13     | 1.63      | Tidak Pernah |
| 33        | 2       | 1      | 1         | 2      | 2                       | 2    | 2       | 1      | 13     | 1.63      | Tidak Pernah |
| 34        | 2       | 1      | 2         | 2      | 2                       | 1    | 1       | 1      | 12     | 1.50      | Tidak Pernah |
| 35        | 2       | 1      | 2         | 2      | 2                       | 2    | 1       | 1      | 13     | 1.63      | Tidak Pernah |
| 36        | 2       | 3      | 2         | 2      | 2                       | 2    | 1       | 2      | 16     | 2.00      | Jarang       |
| 37        | 2       | 2      | 1         | 1      | 2                       | 1    | 2       | 1      | 12     | 1.50      | Tidak Pernah |
| 38        | 2       | 2      | 2         | 3      | 3                       | 2    | 3       | 1      | 18     | 2.25      | Jarang       |
| 39        | 2       | 1      | 2         | 2      | 2                       | 1    | 1       | 1      | 12     | 1.50      | Tidak Pernah |
| 40        | 2       | 1      | 1         | 1      | 2                       | 2    | 1       | 1      | 11     | 1.38      | Tidak Pernah |
| 41        | 2       | 1      | 2         | 2      | 2                       | 2    | 2       | 2      | 15     | 1.88      | Jarang       |
| 42        | 2       | 2      | 2         | 3      | 2                       | 2    | 1       | 1      | 15     | 1.88      | Jarang       |
| 43        | 2       | 1      | 2         | 2      | 2                       | 2    | 2       | 1      | 14     | 1.75      | Tidak Pernah |
| 44        | 2       | 1      | 1         | 1      | 2                       | 3    | 3       | 1      | 14     | 1.75      | Tidak Pernah |
| 45        | 2       | 1      | 1         | 1      | 2                       | 2    | 2       | 1      | 12     | 1.50      | Tidak Pernah |
| 46        | 2       | 3      | 1         | 1      | 1                       | 2    | 2       | 1      | 13     | 1.63      | Tidak Pernah |
| 47        | 4       | 2      | 3         | 3      | 2                       | 2    | 3       | 2      | 21     | 2.63      | Sering       |
| 48        | 3       | 4      | 4         | 3      | 2                       | 3    | 3       | 2      | 24     | 3.00      | Sering       |
| 49        | 4       | 3      | 3         | 1      | 2                       | 3    | 3       | 2      | 21     | 2.63      | Sering       |
| 50        | 2       | 2      | 2         | 1      | 2                       | 2    | 2       | 1      | 14     | 1.75      | Tidak Pernah |
| 51        | 3       | 2      | 3         | 2      | 2                       | 2    | 2       | 2      | 18     | 2.25      | Jarang       |
| 52        | 3       | 4      | 3         | 2      | 2                       | 2    | 3       | 2      | 21     | 2.63      | Sering       |
| 53        | 3       | 2      | 3         | 3      | 4                       | 3    | 3       | 4      | 25     | 3.13      | Sering       |
| 54        | 2       | 3      | 2         | 3      | 3                       | 2    | 2       | 3      | 20     | 2.50      | Jarang       |
| 55        | 1       | 1      | 1         | 1      | 1                       | 1    | 2       | 1      | 9      | 1.13      | Tidak Pernah |
| 56        | 2       | 2      | 2         | 3      | 3                       | 2    | 2       | 1      | 17     | 2.13      | Jarang       |

| Responden | Protein |        |           |        |                         |      |         |        |        |           |              |
|-----------|---------|--------|-----------|--------|-------------------------|------|---------|--------|--------|-----------|--------------|
|           | Telur   | Gandum | Dada Ayam | Yogurt | Daging Sapi Tanpa Lemak | Ikan | Seafood | Kacang | Jumlah | Rata-rata | Kategori     |
| 57        | 2       | 2      | 3         | 2      | 2                       | 3    | 3       | 2      | 19     | 2.38      | Jarang       |
| 58        | 2       | 3      | 3         | 2      | 2                       | 3    | 3       | 2      | 20     | 2.50      | Jarang       |
| 59        | 3       | 3      | 2         | 2      | 2                       | 3    | 2       | 1      | 18     | 2.25      | Jarang       |
| 60        | 3       | 4      | 2         | 3      | 3                       | 3    | 3       | 2      | 23     | 2.88      | Sering       |
| 61        | 4       | 2      | 3         | 2      | 2                       | 2    | 3       | 3      | 21     | 2.63      | Sering       |
| 62        | 3       | 3      | 4         | 3      | 2                       | 4    | 3       | 2      | 24     | 3.00      | Sering       |
| 63        | 2       | 1      | 2         | 1      | 2                       | 2    | 2       | 1      | 13     | 1.63      | Tidak Pernah |
| 64        | 2       | 2      | 3         | 3      | 2                       | 4    | 3       | 2      | 21     | 2.63      | Sering       |
| 65        | 3       | 1      | 2         | 3      | 2                       | 3    | 2       | 3      | 19     | 2.38      | Jarang       |
| 66        | 3       | 2      | 2         | 2      | 2                       | 2    | 2       | 1      | 16     | 2.00      | Jarang       |
| 67        | 2       | 1      | 2         | 1      | 2                       | 1    | 2       | 2      | 13     | 1.63      | Tidak Pernah |
| 68        | 3       | 2      | 3         | 3      | 2                       | 3    | 4       | 3      | 23     | 2.88      | Sering       |
| 69        | 2       | 1      | 2         | 1      | 2                       | 2    | 2       | 2      | 14     | 1.75      | Tidak Pernah |
| 70        | 4       | 3      | 2         | 3      | 2                       | 3    | 4       | 3      | 24     | 3.00      | Sering       |
| 71        | 3       | 2      | 3         | 3      | 2                       | 3    | 4       | 3      | 23     | 2.88      | Sering       |
| 72        | 3       | 2      | 3         | 3      | 2                       | 3    | 3       | 2      | 21     | 2.63      | Sering       |
| 73        | 3       | 2      | 3         | 2      | 1                       | 2    | 3       | 3      | 19     | 2.38      | Jarang       |
| 74        | 3       | 4      | 2         | 2      | 2                       | 2    | 3       | 2      | 20     | 2.50      | Jarang       |
| 75        | 2       | 2      | 3         | 4      | 2                       | 4    | 3       | 2      | 22     | 2.75      | Sering       |
| 76        | 2       | 1      | 2         | 1      | 2                       | 1    | 1       | 1      | 11     | 1.38      | Tidak Pernah |
| 77        | 2       | 3      | 3         | 2      | 2                       | 2    | 3       | 3      | 20     | 2.50      | Jarang       |
| 78        | 2       | 1      | 2         | 1      | 2                       | 1    | 2       | 2      | 13     | 1.63      | Tidak Pernah |
| 79        | 1       | 1      | 1         | 1      | 2                       | 2    | 2       | 1      | 11     | 1.38      | Tidak Pernah |
| 80        | 3       | 1      | 2         | 2      | 2                       | 2    | 2       | 1      | 15     | 1.88      | Jarang       |

| Responden | Sayur - sayuran |        |     |      |        |       |          |               |       |                |         |       |        | Rata-rata | Kategori      |
|-----------|-----------------|--------|-----|------|--------|-------|----------|---------------|-------|----------------|---------|-------|--------|-----------|---------------|
|           | Labu Siam       | Wortel | Kol | Sawi | Buncis | Bayam | Kangkung | Daun Singkong | Jamur | Kacang Panjang | Ketimun | Taoge | Jumlah |           |               |
| 1         | 3               | 3      | 2   | 2    | 2      | 2     | 3        | 3             | 2     | 2              | 2       | 2     | 28     | 2.33      | Jarang        |
| 2         | 3               | 3      | 2   | 2    | 2      | 2     | 2        | 2             | 2     | 2              | 2       | 2     | 26     | 2.17      | Jarang        |
| 3         | 2               | 2      | 2   | 2    | 2      | 2     | 2        | 2             | 2     | 2              | 2       | 2     | 24     | 2.00      | Jarang        |
| 4         | 1               | 2      | 1   | 2    | 1      | 2     | 2        | 1             | 1     | 1              | 2       | 2     | 18     | 1.50      | Tidak Pernah  |
| 5         | 2               | 2      | 2   | 3    | 3      | 2     | 2        | 1             | 1     | 1              | 2       | 3     | 24     | 2.00      | Jarang        |
| 6         | 1               | 2      | 1   | 2    | 1      | 2     | 2        | 2             | 1     | 1              | 2       | 2     | 19     | 1.58      | Tidak Pernah  |
| 7         | 1               | 2      | 1   | 2    | 2      | 2     | 2        | 1             | 2     | 1              | 2       | 2     | 20     | 1.67      | Tidak Pernah  |
| 8         | 2               | 3      | 2   | 3    | 2      | 3     | 3        | 1             | 1     | 1              | 2       | 2     | 25     | 2.08      | Jarang        |
| 9         | 2               | 2      | 2   | 2    | 2      | 3     | 3        | 3             | 2     | 2              | 3       | 3     | 29     | 2.42      | Jarang        |
| 10        | 2               | 2      | 3   | 1    | 1      | 2     | 2        | 2             | 1     | 3              | 3       | 2     | 24     | 2.00      | Jarang        |
| 11        | 2               | 2      | 2   | 3    | 2      | 2     | 2        | 3             | 1     | 2              | 2       | 2     | 25     | 2.08      | Jarang        |
| 12        | 2               | 2      | 2   | 3    | 2      | 3     | 3        | 2             | 2     | 3              | 3       | 2     | 29     | 2.42      | Jarang        |
| 13        | 3               | 3      | 2   | 3    | 2      | 3     | 3        | 3             | 1     | 2              | 3       | 2     | 30     | 2.50      | Jarang        |
| 14        | 2               | 3      | 3   | 2    | 2      | 3     | 3        | 2             | 1     | 1              | 3       | 3     | 28     | 2.33      | Jarang        |
| 15        | 2               | 3      | 3   | 2    | 2      | 2     | 3        | 2             | 1     | 2              | 3       | 3     | 28     | 2.33      | Jarang        |
| 16        | 2               | 2      | 3   | 3    | 2      | 4     | 3        | 2             | 1     | 2              | 3       | 3     | 30     | 2.50      | Jarang        |
| 17        | 4               | 4      | 2   | 3    | 2      | 3     | 3        | 2             | 2     | 2              | 3       | 3     | 33     | 2.75      | Sering        |
| 18        | 2               | 2      | 2   | 2    | 2      | 3     | 2        | 3             | 2     | 2              | 2       | 2     | 26     | 2.17      | Jarang        |
| 19        | 4               | 3      | 3   | 3    | 2      | 2     | 3        | 2             | 2     | 2              | 2       | 2     | 30     | 2.50      | Jarang        |
| 20        | 3               | 2      | 2   | 2    | 2      | 3     | 3        | 2             | 3     | 3              | 2       | 2     | 29     | 2.42      | Jarang        |
| 21        | 3               | 3      | 3   | 3    | 3      | 3     | 3        | 2             | 2     | 1              | 2       | 1     | 29     | 2.42      | Jarang        |
| 22        | 4               | 4      | 4   | 4    | 4      | 4     | 4        | 4             | 4     | 4              | 4       | 4     | 48     | 4.00      | Sangat Sering |
| 23        | 4               | 2      | 2   | 2    | 4      | 2     | 2        | 4             | 2     | 3              | 3       | 3     | 33     | 2.75      | Sering        |
| 24        | 2               | 2      | 2   | 2    | 2      | 2     | 2        | 2             | 2     | 2              | 2       | 2     | 24     | 2.00      | Jarang        |
| 25        | 2               | 2      | 2   | 2    | 2      | 2     | 2        | 3             | 2     | 2              | 2       | 2     | 25     | 2.08      | Jarang        |
| 26        | 2               | 2      | 2   | 3    | 3      | 3     | 2        | 2             | 2     | 4              | 4       | 2     | 31     | 2.58      | Sering        |
| 27        | 4               | 4      | 4   | 4    | 4      | 1     | 1        | 1             | 1     | 2              | 2       | 2     | 30     | 2.50      | Jarang        |
| 28        | 4               | 4      | 4   | 4    | 4      | 4     | 4        | 4             | 3     | 2              | 3       | 3     | 43     | 3.58      | Sangat Sering |

| Responden | Sayur - sayuran |        |     |      |        |       |          |               |       |                |         |       |        |      | Rata-rata     | Kategori |
|-----------|-----------------|--------|-----|------|--------|-------|----------|---------------|-------|----------------|---------|-------|--------|------|---------------|----------|
|           | Labu Siam       | Wortel | Kol | Sawi | Buncis | Bayam | Kangkung | Daun Singkong | Jamur | Kacang Panjang | Ketimun | Taoge | Jumlah |      |               |          |
| 29        | 4               | 4      | 4   | 3    | 3      | 3     | 3        | 3             | 2     | 3              | 3       | 3     | 38     | 3.17 | Sering        |          |
| 30        | 4               | 4      | 4   | 4    | 4      | 4     | 4        | 4             | 1     | 3              | 3       | 1     | 40     | 3.33 | Sangat Sering |          |
| 31        | 4               | 4      | 1   | 3    | 3      | 1     | 1        | 1             | 3     | 3              | 4       | 4     | 32     | 2.67 | Sering        |          |
| 32        | 1               | 2      | 1   | 2    | 2      | 2     | 2        | 2             | 2     | 2              | 2       | 2     | 22     | 1.83 | Jarang        |          |
| 33        | 1               | 2      | 1   | 1    | 1      | 1     | 1        | 1             | 2     | 2              | 2       | 2     | 17     | 1.42 | Tidak Pernah  |          |
| 34        | 1               | 2      | 1   | 2    | 1      | 2     | 1        | 1             | 1     | 1              | 2       | 2     | 17     | 1.42 | Tidak Pernah  |          |
| 35        | 2               | 2      | 2   | 1    | 2      | 1     | 1        | 1             | 1     | 1              | 2       | 2     | 18     | 1.50 | Tidak Pernah  |          |
| 36        | 2               | 3      | 2   | 3    | 2      | 3     | 3        | 1             | 1     | 1              | 1       | 2     | 24     | 2.00 | Jarang        |          |
| 37        | 2               | 2      | 2   | 2    | 2      | 2     | 2        | 2             | 2     | 2              | 2       | 2     | 24     | 2.00 | Jarang        |          |
| 38        | 2               | 3      | 3   | 2    | 3      | 2     | 2        | 1             | 2     | 2              | 2       | 2     | 26     | 2.17 | Jarang        |          |
| 39        | 1               | 2      | 1   | 2    | 1      | 2     | 2        | 1             | 2     | 2              | 2       | 2     | 20     | 1.67 | Tidak Pernah  |          |
| 40        | 2               | 2      | 2   | 2    | 2      | 2     | 2        | 2             | 1     | 1              | 2       | 2     | 22     | 1.83 | Jarang        |          |
| 41        | 2               | 2      | 2   | 2    | 2      | 2     | 2        | 1             | 2     | 1              | 2       | 2     | 22     | 1.83 | Jarang        |          |
| 42        | 1               | 2      | 1   | 2    | 1      | 2     | 2        | 3             | 1     | 1              | 2       | 2     | 20     | 1.67 | Tidak Pernah  |          |
| 43        | 2               | 2      | 1   | 2    | 2      | 2     | 2        | 1             | 2     | 2              | 2       | 2     | 22     | 1.83 | Jarang        |          |
| 44        | 1               | 1      | 1   | 2    | 1      | 2     | 2        | 2             | 1     | 1              | 2       | 2     | 18     | 1.50 | Tidak Pernah  |          |
| 45        | 2               | 1      | 1   | 2    | 1      | 2     | 2        | 1             | 1     | 1              | 2       | 2     | 18     | 1.50 | Tidak Pernah  |          |
| 46        | 1               | 2      | 1   | 2    | 2      | 2     | 2        | 1             | 2     | 1              | 1       | 2     | 19     | 1.58 | Tidak Pernah  |          |
| 47        | 3               | 4      | 3   | 3    | 2      | 2     | 3        | 3             | 4     | 2              | 2       | 2     | 33     | 2.75 | Sering        |          |
| 48        | 3               | 4      | 4   | 3    | 3      | 2     | 3        | 2             | 2     | 2              | 2       | 4     | 34     | 2.83 | Sering        |          |
| 49        | 2               | 2      | 2   | 2    | 1      | 1     | 1        | 1             | 1     | 2              | 2       | 2     | 19     | 1.58 | Tidak Pernah  |          |
| 50        | 3               | 3      | 4   | 4    | 2      | 3     | 2        | 3             | 2     | 2              | 3       | 3     | 34     | 2.83 | Sering        |          |
| 51        | 2               | 2      | 2   | 1    | 1      | 1     | 2        | 3             | 2     | 2              | 2       | 2     | 22     | 1.83 | Jarang        |          |
| 52        | 2               | 3      | 4   | 4    | 4      | 4     | 3        | 2             | 2     | 2              | 3       | 4     | 37     | 3.08 | Sering        |          |
| 53        | 2               | 3      | 3   | 3    | 2      | 1     | 1        | 4             | 4     | 1              | 1       | 2     | 27     | 2.25 | Jarang        |          |
| 54        | 2               | 2      | 3   | 2    | 2      | 2     | 2        | 3             | 3     | 3              | 2       | 4     | 30     | 2.50 | Jarang        |          |
| 55        | 1               | 2      | 1   | 2    | 1      | 2     | 2        | 2             | 1     | 1              | 1       | 2     | 18     | 1.50 | Tidak Pernah  |          |
| 56        | 2               | 2      | 1   | 2    | 2      | 2     | 2        | 1             | 2     | 2              | 1       | 2     | 21     | 1.75 | Tidak Pernah  |          |

| Responden | Sayur - sayuran |        |     |      |        |       |          |               |       |                |         |       |        | Rata-rata | Kategori     |
|-----------|-----------------|--------|-----|------|--------|-------|----------|---------------|-------|----------------|---------|-------|--------|-----------|--------------|
|           | Labu Siam       | Wortel | Kol | Sawi | Buncis | Bayam | Kangkung | Daun Singkong | Jamur | Kacang Panjang | Ketimun | Taoge | Jumlah |           |              |
| 57        | 2               | 2      | 2   | 2    | 3      | 3     | 2        | 3             | 4     | 3              | 2       | 4     | 32     | 2.67      | Sering       |
| 58        | 3               | 3      | 2   | 2    | 2      | 2     | 3        | 4             | 3     | 4              | 3       | 2     | 33     | 2.75      | Sering       |
| 59        | 1               | 2      | 1   | 1    | 2      | 1     | 1        | 1             | 2     | 1              | 1       | 2     | 16     | 1.33      | Tidak Pernah |
| 60        | 2               | 2      | 3   | 2    | 3      | 2     | 2        | 2             | 3     | 2              | 3       | 2     | 28     | 2.33      | Jarang       |
| 61        | 3               | 2      | 2   | 2    | 2      | 2     | 3        | 4             | 4     | 2              | 2       | 3     | 31     | 2.58      | Sering       |
| 62        | 2               | 3      | 3   | 3    | 3      | 2     | 2        | 2             | 2     | 2              | 3       | 4     | 31     | 2.58      | Sering       |
| 63        | 2               | 1      | 1   | 1    | 2      | 2     | 2        | 1             | 2     | 1              | 1       | 1     | 17     | 1.42      | Tidak Pernah |
| 64        | 2               | 3      | 3   | 3    | 2      | 2     | 3        | 3             | 3     | 2              | 2       | 2     | 30     | 2.50      | Jarang       |
| 65        | 2               | 3      | 3   | 3    | 2      | 2     | 3        | 4             | 3     | 2              | 2       | 3     | 32     | 2.67      | Sering       |
| 66        | 2               | 2      | 2   | 2    | 2      | 3     | 3        | 2             | 2     | 2              | 3       | 3     | 28     | 2.33      | Jarang       |
| 67        | 1               | 2      | 1   | 2    | 1      | 2     | 2        | 2             | 1     | 1              | 1       | 2     | 18     | 1.50      | Tidak Pernah |
| 68        | 2               | 2      | 2   | 2    | 2      | 2     | 3        | 4             | 3     | 3              | 3       | 2     | 30     | 2.50      | Jarang       |
| 69        | 2               | 2      | 2   | 2    | 2      | 2     | 2        | 2             | 2     | 2              | 2       | 2     | 24     | 2.00      | Jarang       |
| 70        | 2               | 3      | 4   | 2    | 2      | 2     | 2        | 3             | 2     | 2              | 2       | 3     | 29     | 2.42      | Jarang       |
| 71        | 2               | 2      | 3   | 3    | 2      | 3     | 3        | 2             | 3     | 2              | 2       | 2     | 29     | 2.42      | Jarang       |
| 72        | 2               | 3      | 3   | 3    | 2      | 2     | 3        | 3             | 3     | 2              | 3       | 2     | 31     | 2.58      | Sering       |
| 73        | 2               | 3      | 3   | 3    | 2      | 2     | 2        | 3             | 3     | 2              | 2       | 4     | 31     | 2.58      | Sering       |
| 74        | 2               | 2      | 2   | 2    | 2      | 3     | 4        | 3             | 3     | 2              | 3       | 3     | 31     | 2.58      | Sering       |
| 75        | 3               | 2      | 2   | 2    | 2      | 2     | 3        | 4             | 4     | 3              | 3       | 4     | 34     | 2.83      | Sering       |
| 76        | 2               | 2      | 2   | 2    | 2      | 2     | 2        | 2             | 2     | 2              | 2       | 2     | 24     | 2.00      | Jarang       |
| 77        | 2               | 2      | 3   | 3    | 3      | 2     | 2        | 4             | 2     | 2              | 3       | 4     | 32     | 2.67      | Sering       |
| 78        | 2               | 3      | 2   | 2    | 2      | 3     | 3        | 2             | 2     | 2              | 3       | 3     | 29     | 2.42      | Jarang       |
| 79        | 2               | 2      | 2   | 2    | 2      | 2     | 2        | 1             | 1     | 1              | 1       | 2     | 20     | 1.67      | Tidak Pernah |
| 80        | 2               | 2      | 2   | 2    | 2      | 2     | 2        | 2             | 2     | 2              | 2       | 2     | 24     | 2.00      | Jarang       |

**Keterangan :***Penskoran :*

- 1 : Tidak Pernah  
 2 : Jarang  
 3 : Sering  
 4 : Sangat Sering

**Kategori Rata-rata :**

Skor min = 1 dan skor maks = 4, maka rentang skor =  $(4 - 1) : 4 = 0,75$

|             |                 |
|-------------|-----------------|
| 1,00 – 1,75 | : Tidak Pernah  |
| 1,76 – 2,51 | : Jarang        |
| 2,52 – 3,27 | : Sering        |
| 3,28 – 4,03 | : Sangat Sering |

| Responden | Buah - buahan |        |          |         |      |            |       |        |        |           | Kategori     |
|-----------|---------------|--------|----------|---------|------|------------|-------|--------|--------|-----------|--------------|
|           | Pisang        | Pepaya | Semangka | Alpukat | Apel | Jambu Biji | Jeruk | Mangga | Jumlah | Rata-rata |              |
| 1         | 4             | 2      | 2        | 2       | 2    | 2          | 2     | 2      | 18     | 2.25      | Jarang       |
| 2         | 2             | 2      | 2        | 2       | 2    | 2          | 2     | 2      | 16     | 2.00      | Jarang       |
| 3         | 2             | 2      | 2        | 2       | 2    | 2          | 2     | 2      | 16     | 2.00      | Jarang       |
| 4         | 2             | 1      | 2        | 1       | 1    | 1          | 2     | 2      | 12     | 1.50      | Tidak Pernah |
| 5         | 2             | 1      | 2        | 1       | 2    | 2          | 2     | 2      | 14     | 1.75      | Tidak Pernah |
| 6         | 2             | 2      | 2        | 2       | 2    | 1          | 2     | 2      | 15     | 1.88      | Jarang       |
| 7         | 2             | 2      | 2        | 1       | 2    | 1          | 2     | 2      | 14     | 1.75      | Tidak Pernah |
| 8         | 3             | 3      | 2        | 2       | 2    | 1          | 2     | 2      | 17     | 2.13      | Jarang       |
| 9         | 2             | 2      | 2        | 2       | 2    | 2          | 3     | 3      | 18     | 2.25      | Jarang       |
| 10        | 3             | 2      | 2        | 2       | 3    | 1          | 2     | 2      | 17     | 2.13      | Jarang       |
| 11        | 3             | 2      | 2        | 2       | 2    | 2          | 3     | 3      | 19     | 2.38      | Jarang       |
| 12        | 4             | 2      | 2        | 2       | 3    | 2          | 3     | 3      | 21     | 2.63      | Sering       |
| 13        | 2             | 2      | 3        | 2       | 2    | 2          | 3     | 2      | 18     | 2.25      | Jarang       |
| 14        | 4             | 3      | 3        | 2       | 2    | 1          | 4     | 3      | 22     | 2.75      | Sering       |
| 15        | 3             | 2      | 2        | 2       | 3    | 2          | 2     | 2      | 18     | 2.25      | Jarang       |
| 16        | 4             | 2      | 2        | 2       | 3    | 2          | 3     | 3      | 21     | 2.63      | Sering       |
| 17        | 3             | 2      | 2        | 2       | 2    | 3          | 2     | 2      | 18     | 2.25      | Jarang       |
| 18        | 4             | 2      | 2        | 3       | 2    | 2          | 2     | 2      | 19     | 2.38      | Jarang       |
| 19        | 3             | 2      | 2        | 3       | 4    | 2          | 2     | 2      | 20     | 2.50      | Jarang       |
| 20        | 4             | 2      | 2        | 2       | 2    | 2          | 2     | 2      | 18     | 2.25      | Jarang       |
| 21        | 2             | 2      | 2        | 1       | 2    | 2          | 3     | 1      | 15     | 1.88      | Jarang       |
| 22        | 2             | 2      | 2        | 2       | 2    | 2          | 2     | 2      | 16     | 2.00      | Jarang       |
| 23        | 2             | 4      | 2        | 2       | 2    | 2          | 4     | 4      | 22     | 2.75      | Sering       |
| 24        | 2             | 3      | 2        | 2       | 2    | 2          | 2     | 2      | 17     | 2.13      | Jarang       |
| 25        | 1             | 1      | 1        | 1       | 1    | 1          | 1     | 1      | 8      | 1.00      | Tidak Pernah |
| 26        | 4             | 3      | 2        | 2       | 2    | 1          | 4     | 1      | 19     | 2.38      | Jarang       |
| 27        | 4             | 4      | 4        | 2       | 2    | 2          | 3     | 3      | 24     | 3.00      | Sering       |
| 28        | 3             | 3      | 3        | 3       | 3    | 3          | 4     | 2      | 24     | 3.00      | Sering       |

| Responden | Buah - buahan |        |          |         |      |            |       |        |        |           | Kategori     |
|-----------|---------------|--------|----------|---------|------|------------|-------|--------|--------|-----------|--------------|
|           | Pisang        | Pepaya | Semangka | Alpukat | Apel | Jambu Biji | Jeruk | Mangga | Jumlah | Rata-rata |              |
| 29        | 2             | 4      | 2        | 2       | 4    | 2          | 2     | 4      | 22     | 2.75      | Sering       |
| 30        | 4             | 4      | 3        | 3       | 3    | 3          | 3     | 3      | 26     | 3.25      | Sering       |
| 31        | 4             | 4      | 4        | 2       | 2    | 2          | 2     | 2      | 22     | 2.75      | Sering       |
| 32        | 3             | 3      | 1        | 1       | 3    | 1          | 1     | 3      | 16     | 2.00      | Jarang       |
| 33        | 3             | 3      | 1        | 1       | 1    | 1          | 2     | 1      | 13     | 1.63      | Tidak Pernah |
| 34        | 3             | 3      | 1        | 1       | 1    | 1          | 1     | 1      | 12     | 1.50      | Tidak Pernah |
| 35        | 2             | 4      | 1        | 1       | 1    | 1          | 1     | 1      | 12     | 1.50      | Tidak Pernah |
| 36        | 2             | 4      | 1        | 1       | 2    | 1          | 1     | 1      | 13     | 1.63      | Tidak Pernah |
| 37        | 2             | 2      | 2        | 1       | 2    | 1          | 2     | 2      | 14     | 1.75      | Tidak Pernah |
| 38        | 3             | 3      | 2        | 1       | 1    | 1          | 1     | 1      | 13     | 1.63      | Tidak Pernah |
| 39        | 2             | 2      | 1        | 1       | 2    | 1          | 2     | 2      | 13     | 1.63      | Tidak Pernah |
| 40        | 3             | 3      | 2        | 1       | 1    | 1          | 2     | 1      | 14     | 1.75      | Tidak Pernah |
| 41        | 1             | 2      | 1        | 1       | 1    | 1          | 2     | 1      | 10     | 1.25      | Tidak Pernah |
| 42        | 3             | 3      | 2        | 1       | 1    | 1          | 1     | 1      | 13     | 1.63      | Tidak Pernah |
| 43        | 2             | 2      | 2        | 1       | 1    | 1          | 1     | 2      | 12     | 1.50      | Tidak Pernah |
| 44        | 1             | 3      | 3        | 1       | 1    | 1          | 1     | 1      | 12     | 1.50      | Tidak Pernah |
| 45        | 3             | 3      | 3        | 1       | 1    | 1          | 2     | 3      | 17     | 2.13      | Jarang       |
| 46        | 3             | 3      | 2        | 2       | 1    | 1          | 1     | 2      | 15     | 1.88      | Jarang       |
| 47        | 2             | 2      | 2        | 3       | 2    | 2          | 2     | 2      | 17     | 2.13      | Jarang       |
| 48        | 1             | 1      | 1        | 1       | 1    | 3          | 3     | 2      | 13     | 1.63      | Tidak Pernah |
| 49        | 4             | 2      | 2        | 2       | 2    | 1          | 2     | 2      | 17     | 2.13      | Jarang       |
| 50        | 3             | 2      | 2        | 3       | 3    | 2          | 3     | 3      | 21     | 2.63      | Sering       |
| 51        | 3             | 2      | 2        | 1       | 2    | 1          | 2     | 2      | 15     | 1.88      | Jarang       |
| 52        | 3             | 4      | 4        | 4       | 4    | 3          | 1     | 1      | 24     | 3.00      | Sering       |
| 53        | 3             | 3      | 2        | 2       | 2    | 2          | 2     | 1      | 17     | 2.13      | Jarang       |
| 54        | 2             | 3      | 4        | 4       | 3    | 2          | 3     | 1      | 22     | 2.75      | Sering       |
| 55        | 3             | 1      | 2        | 1       | 2    | 1          | 1     | 2      | 13     | 1.63      | Tidak Pernah |
| 56        | 2             | 2      | 3        | 1       | 3    | 1          | 1     | 1      | 14     | 1.75      | Tidak Pernah |

| Responden | Buah - buahan |        |          |         |      |            |       |        |        |           | Kategori     |
|-----------|---------------|--------|----------|---------|------|------------|-------|--------|--------|-----------|--------------|
|           | Pisang        | Pepaya | Semangka | Alpukat | Apel | Jambu Biji | Jeruk | Mangga | Jumlah | Rata-rata |              |
| 57        | 3             | 2      | 3        | 2       | 3    | 3          | 3     | 2      | 21     | 2.63      | Sering       |
| 58        | 3             | 2      | 4        | 3       | 2    | 3          | 3     | 2      | 22     | 2.75      | Sering       |
| 59        | 3             | 3      | 1        | 2       | 2    | 1          | 1     | 2      | 15     | 1.88      | Jarang       |
| 60        | 3             | 4      | 3        | 3       | 3    | 3          | 2     | 2      | 23     | 2.88      | Sering       |
| 61        | 3             | 4      | 4        | 3       | 3    | 2          | 2     | 3      | 24     | 3.00      | Sering       |
| 62        | 3             | 4      | 4        | 3       | 1    | 2          | 3     | 3      | 23     | 2.88      | Sering       |
| 63        | 1             | 1      | 3        | 1       | 3    | 1          | 1     | 1      | 12     | 1.50      | Tidak Pernah |
| 64        | 3             | 4      | 4        | 3       | 4    | 3          | 3     | 2      | 26     | 3.25      | Sering       |
| 65        | 3             | 4      | 3        | 4       | 3    | 3          | 3     | 2      | 25     | 3.13      | Sering       |
| 66        | 3             | 3      | 2        | 2       | 2    | 1          | 1     | 1      | 15     | 1.88      | Jarang       |
| 67        | 3             | 3      | 2        | 1       | 1    | 1          | 1     | 1      | 13     | 1.63      | Tidak Pernah |
| 68        | 3             | 4      | 3        | 3       | 3    | 4          | 3     | 2      | 25     | 3.13      | Sering       |
| 69        | 3             | 3      | 3        | 1       | 2    | 2          | 2     | 2      | 18     | 2.25      | Jarang       |
| 70        | 3             | 3      | 3        | 3       | 2    | 2          | 2     | 2      | 20     | 2.50      | Jarang       |
| 71        | 2             | 3      | 4        | 3       | 3    | 3          | 4     | 3      | 25     | 3.13      | Sering       |
| 72        | 3             | 4      | 3        | 3       | 3    | 2          | 2     | 2      | 22     | 2.75      | Sering       |
| 73        | 2             | 3      | 3        | 2       | 2    | 3          | 3     | 2      | 20     | 2.50      | Jarang       |
| 74        | 3             | 4      | 3        | 3       | 3    | 2          | 2     | 2      | 22     | 2.75      | Sering       |
| 75        | 3             | 4      | 4        | 4       | 2    | 2          | 2     | 2      | 23     | 2.88      | Sering       |
| 76        | 3             | 3      | 1        | 1       | 1    | 1          | 1     | 1      | 12     | 1.50      | Tidak Pernah |
| 77        | 3             | 4      | 3        | 2       | 3    | 2          | 2     | 2      | 21     | 2.63      | Sering       |
| 78        | 3             | 3      | 2        | 2       | 2    | 2          | 2     | 2      | 18     | 2.25      | Jarang       |
| 79        | 3             | 1      | 1        | 1       | 1    | 1          | 1     | 2      | 11     | 1.38      | Tidak Pernah |
| 80        | 3             | 3      | 3        | 2       | 2    | 1          | 2     | 2      | 18     | 2.25      | Jarang       |

**Keterangan :**

*Penskoran :*

- 1 : Tidak Pernah
- 2 : Jarang
- 3 : Sering
- 4 : Sangat Sering

*Kategori Rata-rata :*

- Skor min = 1 dan skor maks = 4, maka rentang skor =  $(4 - 1) : 4 = 0,75$
- 1.00 – 1,75 : Tidak Pernah
  - 1,76 – 2,51 : Jarang
  - 2,52 – 3,27 : Sering
  - 3,28 – 4,03 : Sangat Sering

| Responden | Alkohol |         |       |                 |      |      |        |               |              | Kafein             |      |     |        |               |               |
|-----------|---------|---------|-------|-----------------|------|------|--------|---------------|--------------|--------------------|------|-----|--------|---------------|---------------|
|           | Bir     | Whiskey | Vodka | Wine/<br>Anggur | Tuak | Sopi | Jumlah | Rata-<br>rata | Kategori     | Minuman<br>Bersoda | Kopi | Teh | Jumlah | Rata-<br>rata | Kategori      |
| 1         | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 2    | 3   | 6      | 2.00          | Jarang        |
| 2         | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 3   | 5      | 1.67          | Tidak Pernah  |
| 3         | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 1   | 3      | 1.00          | Tidak Pernah  |
| 4         | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 3                  | 4    | 4   | 11     | 3.67          | Sangat Sering |
| 5         | 2       | 1       | 1     | 1               | 1    | 2    | 8      | 1.33          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 6         | 2       | 1       | 1     | 1               | 1    | 1    | 7      | 1.17          | Tidak Pernah | 3                  | 3    | 4   | 10     | 3.33          | Sangat Sering |
| 7         | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 3   | 5      | 1.67          | Tidak Pernah  |
| 8         | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 1    | 2   | 5      | 1.67          | Tidak Pernah  |
| 9         | 1       | 1       | 1     | 2               | 1    | 1    | 7      | 1.17          | Tidak Pernah | 3                  | 3    | 3   | 9      | 3.00          | Sering        |
| 10        | 4       | 3       | 2     | 3               | 2    | 3    | 17     | 2.83          | Sering       | 3                  | 4    | 3   | 10     | 3.33          | Sangat Sering |
| 11        | 2       | 1       | 1     | 1               | 1    | 1    | 7      | 1.17          | Tidak Pernah | 2                  | 2    | 4   | 8      | 2.67          | Sering        |
| 12        | 2       | 1       | 1     | 1               | 1    | 1    | 7      | 1.17          | Tidak Pernah | 3                  | 3    | 4   | 10     | 3.33          | Sangat Sering |
| 13        | 3       | 2       | 2     | 2               | 1    | 3    | 13     | 2.17          | Jarang       | 3                  | 4    | 4   | 11     | 3.67          | Sangat Sering |
| 14        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 3                  | 4    | 4   | 11     | 3.67          | Sangat Sering |
| 15        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 3                  | 4    | 3   | 10     | 3.33          | Sangat Sering |
| 16        | 2       | 1       | 2     | 1               | 1    | 1    | 8      | 1.33          | Tidak Pernah | 3                  | 3    | 4   | 10     | 3.33          | Sangat Sering |
| 17        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 3                  | 2    | 3   | 8      | 2.67          | Sering        |
| 18        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 4                  | 3    | 3   | 10     | 3.33          | Sangat Sering |
| 19        | 4       | 3       | 3     | 2               | 2    | 2    | 16     | 2.67          | Sering       | 2                  | 4    | 2   | 8      | 2.67          | Sering        |
| 20        | 3       | 3       | 3     | 2               | 2    | 1    | 14     | 2.33          | Jarang       | 2                  | 2    | 4   | 8      | 2.67          | Sering        |
| 21        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 3                  | 3    | 4   | 10     | 3.33          | Sangat Sering |
| 22        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 3                  | 2    | 4   | 9      | 3.00          | Sering        |
| 23        | 3       | 2       | 2     | 2               | 2    | 1    | 12     | 2.00          | Jarang       | 2                  | 4    | 2   | 8      | 2.67          | Sering        |
| 24        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 3                  | 3    | 3   | 9      | 3.00          | Sering        |
| 25        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 4    | 2   | 7      | 2.33          | Jarang        |
| 26        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 4   | 6      | 2.00          | Jarang        |
| 27        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 3   | 5      | 1.67          | Tidak Pernah  |
| 28        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 4    | 4   | 9      | 3.00          | Sering        |

| Responden | Alkohol |         |       |                 |      |      |        |               |              | Kafein             |      |     |        |               |              |
|-----------|---------|---------|-------|-----------------|------|------|--------|---------------|--------------|--------------------|------|-----|--------|---------------|--------------|
|           | Bir     | Whiskey | Vodka | Wine/<br>Anggur | Tuak | Sopi | Jumlah | Rata-<br>rata | Kategori     | Minuman<br>Bersoda | Kopi | Teh | Jumlah | Rata-<br>rata | Kategori     |
| 29        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 2    | 2   | 5      | 1.67          | Tidak Pernah |
| 30        | 2       | 1       | 1     | 2               | 1    | 1    | 8      | 1.33          | Tidak Pernah | 1                  | 4    | 2   | 7      | 2.33          | Jarang       |
| 31        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 2    | 4   | 7      | 2.33          | Jarang       |
| 32        | 2       | 1       | 1     | 2               | 1    | 1    | 8      | 1.33          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering       |
| 33        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 2   | 4      | 1.33          | Tidak Pernah |
| 34        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 3   | 5      | 1.67          | Tidak Pernah |
| 35        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 3   | 5      | 1.67          | Tidak Pernah |
| 36        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 1    | 1   | 4      | 1.33          | Tidak Pernah |
| 37        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 1    | 3   | 6      | 2.00          | Jarang       |
| 38        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 2    | 3   | 7      | 2.33          | Jarang       |
| 39        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 1    | 2   | 5      | 1.67          | Tidak Pernah |
| 40        | 2       | 1       | 1     | 1               | 1    | 1    | 7      | 1.17          | Tidak Pernah | 1                  | 3    | 3   | 7      | 2.33          | Jarang       |
| 41        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 1    | 3   | 6      | 2.00          | Jarang       |
| 42        | 1       | 1       | 1     | 2               | 1    | 1    | 7      | 1.17          | Tidak Pernah | 1                  | 1    | 3   | 5      | 1.67          | Tidak Pernah |
| 43        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 1   | 3      | 1.00          | Tidak Pernah |
| 44        | 1       | 1       | 1     | 2               | 1    | 1    | 7      | 1.17          | Tidak Pernah | 1                  | 1    | 4   | 6      | 2.00          | Jarang       |
| 45        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering       |
| 46        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering       |
| 47        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 3    | 3   | 7      | 2.33          | Jarang       |
| 48        | 1       | 1       | 1     | 1               | 2    | 1    | 7      | 1.17          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering       |
| 49        | 3       | 2       | 1     | 1               | 1    | 2    | 10     | 1.67          | Tidak Pernah | 2                  | 4    | 3   | 9      | 3.00          | Sering       |
| 50        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 2    | 2   | 6      | 2.00          | Jarang       |
| 51        | 3       | 2       | 2     | 1               | 1    | 1    | 10     | 1.67          | Tidak Pernah | 2                  | 3    | 4   | 9      | 3.00          | Sering       |
| 52        | 1       | 1       | 1     | 1               | 1    | 2    | 7      | 1.17          | Tidak Pernah | 3                  | 3    | 3   | 9      | 3.00          | Sering       |
| 53        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering       |
| 54        | 1       | 1       | 1     | 1               | 2    | 2    | 8      | 1.33          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering       |
| 55        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 3                  | 3    | 3   | 9      | 3.00          | Sering       |
| 56        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 1    | 3   | 6      | 2.00          | Jarang       |

| Responden | Alkohol |         |       |                 |      |      |        |               |              | Kafein             |      |     |        |               |               |
|-----------|---------|---------|-------|-----------------|------|------|--------|---------------|--------------|--------------------|------|-----|--------|---------------|---------------|
|           | Bir     | Whiskey | Vodka | Wine/<br>Anggur | Tuak | Sopi | Jumlah | Rata-<br>rata | Kategori     | Minuman<br>Bersoda | Kopi | Teh | Jumlah | Rata-<br>rata | Kategori      |
| 57        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 58        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 3    | 4   | 9      | 3.00          | Sering        |
| 59        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 1   | 3      | 1.00          | Tidak Pernah  |
| 60        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 4    | 4   | 10     | 3.33          | Sangat Sering |
| 61        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 62        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 63        | 2       | 1       | 1     | 1               | 1    | 1    | 7      | 1.17          | Tidak Pernah | 2                  | 2    | 2   | 6      | 2.00          | Jarang        |
| 64        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 4    | 4   | 10     | 3.33          | Sangat Sering |
| 65        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 4    | 4   | 10     | 3.33          | Sangat Sering |
| 66        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 1    | 3   | 5      | 1.67          | Tidak Pernah  |
| 67        | 2       | 1       | 1     | 2               | 1    | 1    | 8      | 1.33          | Tidak Pernah | 1                  | 3    | 3   | 7      | 2.33          | Jarang        |
| 68        | 1       | 1       | 1     | 1               | 2    | 1    | 7      | 1.17          | Tidak Pernah | 2                  | 3    | 4   | 9      | 3.00          | Sering        |
| 69        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 1    | 3   | 6      | 2.00          | Jarang        |
| 70        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 71        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 72        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 73        | 1       | 1       | 1     | 1               | 2    | 1    | 7      | 1.17          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 74        | 1       | 1       | 1     | 1               | 2    | 1    | 7      | 1.17          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 75        | 1       | 1       | 1     | 1               | 2    | 1    | 7      | 1.17          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 76        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 1                  | 2    | 4   | 7      | 2.33          | Jarang        |
| 77        | 1       | 1       | 1     | 1               | 2    | 1    | 7      | 1.17          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 78        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 2    | 3   | 7      | 2.33          | Jarang        |
| 79        | 2       | 1       | 1     | 1               | 1    | 1    | 7      | 1.17          | Tidak Pernah | 2                  | 3    | 3   | 8      | 2.67          | Sering        |
| 80        | 1       | 1       | 1     | 1               | 1    | 1    | 6      | 1.00          | Tidak Pernah | 2                  | 1    | 4   | 7      | 2.33          | Jarang        |

**Keterangan :***Penskoran :*

- 1 : Tidak Pernah
- 2 : Jarang
- 3 : Sering
- 4 : Sangat Sering

**Kategori Rata-rata :**

Skor min = 1 dan skor maks = 4, maka rentang skor =  $(4 - 1) : 4 = 0,75$

|             |                 |
|-------------|-----------------|
| 1,00 – 1,75 | : Tidak Pernah  |
| 1,76 – 2,51 | : Jarang        |
| 2,52 – 3,27 | : Sering        |
| 3,28 – 4,03 | : Sangat Sering |

## Lampiran 6

### UJI VALIDITAS

#### Correlations KARBOHIDRAT

|            |                     | Correlations |            |        |         |          |        |        |        |        |
|------------|---------------------|--------------|------------|--------|---------|----------|--------|--------|--------|--------|
|            |                     | Nasi Putih   | Nasi Merah | Roti   | Kentang | Singkong | Ubi    | Sagu   | Jagung | Jumlah |
| Nasi Putih | Pearson Correlation | 1            | -.155      | -.079  | .157    | .264*    | .221*  | .233*  | .269*  | .391** |
|            | Sig. (2-tailed)     |              | .169       | .485   | .163    | .018     | .049   | .037   | .016   | .000   |
|            | N                   | 80           | 80         | 80     | 80      | 80       | 80     | 80     | 80     | 80     |
| Nasi Merah | Pearson Correlation | -.155        | 1          | .260*  | .155    | .078     | .119   | .226*  | .154   | .431** |
|            | Sig. (2-tailed)     | .169         |            | .020   | .171    | .489     | .295   | .044   | .172   | .000   |
|            | N                   | 80           | 80         | 80     | 80      | 80       | 80     | 80     | 80     | 80     |
| Roti       | Pearson Correlation | -.079        | .260*      | 1      | .436**  | .173     | .227*  | .274*  | .200   | .497** |
|            | Sig. (2-tailed)     | .485         | .020       |        | .000    | .124     | .043   | .014   | .076   | .000   |
|            | N                   | 80           | 80         | 80     | 80      | 80       | 80     | 80     | 80     | 80     |
| Kentang    | Pearson Correlation | .157         | .155       | .436** | 1       | .722**   | .623** | .659** | .391** | .804** |
|            | Sig. (2-tailed)     | .163         | .171       | .000   |         | .000     | .000   | .000   | .000   | .000   |
|            | N                   | 80           | 80         | 80     | 80      | 80       | 80     | 80     | 80     | 80     |
| Singkong   | Pearson Correlation | .264*        | .078       | .173   | .722**  | 1        | .654** | .627** | .404** | .753** |
|            | Sig. (2-tailed)     | .018         | .489       | .124   | .000    |          | .000   | .000   | .000   | .000   |
|            | N                   | 80           | 80         | 80     | 80      | 80       | 80     | 80     | 80     | 80     |
| Ubi        | Pearson Correlation | .221*        | .119       | .227*  | .623**  | .654**   | 1      | .630** | .449** | .756** |
|            | Sig. (2-tailed)     | .049         | .295       | .043   | .000    | .000     |        | .000   | .000   | .000   |
|            | N                   | 80           | 80         | 80     | 80      | 80       | 80     | 80     | 80     | 80     |
| Sagu       | Pearson Correlation | .233*        | .226*      | .274*  | .659**  | .627**   | .630** | 1      | .410** | .786** |
|            | Sig. (2-tailed)     | .037         | .044       | .014   | .000    | .000     | .000   |        | .000   | .000   |
|            | N                   | 80           | 80         | 80     | 80      | 80       | 80     | 80     | 80     | 80     |
| Jagung     | Pearson Correlation | .269*        | .154       | .200   | .391**  | .404**   | .449** | .410** | 1      | .618** |

|        |                     | Correlations |            |        |         |          |        |        |        |        |
|--------|---------------------|--------------|------------|--------|---------|----------|--------|--------|--------|--------|
|        |                     | Nasi Putih   | Nasi Merah | Roti   | Kentang | Singkong | Ubi    | Sagu   | Jagung | Jumlah |
| Jumlah | Sig. (2-tailed)     | .016         | .172       | .076   | .000    | .000     | .000   | .000   |        | .000   |
|        | N                   | 80           | 80         | 80     | 80      | 80       | 80     | 80     | 80     | 80     |
|        | Pearson Correlation | .391**       | .431**     | .497** | .804**  | .753**   | .756** | .786** | .618** | 1      |
|        | Sig. (2-tailed)     | .000         | .000       | .000   | .000    | .000     | .000   | .000   | .000   |        |
|        |                     | 80           | 80         | 80     | 80      | 80       | 80     | 80     | 80     | 80     |

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\*. Correlation is significant at the 0.01 level (2-tailed).

## Correlations LEMAK

|                |                     | Correlations        |         |        |         |        |          |                          |                             |        |
|----------------|---------------------|---------------------|---------|--------|---------|--------|----------|--------------------------|-----------------------------|--------|
|                |                     | Susu Fullcream      | Jeroan  | Keju   | Mentega | Santan | Gorengan | Daging Sapi Dengan Lemak | Daging Kambing Dengan Lemak | Jumlah |
| Susu Fullcream | Pearson Correlation | 1                   | -.079   | .494** | .543**  | .173   | -.325**  | -.111                    | -.224*                      | .440** |
|                | Sig. (2-tailed)     |                     | .484    | .000   | .000    | .125   | .003     | .326                     | .046                        | .000   |
|                | N                   | 80                  | 80      | 80     | 80      | 80     | 80       | 80                       | 80                          | 80     |
|                | Jeroan              | Pearson Correlation | -.079   | 1      | .071    | .066   | .426**   | .173                     | .231*                       | .242*  |
| Keju           | Sig. (2-tailed)     |                     | .484    |        | .534    | .563   | .000     | .125                     | .040                        | .031   |
|                | N                   | 80                  | 80      | 80     | 80      | 80     | 80       | 80                       | 80                          | 80     |
|                | Pearson Correlation | .494**              | .071    | 1      | .760**  | .345** | -.102    | -.022                    | -.025                       | .650** |
|                | Sig. (2-tailed)     |                     | .000    | .534   |         | .000   | .002     | .369                     | .848                        | .823   |
| Mentega        | N                   | 80                  | 80      | 80     | 80      | 80     | 80       | 80                       | 80                          | 80     |
|                | Pearson Correlation | .543**              | .066    | .760** | 1       | .464** | -.057    | .012                     | -.037                       | .703** |
|                | Sig. (2-tailed)     |                     | .000    | .563   | .000    |        | .000     | .616                     | .915                        | .747   |
|                | N                   | 80                  | 80      | 80     | 80      | 80     | 80       | 80                       | 80                          | 80     |
| Santan         | Pearson Correlation | .173                | .426**  | .345** | .464**  | 1      | .420**   | .429**                   | .295**                      | .806** |
|                | Sig. (2-tailed)     |                     | .125    | .000   | .002    | .000   |          | .000                     | .008                        | .000   |
|                | N                   | 80                  | 80      | 80     | 80      | 80     | 80       | 80                       | 80                          | 80     |
|                | Gorengan            | Pearson Correlation | -.325** | .173   | -.102   | -.057  | .420**   | 1                        | .538**                      | .508** |

| Correlations                |                     |        |        |         |        |          |                          |                             |        |        |
|-----------------------------|---------------------|--------|--------|---------|--------|----------|--------------------------|-----------------------------|--------|--------|
|                             | Susu Fullcream      | Jeroan | Keju   | Mentega | Santan | Gorengan | Daging Sapi Dengan Lemak | Daging Kambing Dengan Lemak | Jumlah |        |
|                             | Sig. (2-tailed)     | .003   | .125   | .369    | .616   | .000     |                          | .000                        | .000   | .000   |
|                             | N                   | 80     | 80     | 80      | 80     | 80       | 80                       | 80                          | 80     | 80     |
| Daging Sapi Dengan Lemak    | Pearson Correlation | -.111  | .231*  | -.022   | .012   | .429**   | .538**                   | 1                           | .393** | .482** |
|                             | Sig. (2-tailed)     | .326   | .040   | .848    | .915   | .000     | .000                     |                             | .000   | .000   |
|                             | N                   | 80     | 80     | 80      | 80     | 80       | 80                       | 80                          | 80     | 80     |
| Daging Kambing Dengan Lemak | Pearson Correlation | -.224* | .242*  | -.025   | -.037  | .295**   | .508**                   | .393**                      | 1      | .386** |
|                             | Sig. (2-tailed)     | .046   | .031   | .823    | .747   | .008     | .000                     | .000                        |        | .000   |
|                             | N                   | 80     | 80     | 80      | 80     | 80       | 80                       | 80                          | 80     | 80     |
| Jumlah                      | Pearson Correlation | .440** | .478** | .650**  | .703** | .806**   | .388**                   | .482**                      | .386** | 1      |
|                             | Sig. (2-tailed)     | .000   | .000   | .000    | .000   | .000     | .000                     | .000                        | .000   |        |
|                             | N                   | 80     | 80     | 80      | 80     | 80       | 80                       | 80                          | 80     | 80     |

\*\*. Correlation is significant at the 0.01 level (2-tailed).

\*. Correlation is significant at the 0.05 level (2-tailed).

## Correlations PROTEIN

| Correlations |                     |        |           |        |                         |       |         |        |        |        |
|--------------|---------------------|--------|-----------|--------|-------------------------|-------|---------|--------|--------|--------|
|              | Telur               | Gandum | Dada Ayam | Yogurt | Daging Sapi Tanpa Lemak | Ikan  | Seafood | Kacang | Jumlah |        |
| Telur        | Pearson Correlation | 1      | .428**    | .467** | .230*                   | .087  | .290**  | .404** | .443** | .641** |
|              | Sig. (2-tailed)     |        | .000      | .000   | .040                    | .442  | .009    | .000   | .000   | .000   |
|              | N                   | 80     | 80        | 80     | 80                      | 80    | 80      | 80     | 80     | 80     |
| Gandum       | Pearson Correlation | .428** | 1         | .456** | .348**                  | .240* | .336**  | .324** | .270*  | .670** |
|              | Sig. (2-tailed)     | .000   |           | .000   | .002                    | .032  | .002    | .003   | .015   | .000   |
|              | N                   | 80     | 80        | 80     | 80                      | 80    | 80      | 80     | 80     | 80     |
| Dada Ayam    | Pearson Correlation | .467** | .456**    | 1      | .293**                  | .235* | .515**  | .535** | .452** | .772** |

|                         |                     | Correlations |        |           |        |                         |        |         |        |        |
|-------------------------|---------------------|--------------|--------|-----------|--------|-------------------------|--------|---------|--------|--------|
|                         |                     | Telur        | Gandum | Dada Ayam | Yogurt | Daging Sapi Tanpa Lemak | Ikan   | Seafood | Kacang | Jumlah |
|                         | Sig. (2-tailed)     | .000         | .000   |           | .008   | .036                    | .000   | .000    | .000   | .000   |
|                         | N                   | 80           | 80     | 80        | 80     | 80                      | 80     | 80      | 80     | 80     |
| Yogurt                  | Pearson Correlation | .230*        | .348** | .293**    | 1      | .248*                   | .251*  | .204    | .274*  | .541** |
|                         | Sig. (2-tailed)     | .040         | .002   | .008      |        | .027                    | .025   | .070    | .014   | .000   |
|                         | N                   | 80           | 80     | 80        | 80     | 80                      | 80     | 80      | 80     | 80     |
| Daging Sapi Tanpa Lemak | Pearson Correlation | .087         | .240*  | .235*     | .248*  | 1                       | .202   | .177    | .271*  | .410** |
|                         | Sig. (2-tailed)     | .442         | .032   | .036      | .027   |                         | .073   | .116    | .015   | .000   |
|                         | N                   | 80           | 80     | 80        | 80     | 80                      | 80     | 80      | 80     | 80     |
| Ikan                    | Pearson Correlation | .290**       | .336** | .515**    | .251*  | .202                    | 1      | .563**  | .434** | .711** |
|                         | Sig. (2-tailed)     | .009         | .002   | .000      | .025   | .073                    |        | .000    | .000   | .000   |
|                         | N                   | 80           | 80     | 80        | 80     | 80                      | 80     | 80      | 80     | 80     |
| Seafood                 | Pearson Correlation | .404**       | .324** | .535**    | .204   | .177                    | .563** | 1       | .544** | .729** |
|                         | Sig. (2-tailed)     | .000         | .003   | .000      | .070   | .116                    | .000   |         | .000   | .000   |
|                         | N                   | 80           | 80     | 80        | 80     | 80                      | 80     | 80      | 80     | 80     |
| Kacang                  | Pearson Correlation | .443**       | .270*  | .452**    | .274*  | .271*                   | .434** | .544**  | 1      | .710** |
|                         | Sig. (2-tailed)     | .000         | .015   | .000      | .014   | .015                    | .000   | .000    |        | .000   |
|                         | N                   | 80           | 80     | 80        | 80     | 80                      | 80     | 80      | 80     | 80     |
| Jumlah                  | Pearson Correlation | .641**       | .670** | .772**    | .541** | .410**                  | .711** | .729**  | .710** | 1      |
|                         | Sig. (2-tailed)     | .000         | .000   | .000      | .000   | .000                    | .000   | .000    | .000   |        |
|                         | N                   | 80           | 80     | 80        | 80     | 80                      | 80     | 80      | 80     | 80     |

\*\*. Correlation is significant at the 0.01 level (2-tailed).

\*. Correlation is significant at the 0.05 level (2-tailed).

## Correlations SAYUR-SAYURAN

|               |                     | Correlations |        |        |        |        |        |          |               |        |                |         |        |        |      |
|---------------|---------------------|--------------|--------|--------|--------|--------|--------|----------|---------------|--------|----------------|---------|--------|--------|------|
|               |                     | Labu Slam    | Wortel | Kol    | Sawi   | Buncis | Bayam  | Kangkung | Daun Singkong | Jamur  | Kacang Panjang | Ketimun | Toge   | Jumlah |      |
| Labu Slam     | Pearson Correlation | 1            | .678** | .570** | .533** | .640** | .290** | .422**   | .392**        | .302** | .516**         | .460**  | .244*  | .757** |      |
|               | Sig. (2-tailed)     |              | .000   | .000   | .000   | .000   | .009   | .000     | .000          | .007   | .000           | .000    | .029   | .000   |      |
|               | N                   | 80           | 80     | 80     | 80     | 80     | 80     | 80       | 80            | 80     | 80             | 80      | 80     | 80     |      |
| Wortel        | Pearson Correlation | .678**       | 1      | .658** | .671** | .541** | .260*  | .393**   | .264*         | .217   | .277*          | .350**  | .295** | .696** |      |
|               | Sig. (2-tailed)     |              | .000   |        | .000   | .000   | .020   | .000     | .018          | .054   | .013           | .001    | .008   | .000   |      |
|               | N                   | 80           | 80     | 80     | 80     | 80     | 80     | 80       | 80            | 80     | 80             | 80      | 80     | 80     |      |
| Kol           | Pearson Correlation | .570**       | .658** | 1      | .642** | .617** | .388** | .430**   | .448**        | .244*  | .347**         | .391**  | .370** | .770** |      |
|               | Sig. (2-tailed)     |              | .000   | .000   |        | .000   | .000   | .000     | .000          | .029   | .002           | .000    | .001   | .000   |      |
|               | N                   | 80           | 80     | 80     | 80     | 80     | 80     | 80       | 80            | 80     | 80             | 80      | 80     | 80     |      |
| Sawi          | Pearson Correlation | .533**       | .671** | .642** | 1      | .614** | .521** | .432**   | .296**        | .144   | .225*          | .376**  | .297** | .709** |      |
|               | Sig. (2-tailed)     |              | .000   | .000   | .000   |        | .000   | .000     | .008          | .202   | .045           | .001    | .007   | .000   |      |
|               | N                   | 80           | 80     | 80     | 80     | 80     | 80     | 80       | 80            | 80     | 80             | 80      | 80     | 80     |      |
| Buncis        | Pearson Correlation | .640**       | .541** | .617** | .614** | 1      | .400** | .308**   | .274*         | .279*  | .407**         | .428**  | .366** | .729** |      |
|               | Sig. (2-tailed)     |              | .000   | .000   | .000   | .000   |        | .000     | .005          | .014   | .012           | .000    | .000   | .001   | .000 |
|               | N                   | 80           | 80     | 80     | 80     | 80     | 80     | 80       | 80            | 80     | 80             | 80      | 80     | 80     |      |
| Bayam         | Pearson Correlation | .290**       | .260*  | .388** | .521** | .400*  | 1      | .754**   | .269*         | .050   | .263*          | .441**  | .203   | .585** |      |
|               | Sig. (2-tailed)     |              | .009   | .020   | .000   | .000   | .000   |          | .000          | .016   | .657           | .019    | .000   | .071   | .000 |
|               | N                   | 80           | 80     | 80     | 80     | 80     | 80     | 80       | 80            | 80     | 80             | 80      | 80     | 80     |      |
| Kangkung      | Pearson Correlation | .422**       | .393** | .430** | .432** | .308*  | .754** | 1        | .481**        | .266*  | .316**         | .416**  | .180   | .666** |      |
|               | Sig. (2-tailed)     |              | .000   | .000   | .000   | .000   | .005   | .000     |               | .017   | .004           | .000    | .109   | .000   |      |
|               | N                   | 80           | 80     | 80     | 80     | 80     | 80     | 80       | 80            | 80     | 80             | 80      | 80     | 80     |      |
| Daun Singkong | Pearson Correlation | .392**       | .264*  | .448** | .296** | .274*  | .269*  | .481**   | 1             | .532** | .493**         | .377**  | .321** | .667** |      |
|               | Sig. (2-tailed)     |              | .000   | .018   | .000   | .008   | .014   | .016     | .000          |        | .000           | .001    | .004   | .000   |      |
|               | N                   | 80           | 80     | 80     | 80     | 80     | 80     | 80       | 80            | 80     | 80             | 80      | 80     | 80     |      |
| Jamur         | Pearson Correlation | .302**       | .217   | .244*  | .144   | .279*  | .050   | .266*    | .532**        | 1      | .485**         | .195    | .368** | .529** |      |
|               | Sig. (2-tailed)     |              | .007   | .054   | .029   | .202   | .012   | .657     | .017          | .000   |                | .000    | .083   | .001   | .000 |
|               | N                   | 80           | 80     | 80     | 80     | 80     | 80     | 80       | 80            | 80     | 80             | 80      | 80     | 80     |      |
|               | Pearson Correlation | .516**       | .277*  | .347** | .225*  | .407*  | .263*  | .316**   | .493**        | .485** | 1              | .650**  | .334** | .665** |      |

\*\*. Correlation is significant at the 0.01 level (2-tailed).

\*. Correlation is significant at the 0.05 level (2-tailed).

## Correlations BUAH-BUAHAN

|         |                     | Correlations |        |          |         |        |        |        |        |        |
|---------|---------------------|--------------|--------|----------|---------|--------|--------|--------|--------|--------|
|         |                     | Pisang       | Pepaya | Semangka | Alpukat | Apel   | Jambu  | Jeruk  | Mangga | Jumlah |
| Alpukat | Pearson Correlation | .316**       | .438** | .630**   | 1       | .596** | .655** | .440** | .280*  | .835** |
|         | Sig. (2-tailed)     | .004         | .000   | .000     |         | .000   | .000   | .000   | .012   | .000   |
|         | N                   | 80           | 80     | 80       | 80      | 80     | 80     | 80     | 80     | 80     |
| Apel    | Pearson Correlation | .194         | .237*  | .431**   | .596**  | 1      | .523** | .311** | .331** | .686** |
|         | Sig. (2-tailed)     | .085         | .034   | .000     | .000    |        | .000   | .005   | .003   | .000   |
|         | N                   | 80           | 80     | 80       | 80      | 80     | 80     | 80     | 80     | 80     |
| Jambu   | Pearson Correlation | .118         | .250*  | .507**   | .655**  | .523** | 1      | .563** | .309** | .740** |
|         | Sig. (2-tailed)     | .296         | .025   | .000     | .000    | .000   |        | .000   | .005   | .000   |
|         | N                   | 80           | 80     | 80       | 80      | 80     | 80     | 80     | 80     | 80     |
| Jeruk   | Pearson Correlation | .183         | .111   | .390**   | .440**  | .311** | .563** | 1      | .509** | .657** |
|         | Sig. (2-tailed)     | .104         | .327   | .000     | .000    | .005   | .000   |        | .000   | .000   |
|         | N                   | 80           | 80     | 80       | 80      | 80     | 80     | 80     | 80     | 80     |
| Mangga  | Pearson Correlation | .230*        | .116   | .219     | .280*   | .331** | .309** | .509** | 1      | .546** |
|         | Sig. (2-tailed)     | .040         | .307   | .051     | .012    | .003   | .005   | .000   |        | .000   |
|         | N                   | 80           | 80     | 80       | 80      | 80     | 80     | 80     | 80     | 80     |
| Jumlah  | Pearson Correlation | .479**       | .572** | .741**   | .835**  | .686** | .740** | .657** | .546** | 1      |
|         | Sig. (2-tailed)     | .000         | .000   | .000     | .000    | .000   | .000   | .000   | .000   |        |
|         | N                   | 80           | 80     | 80       | 80      | 80     | 80     | 80     | 80     | 80     |

\*\*. Correlation is significant at the 0.01 level (2-tailed).

\*. Correlation is significant at the 0.05 level (2-tailed).

## Correlations ALKOHOL

|         |                     | Correlations |         |        |        |        |        |        |
|---------|---------------------|--------------|---------|--------|--------|--------|--------|--------|
|         |                     | Bir          | Whiskey | Vodka  | Wine   | Tuak   | Sopi   | Jumlah |
| Bir     | Pearson Correlation | 1            | .850**  | .776** | .632** | .323** | .593** | .916** |
|         | Sig. (2-tailed)     |              | .000    | .000   | .000   | .003   | .000   | .000   |
|         | N                   | 80           | 80      | 80     | 80     | 80     | 80     | 80     |
| Whiskey | Pearson Correlation | .850**       | 1       | .893** | .634** | .476** | .592** | .943** |
|         | Sig. (2-tailed)     | .000         |         | .000   | .000   | .000   | .000   | .000   |
|         | N                   | 80           | 80      | 80     | 80     | 80     | 80     | 80     |
| Vodka   | Pearson Correlation | .776**       | .893**  | 1      | .550** | .447** | .416** | .864** |
|         | Sig. (2-tailed)     | .000         | .000    |        | .000   | .000   | .000   | .000   |
|         | N                   | 80           | 80      | 80     | 80     | 80     | 80     | 80     |
| Wine    | Pearson Correlation | .632**       | .634**  | .550** | 1      | .311** | .467** | .753** |
|         | Sig. (2-tailed)     | .000         | .000    | .000   |        | .005   | .000   | .000   |
|         | N                   | 80           | 80      | 80     | 80     | 80     | 80     | 80     |
| Tuak    | Pearson Correlation | .323**       | .476**  | .447** | .311** | 1      | .259*  | .548** |
|         | Sig. (2-tailed)     | .003         | .000    | .000   | .005   |        | .020   | .000   |
|         | N                   | 80           | 80      | 80     | 80     | 80     | 80     | 80     |
| Sopi    | Pearson Correlation | .593**       | .592**  | .416** | .467** | .259*  | 1      | .698** |
|         | Sig. (2-tailed)     | .000         | .000    | .000   | .000   | .020   |        | .000   |
|         | N                   | 80           | 80      | 80     | 80     | 80     | 80     | 80     |
| Jumlah  | Pearson Correlation | .916**       | .943**  | .864** | .753** | .548** | .698** | 1      |
|         | Sig. (2-tailed)     | .000         | .000    | .000   | .000   | .000   | .000   |        |
|         | N                   | 80           | 80      | 80     | 80     | 80     | 80     | 80     |

\*\*. Correlation is significant at the 0.01 level (2-tailed).

\*. Correlation is significant at the 0.05 level (2-tailed).

## Correlations KAFEIN

|        |                     | Correlations |        |        |        |
|--------|---------------------|--------------|--------|--------|--------|
|        |                     | Soda         | Kopi   | Teh    | Jumlah |
| Soda   | Pearson Correlation | 1            | .442** | .298** | .736** |
|        | Sig. (2-tailed)     |              | .000   | .007   | .000   |
|        | N                   | 80           | 80     | 80     | 80     |
| Kopi   | Pearson Correlation | .442**       | 1      | .290** | .831** |
|        | Sig. (2-tailed)     | .000         |        | .009   | .000   |
|        | N                   | 80           | 80     | 80     | 80     |
| Teh    | Pearson Correlation | .298**       | .290** | 1      | .671** |
|        | Sig. (2-tailed)     | .007         | .009   |        | .000   |
|        | N                   | 80           | 80     | 80     | 80     |
| Jumlah | Pearson Correlation | .736**       | .831** | .671** | 1      |
|        | Sig. (2-tailed)     | .000         | .000   | .000   |        |
|        | N                   | 80           | 80     | 80     | 80     |

\*\*. Correlation is significant at the 0.01 level (2-tailed).

## Lampiran 7

### UJI RELIABILITAS

**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| ,779             | 7          |

**Item-Total Statistics**

|            | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|------------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Nasi Merah | 12,5750                    | 13,209                         | ,222                             | ,835                             |
| Roti       | 12,2625                    | 13,614                         | ,379                             | ,774                             |
| Kentang    | 12,3750                    | 11,554                         | ,725                             | ,704                             |
| Singkong   | 12,5000                    | 12,557                         | ,626                             | ,729                             |
| Ubi        | 12,7375                    | 12,221                         | ,636                             | ,725                             |
| Sagu       | 13,1375                    | 12,525                         | ,691                             | ,720                             |
| Jagung     | 12,7625                    | 13,956                         | ,468                             | ,760                             |

**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| ,664             | 8          |

**Item-Total Statistics**

|                | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|----------------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Susu Fullcream | 15,2000                    | 11,428                         | ,177                             | ,688                             |
| Jeroan         | 15,8750                    | 11,326                         | ,254                             | ,660                             |
| Keju           | 15,2750                    | 10,101                         | ,464                             | ,603                             |
| Mentega        | 15,1875                    | 9,800                          | ,540                             | ,581                             |
| Santan         | 15,1125                    | 9,164                          | ,689                             | ,537                             |
| Gorengan       | 15,2750                    | 12,202                         | ,211                             | ,664                             |
| Daging Sapi    | 15,6125                    | 11,709                         | ,317                             | ,643                             |
| Dengan Lemak   |                            |                                |                                  |                                  |
| Daging Kambing |                            |                                |                                  |                                  |
| Dengan Lemak   | 16,0125                    | 12,367                         | ,236                             | ,658                             |

**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| ,809             | 8          |

**Item-Total Statistics**

|                         | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|-------------------------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Telur                   | 14,9250                    | 13,893                         | ,525                             | ,788                             |
| Gandum                  | 15,4875                    | 12,835                         | ,516                             | ,790                             |
| Dada Ayam               | 15,0625                    | 12,388                         | ,665                             | ,764                             |
| Yogurt                  | 15,5875                    | 14,220                         | ,387                             | ,806                             |
| Daging Sapi Tanpa Lemak | 15,3375                    | 15,695                         | ,308                             | ,812                             |
| Ikan                    | 15,1000                    | 12,597                         | ,574                             | ,779                             |
| Seafood                 | 15,0250                    | 13,012                         | ,620                             | ,773                             |
| Kacang                  | 15,6250                    | 12,870                         | ,584                             | ,778                             |

**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| ,885             | 12         |

**Item-Total Statistics**

|           | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|-----------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Labu Slam | 24,6250                    | 33,275                         | ,691                             | ,869                             |
| Wortel    | 24,3750                    | 34,693                         | ,628                             | ,873                             |
| Kol       | 24,6000                    | 32,496                         | ,700                             | ,868                             |
| Sawi      | 24,4625                    | 34,657                         | ,644                             | ,873                             |
| Buncis    | 24,7000                    | 34,187                         | ,664                             | ,871                             |
| Bayam     | 24,5750                    | 35,893                         | ,503                             | ,880                             |

|                |         |        |      |      |
|----------------|---------|--------|------|------|
| Kankung        | 24,4875 | 35,088 | ,595 | ,875 |
| Daun Singkong  | 24,5875 | 33,258 | ,566 | ,878 |
| Jamur          | 24,8000 | 35,630 | ,420 | ,886 |
| Kacang Panjang | 24,8875 | 34,937 | ,591 | ,875 |
| Ketimun        | 24,5625 | 35,135 | ,611 | ,874 |
| Toge           | 24,4125 | 35,992 | ,460 | ,882 |

**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| ,813             | 8          |

**Item-Total Statistics**

|          | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|----------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Pisang   | 14,9250                    | 16,273                         | ,324                             | ,819                             |
| Pepaya   | 14,9625                    | 15,176                         | ,402                             | ,812                             |
| Semangka | 15,3125                    | 13,990                         | ,625                             | ,777                             |
| Alpukat  | 15,7000                    | 13,352                         | ,756                             | ,756                             |
| Apel     | 15,5250                    | 14,708                         | ,564                             | ,786                             |
| Jambu    | 15,9000                    | 14,623                         | ,645                             | ,776                             |
| Jeruk    | 15,5375                    | 14,809                         | ,524                             | ,792                             |
| Mangga   | 15,6875                    | 16,015                         | ,414                             | ,807                             |

**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| ,871             | 6          |

**Item-Total Statistics**

|     | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|-----|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Bir | 5,6375                     | 2,335                          | ,825                             | ,841                             |

|         |        |       |      |      |
|---------|--------|-------|------|------|
| Whiskey | 5,8500 | 3,066 | ,912 | ,808 |
| Vodka   | 5,8625 | 3,335 | ,805 | ,831 |
| Wine    | 5,8250 | 3,513 | ,655 | ,853 |
| Tuak    | 5,8375 | 3,935 | ,420 | ,885 |
| Sopi    | 5,8625 | 3,614 | ,585 | ,863 |

**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| ,658             | 3          |

**Item-Total Statistics**

|      | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Soda | 5,5500                     | 2,327                          | ,553                             | ,467                             |
| Kopi | 5,0250                     | 1,746                          | ,497                             | ,552                             |
| Teh  | 4,5000                     | 2,684                          | ,398                             | ,651                             |

**Lampiran 8****UJI UNIVARIAT****Frequencies**

| Statistics |         |               |            |                 |             |    |
|------------|---------|---------------|------------|-----------------|-------------|----|
|            | Umur    | Jenis Kelamin | Pendidikan | Distribusi Umur | Karbohidrat |    |
| N          | Valid   | 80            | 80         | 80              | 80          | 80 |
|            | Missing | 0             | 0          | 0               | 0           | 0  |

| Statistics |         |         |               |             |         |        |
|------------|---------|---------|---------------|-------------|---------|--------|
|            | Lemak   | Protein | Sayur-sayuran | Buah-buahan | Alkohol | Kafein |
| N          | Valid   | 80      | 80            | 80          | 80      | 80     |
|            | Missing | 0       | 0             | 0           | 0       | 0      |

| Statistics |                         |                        |                              |            |    |  |
|------------|-------------------------|------------------------|------------------------------|------------|----|--|
|            | Pola Makan Diri Sendiri | Pola Makan di Keluarga | Riwayat Diabetes di Keluarga | DM Tipe II |    |  |
| N          | Valid                   | 80                     | 80                           | 80         | 80 |  |
|            | Missing                 | 0                      | 0                            | 0          | 0  |  |

**Frequency Table**

| Umur  |             |         |               |                    |       |  |
|-------|-------------|---------|---------------|--------------------|-------|--|
|       | Frequency   | Percent | Valid Percent | Cumulative Percent |       |  |
| Valid | 41-45 tahun | 3       | 3.8           | 3.8                | 3.8   |  |
|       | 46-50 tahun | 9       | 11.3          | 11.3               | 15.0  |  |
|       | 51-55 tahun | 7       | 8.8           | 8.8                | 23.8  |  |
|       | 56-60 tahun | 10      | 12.5          | 12.5               | 36.3  |  |
|       | 61-65 tahun | 18      | 22.5          | 22.5               | 58.8  |  |
|       | 66-70 tahun | 19      | 23.8          | 23.8               | 82.5  |  |
|       | 71-75 tahun | 10      | 12.5          | 12.5               | 95.0  |  |
|       | 76-80 tahun | 4       | 5.0           | 5.0                | 100.0 |  |
|       | Total       | 80      | 100.0         | 100.0              |       |  |

**Jenis Kelamin**

|       |           | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|-----------|---------|---------------|--------------------|
| Valid | Laki-laki | 37        | 46.3    | 46.3          | 46.3               |
|       | Perempuan | 43        | 53.8    | 53.8          | 100.0              |
|       | Total     | 80        | 100.0   | 100.0         |                    |

**Pendidikan**

|       |         | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------|-----------|---------|---------------|--------------------|
| Valid | SD      | 1         | 1.3     | 1.3           | 1.3                |
|       | SMP     | 3         | 3.8     | 3.8           | 5.0                |
|       | SMA     | 32        | 40.0    | 40.0          | 45.0               |
|       | Diploma | 17        | 21.3    | 21.3          | 66.3               |
|       | Sarjana | 27        | 33.8    | 33.8          | 100.0              |
|       | Total   | 80        | 100.0   | 100.0         |                    |

**Distribusi Umur**

|       |             | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------------|-----------|---------|---------------|--------------------|
| Valid | 36-40 tahun | 4         | 5.0     | 5.0           | 5.0                |
|       | 41-45 tahun | 13        | 16.3    | 16.3          | 21.3               |
|       | 46-50 tahun | 22        | 27.5    | 27.5          | 48.8               |
|       | 51-55 tahun | 13        | 16.3    | 16.3          | 65.0               |
|       | 56-60 tahun | 21        | 26.3    | 26.3          | 91.3               |
|       | 61-65 tahun | 4         | 5.0     | 5.0           | 96.3               |
|       | 66-70 tahun | 2         | 2.5     | 2.5           | 98.8               |
|       | 76-80 tahun | 1         | 1.3     | 1.3           | 100.0              |
|       | Total       | 80        | 100.0   | 100.0         |                    |

**Karbohidrat**

|       |              | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | Tidak Pernah | 20        | 25.0    | 25.0          | 25.0               |
|       | Jarang       | 39        | 48.8    | 48.8          | 73.8               |
|       | Sering       | 21        | 26.3    | 26.3          | 100.0              |
|       | Total        | 80        | 100.0   | 100.0         |                    |

**Lemak**

|       |              | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | Tidak Pernah | 19        | 23.8    | 23.8          | 23.8               |
|       | Jarang       | 43        | 53.8    | 53.8          | 77.5               |
|       | Sering       | 18        | 22.5    | 22.5          | 100.0              |
|       | Total        | 80        | 100.0   | 100.0         |                    |

**Protein**

|       | Frequency    | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|---------|---------------|--------------------|
| Valid | Tidak Pernah | 26      | 32.5          | 32.5               |
|       | Jarang       | 32      | 40.0          | 72.5               |
|       | Sering       | 22      | 27.5          | 100.0              |
|       | Total        | 80      | 100.0         | 100.0              |

**Sayur-sayuran**

|       | Frequency     | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|---------|---------------|--------------------|
| Valid | Tidak Pernah  | 18      | 22.5          | 22.5               |
|       | Jarang        | 40      | 50.0          | 72.5               |
|       | Sering        | 19      | 23.8          | 96.3               |
|       | Sangat Sering | 3       | 3.8           | 100.0              |
|       | Total         | 80      | 100.0         | 100.0              |

**Buah-buahan**

|       | Frequency    | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|---------|---------------|--------------------|
| Valid | Tidak Pernah | 23      | 28.8          | 28.8               |
|       | Jarang       | 32      | 40.0          | 68.8               |
|       | Sering       | 25      | 31.3          | 100.0              |
|       | Total        | 80      | 100.0         | 100.0              |

**Alkohol**

|       | Frequency    | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|---------|---------------|--------------------|
| Valid | Tidak Pernah | 75      | 93.8          | 93.8               |
|       | Jarang       | 3       | 3.8           | 97.5               |
|       | Sering       | 2       | 2.5           | 100.0              |
|       | Total        | 80      | 100.0         | 100.0              |

**Kafein**

|       | Frequency     | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|---------|---------------|--------------------|
| Valid | Tidak Pernah  | 15      | 18.8          | 18.8               |
|       | Jarang        | 19      | 23.8          | 42.5               |
|       | Sering        | 33      | 41.3          | 83.8               |
|       | Sangat Sering | 13      | 16.3          | 100.0              |
|       | Total         | 80      | 100.0         | 100.0              |

**Pola Makan Diri Sendiri**

|       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|---------|---------------|--------------------|
| Valid | Baik      | 53      | 66.3          | 66.3               |
|       | Buruk     | 27      | 33.8          | 100.0              |
|       | Total     | 80      | 100.0         | 100.0              |

### Pola Makan di Keluarga

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | Baik  | 55        | 68.8    | 68.8          | 68.8               |
|       | Buruk | 25        | 31.3    | 31.3          | 100.0              |
|       | Total | 80        | 100.0   | 100.0         |                    |

### Riwayat Diabetes di Keluarga

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | Tidak | 52        | 65.0    | 65.0          | 65.0               |
|       | Ya    | 28        | 35.0    | 35.0          | 100.0              |
|       | Total | 80        | 100.0   | 100.0         |                    |

### DM Tipe II

|       |        | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Non DM | 18        | 22.5    | 22.5          | 22.5               |
|       | DM     | 62        | 77.5    | 77.5          | 100.0              |
|       | Total  | 80        | 100.0   | 100.0         |                    |

## Lampiran 9

### UJI BIVARIAT

**Crosstab**

|            |       |            | DM Tipe II |       | Total  |  |
|------------|-------|------------|------------|-------|--------|--|
|            |       |            | Tidak      | Ya    |        |  |
| Pola Makan | Baik  | Count      | 8          | 10    | 18     |  |
|            |       | % of Total | 10,0%      | 12,5% | 22,5%  |  |
|            | Buruk | Count      | 10         | 52    | 62     |  |
|            |       | % of Total | 12,5%      | 65,0% | 77,5%  |  |
| Total      |       | Count      | 18         | 62    | 80     |  |
|            |       | % of Total | 22,5%      | 77,5% | 100,0% |  |

**Chi-Square Tests**

|                                    | Value              | df | Asymp. Sig.<br>(2-sided) | Exact Sig. (2-<br>sided) | Exact Sig. (1-<br>sided) |
|------------------------------------|--------------------|----|--------------------------|--------------------------|--------------------------|
| Pearson Chi-Square                 | 6,414 <sup>a</sup> | 1  | ,011                     |                          |                          |
| Continuity Correction <sup>b</sup> | 4,893              | 1  | ,027                     |                          |                          |
| Likelihood Ratio                   | 5,792              | 1  | ,016                     |                          |                          |
| Fisher's Exact Test                |                    |    |                          | ,022                     | ,016                     |
| Linear-by-Linear<br>Association    | 6,334              | 1  | ,012                     |                          |                          |
| N of Valid Cases                   | 80                 |    |                          |                          |                          |

a. 1 cells (25,0%) have expected count less than 5. The minimum expected count is 4,05.

b. Computed only for a 2x2 table

**Risk Estimate**

|   | Value | 95% Confidence Interval |        |
|---|-------|-------------------------|--------|
|   |       | Lower                   | Upper  |
| Odds Ratio for Pola Makan<br>(Baik / Buruk) | 4,160 | 1,317                   | 13,137 |
| For cohort DM Tipe II =<br>Tidak            | 2,756 | 1,279                   | 5,936  |
| For cohort DM Tipe II = Ya                  | ,662  | ,432                    | 1,016  |
| N of Valid Cases                            | 80    |                         |        |

**Crosstab**

|                         |       |            | DM Tipe II |       | Total  |  |
|-------------------------|-------|------------|------------|-------|--------|--|
|                         |       |            | Tidak      | Ya    |        |  |
| Pola Makan Diri Sendiri | Baik  | Count      | 11         | 11    | 22     |  |
|                         |       | % of Total | 13,8%      | 13,8% | 27,5%  |  |
|                         | Buruk | Count      | 7          | 51    | 58     |  |
|                         |       | % of Total | 8,8%       | 63,7% | 72,5%  |  |
| Total                   |       | Count      | 18         | 62    | 80     |  |
|                         |       | % of Total | 22,5%      | 77,5% | 100,0% |  |

**Chi-Square Tests**

|                                    | Value               | df | Asymp. Sig.<br>(2-sided) | Exact Sig. (2-<br>sided) | Exact Sig. (1-<br>sided) |
|------------------------------------|---------------------|----|--------------------------|--------------------------|--------------------------|
| Pearson Chi-Square                 | 13,160 <sup>a</sup> | 1  | ,000                     |                          |                          |
| Continuity Correction <sup>b</sup> | 11,075              | 1  | ,001                     |                          |                          |
| Likelihood Ratio                   | 12,085              | 1  | ,001                     |                          |                          |
| Fisher's Exact Test                |                     |    |                          | ,001                     | ,001                     |
| Linear-by-Linear<br>Association    | 12,996              | 1  | ,000                     |                          |                          |
| N of Valid Cases                   | 80                  |    |                          |                          |                          |

a. 1 cells (25,0%) have expected count less than 5. The minimum expected count is 4,95.

b. Computed only for a 2x2 table

**Risk Estimate**

|   | Value | 95% Confidence Interval |        |
|---|-------|-------------------------|--------|
|   |       | Lower                   | Upper  |
| Odds Ratio for Pola Makan Diri Sendiri (Baik / Buruk) | 7,286 | 2,307                   | 23,010 |
| For cohort DM Tipe II = Tidak                         | 4,143 | 1,842                   | 9,319  |
| For cohort DM Tipe II = Ya                            | ,569  | ,370                    | ,873   |
| N of Valid Cases                                      | 80    |                         |        |

**Crosstab**

|                        |             | DM Tipe II |       | Total  |
|------------------------|-------------|------------|-------|--------|
|                        |             | Tidak      | Ya    |        |
| Pola Makan di Keluarga | Baik Count  | 8          | 47    | 55     |
|                        | % of Total  | 10,0%      | 58,8% | 68,8%  |
|                        | Buruk Count | 10         | 15    | 25     |
|                        | % of Total  | 12,5%      | 18,8% | 31,3%  |
| Total                  | Count       | 18         | 62    | 80     |
|                        | % of Total  | 22,5%      | 77,5% | 100,0% |

**Chi-Square Tests**

|                                    | Value              | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------------|--------------------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square                 | 6,386 <sup>a</sup> | 1  | ,011                  |                      |                      |
| Continuity Correction <sup>b</sup> | 5,010              | 1  | ,025                  |                      |                      |
| Likelihood Ratio                   | 6,034              | 1  | ,014                  |                      |                      |
| Fisher's Exact Test                |                    |    |                       | ,019                 | ,014                 |
| Linear-by-Linear Association       | 6,307              | 1  | ,012                  |                      |                      |
| N of Valid Cases                   | 80                 |    |                       |                      |                      |

a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 5,63.

b. Computed only for a 2x2 table

**Risk Estimate**

|  | Value | 95% Confidence Interval |       |
|--|-------|-------------------------|-------|
|  |       | Lower                   | Upper |
| Odds Ratio for Pola Makan di Keluarga (Baik / Buruk) | ,255  | ,085                    | ,764  |
| For cohort DM Tipe II = Tidak                        | ,364  | ,163                    | ,810  |
| For cohort DM Tipe II = Ya                           | 1,424 | 1,016                   | 1,997 |
| N of Valid Cases                                     | 80    |                         |       |

**Crosstab**

|                              |       | DM Tipe II |       | Total  |
|------------------------------|-------|------------|-------|--------|
|                              |       | Tidak      | Ya    |        |
| Riwayat diabetes di Keluarga | Tidak | Count      | 17    | 35     |
|                              |       | % of Total | 21,3% | 43,8%  |
|                              | Ya    | Count      | 1     | 27     |
|                              |       | % of Total | 1,3%  | 33,8%  |
| Total                        |       | Count      | 18    | 62     |
|                              |       | % of Total | 22,5% | 77,5%  |
|                              |       |            |       | 100,0% |

**Chi-Square Tests**

|                                    | Value              | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------------|--------------------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square                 | 8,851 <sup>a</sup> | 1  | ,003                  |                      |                      |
| Continuity Correction <sup>b</sup> | 7,260              | 1  | ,007                  |                      |                      |
| Likelihood Ratio                   | 10,952             | 1  | ,001                  |                      |                      |
| Fisher's Exact Test                |                    |    |                       | ,002                 | ,002                 |
| Linear-by-Linear Association       | 8,740              | 1  | ,003                  |                      |                      |
| N of Valid Cases                   | 80                 |    |                       |                      |                      |

a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 6,30.

b. Computed only for a 2x2 table

**Risk Estimate**

|  | Value  | 95% Confidence Interval |         |
|--|--------|-------------------------|---------|
|  |        | Lower                   | Upper   |
| Odds Ratio for Riwayat Diabetes di Keluarga (Tidak / Ya) | 13,114 | 1,641                   | 104,798 |
| For cohort DM Tipe II = Tidak                            | 9,154  | 1,285                   | 65,231  |
| For cohort DM Tipe II = Ya                               | ,698   | ,570                    | ,855    |
| N of Valid Cases   | 80     |                         |         |

**Crosstab**

|                            |               | DM Tipe II |       | Total  |
|----------------------------|---------------|------------|-------|--------|
|                            |               | Tidak      | Ya    |        |
| AKG Persentase Karbohidrat | Normal < 110% | Count      | 15    | 36     |
|                            |               | % of Total | 18,8% | 45,0%  |
|                            | Tinggi > 110% | Count      | 3     | 26     |
|                            |               | % of Total | 3,8%  | 32,5%  |
| Total                      |               | Count      | 18    | 62     |
|                            |               | % of Total | 22,5% | 77,5%  |
|                            |               |            |       | 100,0% |

**Chi-Square Tests**

|                                    | Value              | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------------|--------------------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square                 | 3,854 <sup>a</sup> | 1  | ,050                  |                      |                      |
| Continuity Correction <sup>b</sup> | 2,838              | 1  | ,092                  |                      |                      |
| Likelihood Ratio                   | 4,224              | 1  | ,040                  |                      |                      |
| Fisher's Exact Test                |                    |    |                       | ,057                 | ,042                 |
| Linear-by-Linear Association       | 3,806              | 1  | ,051                  |                      |                      |
| N of Valid Cases                   | 80                 |    |                       |                      |                      |

a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 6,53.

b. Computed only for a 2x2 table

**Risk Estimate**

|  | Value | 95% Confidence Interval |        |
|--|-------|-------------------------|--------|
|  |       | Lower                   | Upper  |
| Odds Ratio for AKG   |       |                         |        |
| Percentase Karbohidrat<br>(Normal < 110% / Tinggi ><br>110%) | 3,611 | ,947                    | 13,768 |
| For cohort DM Tipe II =<br>Tidak                             | 2,843 | ,898                    | 9,004  |
| For cohort DM Tipe II = Ya                                   | ,787  | ,634                    | ,977   |
| N of Valid Cases   | 80    |                         |        |

**Crosstab**

|                      |               | DM Tipe II |       | Total  |
|----------------------|---------------|------------|-------|--------|
|                      |               | Tidak      | Ya    |        |
| AKG Percentase Lemak | Normal < 110% | Count      | 11    | 17     |
|                      |               | % of Total | 13,8% | 21,3%  |
|                      | Tinggi > 110% | Count      | 7     | 45     |
|                      |               | % of Total | 8,8%  | 56,3%  |
| Total                |               | Count      | 18    | 62     |
|                      |               | % of Total | 22,5% | 77,5%  |
|                      |               |            |       | 100,0% |

**Chi-Square Tests**

|                                    | Value              | df | Asymp. Sig.<br>(2-sided) | Exact Sig. (2-<br>sided) | Exact Sig. (1-<br>sided) |
|------------------------------------|--------------------|----|--------------------------|--------------------------|--------------------------|
| Pearson Chi-Square                 | 6,960 <sup>a</sup> | 1  | ,008                     |                          |                          |
| Continuity Correction <sup>b</sup> | 5,558              | 1  | ,018                     |                          |                          |
| Likelihood Ratio                   | 6,699              | 1  | ,010                     |                          |                          |
| Fisher's Exact Test                |                    |    |                          | ,012                     | ,010                     |
| Linear-by-Linear<br>Association    | 6,873              | 1  | ,009                     |                          |                          |
| N of Valid Cases                   | 80                 |    |                          |                          |                          |

a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 6,30.

b. Computed only for a 2x2 table

**Risk Estimate**

|  | Value | 95% Confidence Interval |        |
|--|-------|-------------------------|--------|
|  |       | Lower                   | Upper  |
| Odds Ratio for AKG                               |       |                         |        |
| Percentase Lemak (Normal < 110% / Tinggi > 110%) | 4,160 | 1,385                   | 12,493 |
| For cohort DM Tipe II = Tidak                    | 2,918 | 1,274                   | 6,685  |
| For cohort DM Tipe II = Ya                       | ,702  | ,511                    | ,963   |
| N of Valid Cases                                 | 80    |                         |        |

**Crosstab**

|                        |               | DM Tipe II |       | Total  |
|------------------------|---------------|------------|-------|--------|
|                        |               | Tidak      | Ya    |        |
| AKG Percentase Protein | Normal < 110% | Count      | 4     | 34     |
|                        |               | % of Total | 5,0%  | 37,5%  |
|                        | Tinggi > 110% | Count      | 14    | 46     |
|                        |               | % of Total | 17,5% | 40,0%  |
| Total                  |               | Count      | 18    | 80     |
|                        |               | % of Total | 22,5% | 77,5%  |
|                        |               |            |       | 100,0% |

**Chi-Square Tests**

|                                    | Value              | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------------|--------------------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square                 | 3,908 <sup>a</sup> | 1  | ,048                  |                      |                      |
| Continuity Correction <sup>b</sup> | 2,911              | 1  | ,088                  |                      |                      |
| Likelihood Ratio                   | 4,142              | 1  | ,042                  |                      |                      |
| Fisher's Exact Test                |                    |    |                       | ,060                 | ,042                 |
| Linear-by-Linear Association       | 3,859              | 1  | ,049                  |                      |                      |
| N of Valid Cases                   | 80                 |    |                       |                      |                      |

a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 7,65.

b. Computed only for a 2x2 table

**Risk Estimate**

|   | Value | 95% Confidence Interval |       |
|---|-------|-------------------------|-------|
|   |       | Lower                   | Upper |
| Odds Ratio for AKG                                    |       |                         |       |
| Percentase Protein (Normal<br>< 110% / Tinggi > 110%) | ,305  | ,090                    | 1,030 |
| For cohort DM Tipe II =<br>Tidak                      | ,387  | ,140                    | 1,071 |
| For cohort DM Tipe II = Ya                            | 1,268 | 1,011                   | 1,592 |
| N of Valid Cases                                      | 80    |                         |       |

**Lampiran 10**  
**UJI REGRESI LOGISTIK**

**Case Processing Summary**

| Unweighted Cases <sup>a</sup> |                      | N  | Percent |
|-------------------------------|----------------------|----|---------|
| Selected Cases                | Included in Analysis | 80 | 100,0   |
|                               | Missing Cases        | 0  | ,0      |
|                               | Total                | 80 | 100,0   |
| Unselected Cases              |                      | 0  | ,0      |
| Total                         |                      | 80 | 100,0   |

a. If weight is in effect, see classification table for the total number of cases.

**Dependent Variable Encoding**

| Original Value | Internal Value |
|----------------|----------------|
| Tidak          | 0              |
| Ya             | 1              |

**Block 0: Beginning Block****Classification Table<sup>a,b,c</sup>**

|                    |            | Predicted  |    |       | Percentage<br>Correct |  |
|--------------------|------------|------------|----|-------|-----------------------|--|
|                    |            | DM Tipe II |    | Tidak |                       |  |
|                    |            | Observed   | Ya |       |                       |  |
| Step 0             | DM Tipe II | Tidak      |    | 0     | 18 ,0                 |  |
|                    |            | Ya         |    | 0     | 62 100,0              |  |
| Overall Percentage |            |            |    |       | 77,5                  |  |

a. No terms in the model.

b. Initial Log-likelihood Function: -2 Log Likelihood = 110,904

c. The cut value is ,500

**Variables not in the Equation**

| Step 0 | Variables          |                   | Score  | df | Sig. |
|--------|--------------------|-------------------|--------|----|------|
| Step 0 | Variables          | REG_FAC_SENDIRI   | 6,259  | 1  | ,012 |
|        |                    | REG_FAC_KELUARGA  | 1,000  | 1  | ,317 |
|        |                    | REG_FAC_KETURUNAN | 24,143 | 1  | ,000 |
|        | Overall Statistics |                   | 31,402 | 3  | ,000 |

## Block 1: Method = Enter

**Omnibus Tests of Model Coefficients**

|        |       | Chi-square | df | Sig. |
|--------|-------|------------|----|------|
| Step 1 | Step  | 37,722     | 3  | ,000 |
|        | Block | 37,722     | 3  | ,000 |
|        | Model | 37,722     | 3  | ,000 |

**Model Summary**

| Step | -2 Log likelihood   | Cox & Snell R Square | Nagelkerke R Square |
|------|---------------------|----------------------|---------------------|
|      |                     |                      |                     |
| 1    | 73,182 <sup>a</sup> | ,376                 | ,501                |

a. Estimation terminated at iteration number 6 because parameter estimates changed by less than ,001.

**Classification Table<sup>a</sup>**

|                    | Observed   | Predicted  |    | Percentage<br>Correct |  |
|--------------------|------------|------------|----|-----------------------|--|
|                    |            | DM Tipe II |    |                       |  |
|                    |            | Tidak      | Ya |                       |  |
| Step 1             | DM Tipe II | Tidak      | 0  | 18 ,0                 |  |
|                    |            | Ya         | 0  | 62 100,0              |  |
| Overall Percentage |            |            |    | 77,5                  |  |

a. The cut value is ,500

**Variables in the Equation**

|                     |                   | B     | S.E.  | Wald   | df | Sig. | Exp(B) | 95% C.I.for EXP(B) |         |
|---------------------|-------------------|-------|-------|--------|----|------|--------|--------------------|---------|
|                     |                   |       |       |        |    |      |        | Lower              | Upper   |
| Step 1 <sup>a</sup> | REG_FAC_SENDIRI   | 1,050 | ,439  | 5,715  | 1  | ,017 | 2,857  | 1,208              | 6,757   |
|                     | REG_FAC_KELUARGA  | ,405  | ,408  | ,986   | 1  | ,021 | 1,500  | ,674               | 3,339   |
|                     | REG_FAC_KETURUNAN | 3,296 | 1,018 | 10,475 | 1  | ,001 | 27,000 | 3,669              | 198,694 |

a. Variable(s) entered on step 1: REG\_FAC\_SENDIRI, REG\_FAC\_KELUARGA, REG\_FAC\_KETURUNAN.

**Correlation Matrix**

|        |                   | REG_FAC_SEND<br>IRI | REG_FAC_KELU<br>ARGA | REG_FAC_KETU<br>RUNAN |
|--------|-------------------|---------------------|----------------------|-----------------------|
| Step 1 | REG_FAC_SEDIRI    | 1,000               | ,000                 | ,000                  |
|        | REG_FAC_KELUARGA  | ,000                | 1,000                | ,000                  |
|        | REG_FAC_KETURUNAN | ,000                | ,000                 | 1,000                 |

**Lampiran 11****TABEL HARGA TITIK DARI PRODUCT MOMENT**

| n  | Interval Kepercayaan |       | n  | Interval Kepercayaan |       | n    | Interval Kepercayaan |       |
|----|----------------------|-------|----|----------------------|-------|------|----------------------|-------|
|    | 95%                  | 99%   |    | 95%                  | 99%   |      | 95%                  | 99%   |
| 1  | 2                    | 3     | 1  | 2                    | 3     | 1    | 2                    | 3     |
| 3  | 0.997                | 0.999 | 27 | 0.381                | 0.487 | 55   | 0.266                | 0.345 |
| 4  | 0.950                | 0.990 | 28 | 0.371                | 0.478 | 60   | 0.254                | 0.330 |
| 5  | 0.878                | 0.959 | 29 | 0.367                | 0.470 | 65   | 0.244                | 0.317 |
| 6  | 0.811                | 0.917 | 30 | 0.361                | 0.463 | 70   | 0.235                | 0.306 |
| 7  | 0.754                | 0.874 | 31 | 0.355                | 0.456 | 75   | 0.227                | 0.296 |
| 8  | 0.707                | 0.874 | 32 | 0.349                | 0.449 | 80   | 0.220                | 0.286 |
| 9  | 0.666                | 0.798 | 33 | 0.344                | 0.442 | 85   | 0.213                | 0.278 |
| 10 | 0.632                | 0.765 | 34 | 0.339                | 0.436 | 90   | 0.207                | 0.270 |
| 11 | 0.602                | 0.735 | 35 | 0.334                | 0.430 | 95   | 0.202                | 0.263 |
| 12 | 0.576                | 0.708 | 36 | 0.329                | 0.424 | 100  | 0.195                | 0.256 |
| 13 | 0.553                | 0.684 | 37 | 0.325                | 0.418 | 125  | 0.176                | 0.230 |
| 14 | 0.532                | 0.661 | 38 | 0.320                | 0.413 | 150  | 0.159                | 0.210 |
| 15 | 0.514                | 0.641 | 39 | 0.316                | 0.408 | 175  | 0.148                | 0.194 |
| 16 | 0.497                | 0.623 | 40 | 0.312                | 0.403 | 200  | 0.138                | 0.181 |
| 17 | 0.482                | 0.606 | 41 | 0.308                | 0.396 | 300  | 0.113                | 0.148 |
| 18 | 0.468                | 0.590 | 42 | 0.304                | 0.393 | 400  | 0.098                | 0.128 |
| 19 | 0.456                | 0.575 | 43 | 0.301                | 0.389 | 500  | 0.088                | 0.115 |
| 20 | 0.444                | 0.561 | 44 | 0.297                | 0.384 | 600  | 0.080                | 0.105 |
| 21 | 0.433                | 0.549 | 45 | 0.294                | 0.380 | 700  | 0.074                | 0.097 |
| 22 | 0.423                | 0.537 | 46 | 0.291                | 0.376 | 800  | 0.070                | 0.091 |
| 23 | 0.413                | 0.526 | 47 | 0.288                | 0.372 | 900  | 0.065                | 0.086 |
| 24 | 0.404                | 0.515 | 48 | 0.284                | 0.368 | 1000 | 0.062                | 0.081 |
| 25 | 0.396                | 0.505 | 49 | 0.281                | 0.364 |      |                      |       |
| 26 | 0.388                | 0.496 | 50 | 0.279                | 0.361 |      |                      |       |