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LAMPIRAN

Lampiran 1. Surat Persetujuan Etik

MEDICAL AND HEALTH RESEARCH ETHICS COMMITTEE (MHREC)
FACULTY OF MEDICINE, PUBLIC HEALTH AND NURSING
UNIVERSITAS GADJAH MADA – DR. SARDJITO GENERAL HOSPITAL

ETHICS COMMITTEE APPROVAL

Ref. No. : KE/FK/1301/EC/2022

Title of the Research Protocol	:	Efek Yoghurt Umbi Bit (*Beta vulgaris L.*) dan Kayu Manis (*Cinnamomum burmanii*) Terhadap Tekanan Darah, Kadar Glukosa Darah, Profil Lipid Darah, dan Penanda Stres Oksidatif pada Tikus Sprague Dawley yang Diberi Diet Tinggi Lemak
Document(s) Approved and version	:	Study Protocol version 03 2022
Principle Investigator	:	Dr. Fatma Zuhrotun Nisa', STP., MP.
Participating Investigator(s)	:	1. Naima Sabita Conbul 2. Nurulita Zahra 3. Sacita Salsabila 4. Auliya Syifaa Urrahman
Date of Approval	:	13 OCT 2022 (Valid for one year beginning from the date of approval)
Institution(s)/place(s) of research	:	Laboratorium Kuliner dan Dietetik Gizi Kesehatan, Laboratorium PSPG PAU UGM

The Medical and Health Research Ethics Committee (MHREC) states that the document above meets the ethical principle outlined in the International and National Guidelines on ethical standards and procedures for researches involving animal.

The Medical and Health Research Ethics Committee (MHREC) has the right to monitor the research activities at any time.

The investigator(s) is/are obliged to submit:
- Progress report as a continuing review (state its due time)
- Report of any serious events
- Final report upon the completion of the study

Dr. dr. Eti Nurwening Sholikhah, M.Kes., M.Med.Ed.
Panel's vice chairperson

dr. Rizka Humardewayanti A., Sp.PD-KPTI.
Panel's secretary

P.S: This letter uses signature scan of the panel's chairperson and Secretary of the Ethics Committee. The hardcopy official letter with authority's signature will be issued when it is possible and are kept as an archive of the Ethics Committee	Validation number : 6347913a55d5d (http://komisietk.fk.ugm.ac.id/validasi)

Recognized by Forum for Ethical Review Committees in Asia and the Western Pacific (FERCAP)
11-Oct-22

Lampiran 2. Analisis Pakan Hewan Coba

Test of Normality

	Kelompok	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Minggu5	K1	.203	49	<.001	.867	49	<.001
	K2	.268	49	<.001	.878	49	<.001
	P1	.210	49	<.001	.892	49	<.001
	P2	.164	49	.002	.923	49	.003
Minggu6	K1	.165	49	.002	.930	49	.006
	K2	.174	49	<.001	.924	49	.004
	P1	.177	49	<.001	.910	49	.001
	P2	.166	49	.002	.930	49	.006
Minggu7	K1	.172	49	<.001	.915	49	.002
	K2	.176	49	<.001	.928	49	.005
	P1	.211	49	<.001	.888	49	<.001
	P2	.170	49	.001	.910	49	.001
Minggu8	K1	.186	49	<.001	.937	49	.011
	K2	.215	49	<.001	.897	49	<.001
	P1	.229	49	<.001	.899	49	<.001
	P2	.187	49	<.001	.912	49	.001

a. Lilliefors Significance Correction
*. This is a lower bound of the true significance

Descriptives

	Kode	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
Minggu 5	K1	7	16.6531	1.23408	.17630	16.2986	17.0075	14.00	18.00
	K2	7	17.4082	1.15323	.16475	17.0769	17.7394	15.00	19.00
	P1	7	16.5714	1.30703	.18672	16.1960	16.9469	14.00	19.00
	P2	7	17.1633	1.32833	.18976	16.7817	17.5448	14.00	19.00
	Total	28	16.9490	1.29593	.09257	16.7664	17.1315	14.00	19.00
Minggu 6	K1	7	16.6735	1.46327	.20904	16.2532	17.0938	14.00	19.00
	K2	7	16.5510	1.42976	.20425	16.1403	16.9617	14.00	19.00
	P1	7	16.6939	1.41722	.20246	16.2868	17.1009	14.00	19.00
	P2	7	16.9592	1.25763	.17966	16.5980	17.3204	14.00	19.00
	Total	28	16.7194	1.39149	.09939	16.5234	16.9154	14.00	19.00
Minggu 7	K1	7	16.0816	1.16970	.16710	15.7457	16.4176	14.00	18.00
	K2	7	16.9184	1.23890	.17699	16.5625	17.2742	14.00	19.00
	P1	7	16.6531	1.33153	.19022	16.2706	17.0355	14.00	19.00
	P2	7	17.1837	1.39454	.19922	16.7831	17.5842	14.00	19.00
	Total	28	16.7092	1.34054	.09575	16.5203	16.8980	14.00	19.00
Minggu 8	K1	7	16.5306	1.32448	.18921	16.1502	16.9110	14.00	19.00
	K2	7	17.5102	1.15691	.16527	17.1779	17.8425	14.00	19.00
	P1	7	17.2653	1.27108	.18158	16.9002	17.6304	14.00	19.00
	P2	7	17.0816	1.44102	.20586	16.6677	17.4955	14.00	19.00
	Total	28	17.0969	1.34194	.09585	16.9079	17.2860	14.00	19.00

Test of Homogenity of Variance

	Levene Statistic	df1	df2	Sig.
MG5	.745	3	192	.526
MG6	1.747	3	192	.159
MG7	1.225	3	192	.302
MG8	.671	3	192	.571

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Minggu 5	Between Groups	23.857	3	7.952	5.029	.002
	Within Groups	303.633	192	1.581		
	Total	327.490	195			
Minggu 6	Between Groups	4.342	3	1.447	.745	.527
	Within Groups	373.224	192	1.944		
	Total	377.566	195			
Minggu 7	Between Groups	32.628	3	10.876	6.571	<.001
	Within Groups	317.796	192	1.655		
	Total	350.423	195			
Minggu 8	Between Groups	25.485	3	8.495	5.008	.002
	Within Groups	325.673	192	1.696		
	Total	351.158	195			

Post Hoc Test

Multiple Comparisons

Tukey HSD

Dependent Variable	(I) Kelompok	(J) Kelompok	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Minggu 5	K1	K2	-.75510*	.25406	.017	-1.4135	-.0967
		P1	.08163	.25406	.988	-.5768	.7401
		P2	-.51020	.25406	.189	-1.1687	.1482
	K2	K1	.75510*	.25406	.017	.0967	1.4135
		P1	.83673*	.25406	.006	.1783	1.4952
		P2	.24490	.25406	.770	-.4135	.9033
	P1	K1	-.08163	.25406	.988	-.7401	.5768
		K2	-.83673*	.25406	.006	-1.4952	-.1783
		P2	-.59184	.25406	.095	-1.2503	.0666
	P2	K1	.51020	.25406	.189	-.1482	1.1687
		K2	-.24490	.25406	.770	-.9033	.4135
		P1	.59184	.25406	.095	-.0666	1.2503
Minggu 6	K1	K2	.12245	.28168	.972	-.6076	.8525
		P1	-.02041	.28168	1.000	-.7504	.7096
		P2	-.28571	.28168	.741	-1.0157	.4443
	K2	K1	-.12245	.28168	.972	-.8525	.6076
		P1	-.14286	.28168	.957	-.8729	.5872
		P2	-.40816	.28168	.470	-1.1382	.3219
	P1	K1	.02041	.28168	1.000	-.7096	.7504
		K2	.14286	.28168	.957	-.5872	.8729
		P2	-.26531	.28168	.782	-.9953	.4647
	P2	K1	.28571	.28168	.741	-.4443	1.0157
		K2	.40816	.28168	.470	-.3219	1.1382
		P1	.26531	.28168	.782	-.4647	.9953
Minggu 7	K1	K2	-.83673*	.25992	.008	-1.5104	-.1631
		P1	-.57143	.25992	.127	-1.2451	.1022
		P2	-1.10204*	.25992	<.001	-1.7757	-.4284
	K2	K1	.83673*	.25992	.008	.1631	1.5104
		P1	.26531	.25992	.738	-.4083	.9389
		P2	-.26531	.25992	.738	-.9389	.4083
	P1	K1	.57143	.25992	.127	-.1022	1.2451
		K2	-.26531	.25992	.738	-.9389	.4083

		P2	-.53061	.25992	.177	-1.2042	.1430
	P2	K1	1.10204*	.25992	<.001	.4284	1.7757
		K2	.26531	.25992	.738	-.4083	.9389
		P1	.53061	.25992	.177	-.1430	1.2042
Minggu 8	K1	K2	-.97959*	.26312	.001	-1.6615	-.2977
		P1	-.73469*	.26312	.029	-1.4166	-.0528
		P2	-.55102	.26312	.159	-1.2329	.1309
	K2	K1	.97959*	.26312	.001	.2977	1.6615
		P1	.24490	.26312	.788	-.4370	.9268
		P2	.42857	.26312	.365	-.2534	1.1105
	P1	K1	.73469*	.26312	.029	.0528	1.4166
		K2	-.24490	.26312	.788	-.9268	.4370
		P2	.18367	.26312	.898	-.4983	.8656
	P2	K1	.55102	.26312	.159	-.1309	1.2329
		K2	-.42857	.26312	.365	-1.1105	.2534
		P1	-.18367	.26312	.898	-.8656	.4983

*. The mean difference is significant at the 0.05 level.

Asupan Pakan Minggu 5

Tukey HSD[a]

		Subset for alpha = 0.05	
Kelompok	N	1	2
P1	7	16.5714	
K1	7	16.6531	
P2	7	17.1633	17.1633
K2	7		17.4082
Sig.		.095	.770

Means for groups in homogenous subsets are displayed

a. Uses Harmonic Mean Sample Size = 7.000

Asupan Pakan Minggu 6

Tukey HSD[a]

		Subset for alpha = 0.05
Kelompok	N	1
K2	7	16.5510
K1	7	16.6735
P1	7	16.6939
P2	7	16.9592
Sig.		.470

Means for groups in homogenous subsets are displayed

a. Uses Harmonic Mean Sample Size = 7.000

Asupan Pakan Minggu 7

Tukey HSD[a]

		Subset for alpha = 0.05	
Kelompok	N	1	2
K1	7	16.0816	
P1	7	16.6531	16.6531
K2	7		16.9184
P2	7		17.1837
Sig.		.127	.177

Means for groups in homogenous subsets are displayed

a. Uses Harmonic Mean Sample Size = 7.000

Asupan Pakan Minggu 8

Tukey HSD[a]

Kelompok	N	Subset for alpha = 0.05	
		1	2
K1	7	16.5306	
P2	7	17.0816	17.0816
P1	7		17.2653
K2	7		17.5102
Sig.		.159	.365

Means for groups in homogenous subsets
are displayed
a. Uses Harmonic Mean Sample Size = 7.000

Lampiran 3. Analisis Berat Badan Hewan Coba

Test of Normality

	Kelompok	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
BB1	K1	.265	7	.148	.881	7	.232
	K2	.192	7	.200*	.937	7	.613
	P1	.238	7	.200*	.816	7	.059
	P2	.219	7	.200*	.963	7	.845
BB2	K1	.243	7	.200*	.880	7	.224
	K2	.134	7	.200*	.976	7	.937
	P1	.193	7	.200*	.894	7	.295
	P2	.194	7	.200*	.958	7	.805
BB3	K1	.201	7	.200*	.895	7	.304
	K2	.141	7	.200*	.969	7	.887
	P1	.225	7	.200*	.937	7	.610
	P2	.169	7	.200*	.936	7	.602
BB4	K1	.265	7	.148	.881	7	.232
	K2	.184	7	.200*	.955	7	.773
	P1	.165	7	.200*	.942	7	.656
	P2	.198	7	.200*	.946	7	.694
BB5	K1	.239	7	.200*	.880	7	.225
	K2	.191	7	.200*	.961	7	.831
	P1	.188	7	.200*	.910	7	.394
	P2	.132	7	.200*	.982	7	.967
BB6	K1	.269	7	.136	.861	7	.154
	K2	.164	7	.200*	.952	7	.752
	P1	.164	7	.200*	.950	7	.728
	P2	.155	7	.200*	.960	7	.822
BB7	K1	.276	7	.114	.831	7	.083
	K2	.240	7	.200*	.855	7	.137
	P1	.189	7	.200*	.931	7	.559
	P2	.232	7	.200*	.872	7	.195
BB8	K1	.233	7	.200*	.879	7	.221
	K2	.191	7	.200*	.961	7	.831
	P1	.157	7	.200*	.940	7	.641
	P2	.111	7	.200*	.984	7	.976

a. Lilliefors Significance Correction
*. This is a lower bound of the true significance

Descriptives

	Kode	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
BB1	K1	7	180.0000	5.94418	2.24669	174.5025	185.4975	171.00	186.00
	K2	7	180.0000	5.56776	2.10442	174.8507	185.1493	173.00	188.00
	P1	7	183.5714	4.07665	1.54083	179.8012	187.3417	179.00	188.00
	P2	7	182.0000	2.82843	1.06904	179.3841	184.6159	178.00	187.00
	Total	28	181.3929	4.74802	.89729	179.5518	183.2339	171.00	188.00
BB2	K1	7	187.1429	6.41427	2.42437	181.2106	193.0751	178.00	194.00
	K2	7	187.2857	5.02375	1.89880	182.6395	191.9319	180.00	194.00
	P1	7	189.7143	3.77334	1.42619	186.2245	193.2040	185.00	194.00
	P2	7	189.0000	3.21455	1.21499	186.0270	191.9730	184.00	193.00
	Total	28	188.2857	4.63367	.87568	186.4890	190.0825	178.00	194.00
BB3	K1	7	193.0000	6.02771	2.27826	187.4253	198.5747	184.00	199.00
	K2	7	202.0000	4.72582	1.78619	197.6293	206.3707	195.00	208.00
	P1	7	204.2857	3.25137	1.22890	201.2787	207.2927	200.00	209.00
	P2	7	203.0000	3.10913	1.17514	200.1245	205.8755	199.00	207.00
	Total	28	200.5714	6.16699	1.16545	198.1801	202.9627	184.00	209.00
BB4	K1	7	199.0000	5.94418	2.24669	193.5025	204.4975	190.00	205.00
	K2	7	215.7143	4.75094	1.79569	211.3204	220.1082	209.00	222.00
	P1	7	218.1429	4.14039	1.56492	214.3136	221.9721	212.00	223.00
	P2	7	218.1429	2.79455	1.05624	215.5583	220.7274	213.00	222.00
	Total	28	212.7500	9.20799	1.74015	209.1795	216.3205	190.00	223.00
BB5	K1	7	205.4286	5.94018	2.24518	199.9348	210.9223	197.00	212.00
	K2	7	231.7143	4.23140	1.59932	227.8009	235.6277	225.00	237.00
	P1	7	227.4286	4.85994	1.83689	222.9339	231.9233	221.00	233.00
	P2	7	226.1429	2.79455	1.05624	223.5583	228.7274	222.00	230.00
	Total	28	222.6786	11.22845	2.12198	218.3246	227.0325	197.00	237.00
BB6	K1	7	212.0000	5.80230	2.19306	206.6338	217.3662	204.00	218.00
	K2	7	248.1429	3.67099	1.38750	244.7478	251.5380	243.00	253.00
	P1	7	239.2857	5.21901	1.97260	234.4589	244.1125	232.00	246.00
	P2	7	235.5714	2.69921	1.02020	233.0751	238.0678	232.00	240.00
	Total	28	233.7500	14.25853	2.69461	228.2211	239.2789	204.00	253.00
BB7	K1	7	218.7143	6.10230	2.30645	213.0706	224.3580	211.00	225.00
	K2	7	262.4286	3.59894	1.36027	259.1001	265.7570	257.00	266.00
	P1	7	247.8571	5.45981	2.06361	242.8077	252.9066	241.00	255.00
	P2	7	242.1429	3.23669	1.22336	239.1494	245.1363	239.00	248.00
	Total	28	242.7857	16.64745	3.14607	236.3305	249.2409	211.00	266.00
BB8	K1	7	225.8571	5.14550	1.94482	221.0983	230.6159	218.00	231.00
	K2	7	276.7143	4.23140	1.59932	272.8009	280.6277	270.00	282.00
	P1	7	256.8571	5.30498	2.00510	251.9509	261.7634	249.00	263.00
	P2	7	250.1429	2.41030	.91101	247.9137	252.3720	247.00	254.00
	Total	28	252.3929	18.96847	3.58470	245.0377	259.7481	218.00	282.00

Test of Homogenity of Variance

	Levene Statistic	df1	df2	Sig.
BB1	3.376	3	24	.035
BB2	2.848	3	24	.059
BB3	2.520	3	24	.082
BB4	3.080	3	24	.047
BB5	3.292	3	24	.038
BB6	3.562	3	24	.029
BB7	3.482	3	24	.031
BB8	2.948	3	24	.053

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
BB1	Between Groups	62.964	3	20.988	.923	.445
	Within Groups	545.714	24	22.738		
	Total	608.679	27			
BB2	Between Groups	34.000	3	11.333	.498	.687
	Within Groups	545.714	24	22.738		
	Total	579.714	27			
BB3	Between Groups	553.429	3	184.476	9.352	<.001
	Within Groups	473.429	24	19.726		
	Total	1026.857	27			
BB4	Between Groups	1792.107	3	597.369	28.839	<.001
	Within Groups	497.143	24	20.714		
	Total	2289.250	27			
BB5	Between Groups	2896.393	3	965.464	45.638	<.001
	Within Groups	507.714	24	21.155		
	Total	3404.107	27			
BB6	Between Groups	4999.250	3	1666.417	81.620	<.001
	Within Groups	490.000	24	20.417		
	Total	5489.250	27			
BB7	Between Groups	6939.857	3	2313.286	102.272	<.001
	Within Groups	542.857	24	22.619		
	Total	7482.714	27			
BB8	Between Groups	9244.679	3	3081.560	157.356	<.001
	Within Groups	470.000	24	19.583		
	Total	9714.679	27			

Post Hoc Test

Multiple Comparisons

Tukey HSD

Dependent Variable	(I) Kelompok	(J) Kelompok	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
BB1	K1	K2	.00000	2.54884	1.000	-7.0313	7.0313
		P1	-3.57143	2.54884	.511	-10.6027	3.4598
		P2	-2.00000	2.54884	.861	-9.0313	5.0313
	K2	K1	.00000	2.54884	1.000	-7.0313	7.0313
		P1	-3.57143	2.54884	.511	-10.6027	3.4598
		P2	-2.00000	2.54884	.861	-9.0313	5.0313
	P1	K1	3.57143	2.54884	.511	-3.4598	10.6027
		K2	3.57143	2.54884	.511	-3.4598	10.6027
		P2	1.57143	2.54884	.926	-5.4598	8.6027
	P2	K1	2.00000	2.54884	.861	-5.0313	9.0313
		K2	2.00000	2.54884	.861	-5.0313	9.0313
		P1	-1.57143	2.54884	.926	-8.6027	5.4598
BB2	K1	K2	-.14286	2.54884	1.000	-7.1741	6.8884
		P1	-2.57143	2.54884	.746	-9.6027	4.4598
		P2	-1.85714	2.54884	.885	-8.8884	5.1741
	K2	K1	.14286	2.54884	1.000	-6.8884	7.1741
		P1	-2.42857	2.54884	.777	-9.4598	4.6027
		P2	-1.71429	2.54884	.906	-8.7455	5.3170
	P1	K1	2.57143	2.54884	.746	-4.4598	9.6027
		K2	2.42857	2.54884	.777	-4.6027	9.4598
		P2	.71429	2.54884	.992	-6.3170	7.7455
	P2	K1	1.85714	2.54884	.885	-5.1741	8.8884
		K2	1.71429	2.54884	.906	-5.3170	8.7455
		P1	-.71429	2.54884	.992	-7.7455	6.3170
BB3	K1	K2	-9.00000*	2.37404	.005	-15.5490	-2.4510
		P1	-11.28571*	2.37404	<.001	-17.8348	-4.7367
		P2	-10.00000*	2.37404	.002	-16.5490	-3.4510
	K2	K1	9.00000*	2.37404	.005	2.4510	15.5490
		P1	-2.28571	2.37404	.771	-8.8348	4.2633
		P2	-1.00000	2.37404	.974	-7.5490	5.5490

	P1	K1	11.28571*	2.37404	<.001	4.7367	17.8348
		K2	2.28571	2.37404	.771	-4.2633	8.8348
		P2	1.28571	2.37404	.948	-5.2633	7.8348
	P2	K1	10.00000*	2.37404	.002	3.4510	16.5490
		K2	1.00000	2.37404	.974	-5.5490	7.5490
		P1	-1.28571	2.37404	.948	-7.8348	5.2633
BB4	K1	K2	-16.71429*	2.43277	<.001	-23.4253	-10.0032
		P1	-19.14286*	2.43277	<.001	-25.8539	-12.4318
		P2	-19.14286*	2.43277	<.001	-25.8539	-12.4318
	K2	K1	16.71429*	2.43277	<.001	10.0032	23.4253
		P1	-2.42857	2.43277	.752	-9.1396	4.2825
		P2	-2.42857	2.43277	.752	-9.1396	4.2825
	P1	K1	19.14286*	2.43277	<.001	12.4318	25.8539
		K2	2.42857	2.43277	.752	-4.2825	9.1396
		P2	.00000	2.43277	1.000	-6.7111	6.7111
	P2	K1	19.14286*	2.43277	<.001	12.4318	25.8539
		K2	2.42857	2.43277	.752	-4.2825	9.1396
		P1	.00000	2.43277	1.000	-6.7111	6.7111
BB5	K1	K2	-26.28571*	2.45850	<.001	-33.0678	-19.5037
		P1	-22.00000*	2.45850	<.001	-28.7820	-15.2180
		P2	-20.71429*	2.45850	<.001	-27.4963	-13.9322
	K2	K1	26.28571*	2.45850	<.001	19.5037	33.0678
		P1	4.28571	2.45850	.324	-2.4963	11.0678
		P2	5.57143	2.45850	.134	-1.2106	12.3535
	P1	K1	22.00000*	2.45850	<.001	15.2180	28.7820
		K2	-4.28571	2.45850	.324	-11.0678	2.4963
		P2	1.28571	2.45850	.953	-5.4963	8.0678
	P2	K1	20.71429*	2.45850	<.001	13.9322	27.4963
		K2	-5.57143	2.45850	.134	-12.3535	1.2106
		P1	-1.28571	2.45850	.953	-8.0678	5.4963
BB6	K1	K2	-36.14286*	2.41523	<.001	-42.8055	-29.4802
		P1	-27.28571*	2.41523	<.001	-33.9484	-20.6230
		P2	-23.57143*	2.41523	<.001	-30.2341	-16.9088
	K2	K1	36.14286*	2.41523	<.001	29.4802	42.8055
		P1	8.85714*	2.41523	.006	2.1945	15.5198
		P2	12.57143*	2.41523	<.001	5.9088	19.2341
	P1	K1	27.28571*	2.41523	<.001	20.6230	33.9484
		K2	-8.85714*	2.41523	.006	-15.5198	-2.1945
		P2	3.71429	2.41523	.432	-2.9484	10.3770
	P2	K1	23.57143*	2.41523	<.001	16.9088	30.2341
		K2	-12.57143*	2.41523	<.001	-19.2341	-5.9088
		P1	-3.71429	2.41523	.432	-10.3770	2.9484
BB7	K1	K2	-43.71429*	2.54216	<.001	-50.7271	-36.7015
		P1	-29.14286*	2.54216	<.001	-36.1557	-22.1300
		P2	-23.42857*	2.54216	<.001	-30.4414	-16.4157
	K2	K1	43.71429*	2.54216	<.001	36.7015	50.7271
		P1	14.57143*	2.54216	<.001	7.5586	21.5843
		P2	20.28571*	2.54216	<.001	13.2729	27.2985
	P1	K1	29.14286*	2.54216	<.001	22.1300	36.1557
		K2	-14.57143*	2.54216	<.001	-21.5843	-7.5586
		P2	5.71429	2.54216	.139	-1.2985	12.7271
	P2	K1	23.42857*	2.54216	<.001	16.4157	30.4414
		K2	-20.28571*	2.54216	<.001	-27.2985	-13.2729
		P1	-5.71429	2.54216	.139	-12.7271	1.2985
BB8	K1	K2	-50.85714*	2.36543	<.001	-57.3824	-44.3319
		P1	-31.00000*	2.36543	<.001	-37.5253	-24.4747
		P2	-24.28571*	2.36543	<.001	-30.8110	-17.7604
	K2	K1	50.85714*	2.36543	<.001	44.3319	57.3824
		P1	19.85714*	2.36543	<.001	13.3319	26.3824
		P2	26.57143*	2.36543	<.001	20.0461	33.0967
	P1	K1	31.00000*	2.36543	<.001	24.4747	37.5253
		K2	-19.85714*	2.36543	<.001	-26.3824	-13.3319
		P2	6.71429*	2.36543	.042	.1890	13.2396
	P2	K1	24.28571*	2.36543	<.001	17.7604	30.8110
		K2	-26.57143*	2.36543	<.001	-33.0967	-20.0461
		P1	-6.71429*	2.36543	.042	-13.2396	-.1890

*. The mean difference is significant at the 0.05 level.

BB Minggu 1

Tukey HSD[a]

Kelompok	N	Subset for alpha = 0.05 1
K1	7	180.0000
K2	7	180.0000
P1	7	182.0000
P2	7	183.5714
Sig.		.511

Means for groups in homogenous subsets are displayed

a. Uses Harmonic Mean Sample Size = 7.000

BB Minggu 2

Tukey HSD[a]

Kelompok	N	Subset for alpha = 0.05 1
K1	7	187.1429
K2	7	187.2857
P2	7	189.0000
P1	7	189.7143
Sig.		.746

Means for groups in homogenous subsets are displayed

a. Uses Harmonic Mean Sample Size = 7.000

BB Minggu 3

Tukey HSD[a]

Kelompok	N	Subset for alpha = 0.05 1	 2
K1	7	193.0000	
K2	7		202.0000
P2	7		203.0000
P1	7		204.2857
Sig.		1.000	.771

Means for groups in homogenous subsets are displayed

a. Uses Harmonic Mean Sample Size = 7.000

BB Minggu 4

Tukey HSD[a]

Kelompok	N	Subset for alpha = 0.05 1	 2
K1	7	199.0000	
K2	7		215.7143
P1	7		218.1429
P2	7		218.1429
Sig.		1.000	.752

Means for groups in homogenous subsets are displayed

a. Uses Harmonic Mean Sample Size = 7.000

BB Minggu 5

Tukey HSD[a]

Kelompok	N	Subset for alpha = 0.05	
		1	2
K1	7	199.0000	
P2	7		215.7143
P1	7		218.1429
K2	7		218.1429
Sig.		1.000	.752

Means for groups in homogenous subsets
are displayed
a. Uses Harmonic Mean Sample Size = 7.000

BB Minggu 6

Tukey HSD[a]

Kelompok	N	Subset for alpha = 0.05		
		1	2	3
K1	7	212.0000		
P2	7		235.5714	
P1	7		239.2857	
K2	7			248.1429
Sig.		1.000	.432	1.000

Means for groups in homogenous subsets
are displayed
a. Uses Harmonic Mean Sample Size = 7.000

BB Minggu 7

Tukey HSD[a]

Kelompok	N	Subset for alpha = 0.05		
		1	2	3
K1	7	218.7143		
P2	7		242.1429	
P1	7		247.8571	
K2	7			262.4286
Sig.		1.000	.139	1.000

Means for groups in homogenous subsets
are displayed
a. Uses Harmonic Mean Sample Size = 7.000

BB Minggu 8

Tukey HSD[a]

Kelompok	N	Subset for alpha = 0.05			
		1	2	3	4
K1	7	225.8571			
P2	7		250.1429		
P1	7			256.8571	
K2	7				276.7143
Sig.		1.000	1.000	1.000	1.000

Means for groups in homogenous subsets
are displayed
a. Uses Harmonic Mean Sample Size = 7.000

Paired Sample Statistics

		Mean	N	Std. Deviation	Std.Error Mean
Pair 1	BB2	188.2857	28	4.63367	.87568
	BB4	212.7500	28	9.20799	1.74015
Pair 2	BB4	212.7500	28	9.20799	1.74015
	BB8	252.3929	28	18.96847	3.58470

Paired Samples Test

		95% Confidence Interval for Mean		t	df	Sig. (2-sided p)
		Lower	Upper			
Pair 1	BB2 - BB4	1.41186	-27.36118	-21.56740	-17.328	<.001
Pair 2	BB4 - BB8	2.51672	-44.80675	-34.47897	-15.752	<.001

Lampiran 4. Analisis Kadar Kolesterol Total

Test of Normality

	Kelompok	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
TCpre	K1	.152	7	.200*	.978	7	.947
	K2	.153	7	.200*	.970	7	.897
	P1	.161	7	.200*	.977	7	.944
	P2	.182	7	.200*	.922	7	.486
TCpost	K1	.151	7	.200*	.947	7	.705
	K2	.140	7	.200*	.929	7	.541
	P1	.218	7	.200*	.881	7	.229
	P2	.196	7	.200*	.956	7	.787

a. Lilliefors Significance Correction
*. This is a lower bound of the true significance

Descriptives

	Kode	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
TCpre	K1	7	92.6614	2.39674	.90588	90.4448	94.8780	89.04	95.89
	K2	7	190.0186	3.93219	1.48523	186.3819	193.6552	184.93	195.89
	P1	7	187.6729	3.01268	1.13869	184.8866	190.4591	183.56	192.47
	P2	7	189.6300	2.14558	.81095	187.6457	191.6143	186.99	192.47
	Total	28	164.9957	42.62922	8.05617	148.4658	181.5257	89.04	195.89
TCpost	K1	7	93.9357	2.47582	.93577	91.6460	96.2255	90.77	97.42
	K2	7	192.5143	4.65528	1.75953	188.2089	196.8197	186.72	198.52
	P1	7	126.5171	5.16367	1.95168	121.7415	131.2927	119.56	132.10
	P2	7	105.6414	4.65803	1.76057	101.3335	109.9494	98.15	111.44
	Total	28	129.6521	34.04060	7.37798	114.5138	144.7905	90.77	198,52

Test of Homogenity of Variance

	Levene Statistic	df1	df2	Sig.
TCpre	1.274	3	24	.306
TCpost	2.134	3	24	.122

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
TCpre	Between Groups	48856.452	3	16285.484	1867.267	<.001
	Within Groups	209.318	24	8.722		
	Total	49065.769	27			
TCpost	Between Groups	40695.584	3	13565.195	712.438	<.001
	Within Groups	456.972	24	19.041		
	Total	41152.557	27			

Post Hoc Test

Multiple Comparisons

Tukey HSD

Dependent Variable	(I) Kelompok	(J) Kelompok	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Pre-test	K1	K2	-97.35714*	1.57857	<.001	-101.7118	-93.0025
		P1	-95.01143*	1.57857	<.001	-99.3661	-90.6568
		P2	-96.96857*	1.57857	<.001	-101.3232	-92.6139
	K2	K1	97.35714*	1.57857	<.001	93.0025	101.7118
		P1	2.34571	1.57857	.461	-2.0089	6.7004
		P2	.38857	1.57857	.995	-3.9661	4.7432
	P1	K1	95.01143*	1.57857	<.001	90.6568	99.3661
		K2	-2.34571	1.57857	.461	-6.7004	2.0089
		P2	-1.95714	1.57857	.608	-6.3118	2.3975
	P2	K1	96.96857*	1.57857	<.001	92.6139	101.3232
		K2	-.38857	1.57857	.995	-4.7432	3.9661
		P1	1.95714	1.57857	.608	-2.3975	6.3118
Post-test	K1	K2	-98.57857*	2.33241	<.001	-105.0128	-92.1444
		P1	-32.58143*	2.33241	<.001	-39.0156	-26.1472
		P2	-11.70571*	2.33241	<.001	-18.1399	-5.2715
	K2	K1	98.57857*	2.33241	<.001	92.1444	105.0128
		P1	65.99714*	2.33241	<.001	59.5629	72.4314
		P2	86.87286*	2.33241	<.001	80.4386	93.3071
	P1	K1	32.58143*	2.33241	<.001	26.1472	39.0156
		K2	-65.99714*	2.33241	<.001	-72.4314	-59.5629
		P2	20.87571*	2.33241	<.001	14.4415	27.3099
	P2	K1	11.70571*	2.33241	<.001	5.2715	18.1399
		K2	-86.87286*	2.33241	<.001	-93.3071	-80.4386
		P1	-20.87571*	2.33241	<.001	-27.3099	-14.4415

*. The mean difference is significant at the 0.05 level.

TCpre

Tukey HSD[a]

Kelompok	N	Subset for alpha = 0.05	
		1	2
K1	7	92.6614	
P1	7		187.6729
P2	7		189.6300
K2	7		190.0186
Sig.		1.000	.461

Means for groups in homogeneous subsets are displayed.
a. Uses Harmonic Mean Sample Size = 7.000.