

LAMPIRAN

Frequency Table

		Jenis Kelamin			Cumulative
		Frequency	Percent	Valid Percent	Percent
Valid	Laki-Laki	10	28,6	28,6	28,6
	Perempuan	25	71,4	71,4	100,0
	Total	35	100,0	100,0	

		Umur			Cumulative
		Frequency	Percent	Valid Percent	Percent
Valid	40-59	19	54,3	54,3	54,3
	>60	16	45,7	45,7	100,0
	Total	35	100,0	100,0	

		Keturunan Hipertensi			Cumulative
		Frequency	Percent	Valid Percent	Percent
Valid	Ya	30	85,7	85,7	85,7
	Tidak	5	14,3	14,3	100,0
	Total	35	100,0	100,0	

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
SISTOLIK SEBELUM	35	140	165	151,40	6,436
DIASTOLIK SEBELUM	35	78	102	88,66	6,855
Valid N (listwise)	35				

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SISTOLIK SESUDAH	35	140	163	150,03	5,706
DIASTOLIK SESUDAH	35	78	98	87,06	5,800
Valid N (listwise)	35				

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	SISTOLIK SEBELUM SENAM PROLANIS	151,40	35	6,436	1,088
	SETELAH SENAM PROLANIS	150,03	35	5,706	,964
Pair 2	DIASTOLIK SEBELUM SENAM PROLANIS	88,66	35	6,855	1,159
	DIASTOLIK SETELAH SENAM PROLANIS	87,06	35	5,800	,980

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	SISTOLIK SEBELUM SENAM PROLANIS & SETELAH SENAM PROLANIS	35	,897	,000
Pair 2	DIASTOLIK SEBELUM SENAM PROLANIS & DIASTOLIK SETELAH SENAM PROLANIS	35	,896	,000

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	SISTOLIK SEBELUM SENAM PROLANIS - SETELAH SENAM PROLANIS	1,371	2,840	,480	,396	2,347	2,857	34	,007
Pair 2	DIASTOLIK SEBELUM SENAM PROLANIS - DIASTOLIK SETELAH SENAM PROLANIS	1,600	3,060	,517	,549	2,651	3,093	34	,004