

# LAMPIRAN

Lampiran 1. Surat Ijin Studi Pendahuluan ke Puskesmas Bangetayu Semarang

 **UNIVERSITAS ISLAM SULTAN AGUNG (UNISSULA)**  
**FAKULTAS ILMU KEPERAWATAN**  
Jl. Raya Kaligawe Km. 4 Po Box. 1054 Telp. (024) 6583584 psw 266, 6581278 Semarang 50112

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Nomor : 271/F.S1/FIK-SA/IX/2018  
Lamp : - Lembar  
Perihal : Permohonan Ijin Survey

Kepada Yth.  
Kepala Puskesmas  
Bangetayu  
Di  
Semarang

**Assalamu'alaikum Wr. Wb.**

Berkenaan dengan Penyusunan Proposal Skripsi mahasiswa S1 Keperawatan Fakultas Ilmu Keperawatan Unissula, untuk itu kami mohon ijin mahasiswa di bawah ini untuk melakukan survey pendahuluan dan pengambilan data. Adapun nama mahasiswa tersebut adalah sebagai berikut :

Nama : Emania Dwi Cahyani  
Nim : 30901501920  
Keperluan : Observasi Survey Pendahuluan  
Judul/Tema : Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus Di Puskesmas Bangetayu  
Pembimbing I : Ns. Moch. Aspihan, M.Kep.,Sp.Kep.Kom  
Pembimbing II : Ns. Iskim Luthfa, M.Kep.

Demikian Permohonan ini kami buat, Atas perhatian dan perkenannya kami ucapkan terima kasih.

**Billahittaufiq Wal Hidayah,  
Wassalamu'alaikum Wr. Wb.**

Semarang, 6 Muharram 1440 H  
17 September 2018 M

  
**Universitas Islam Sultan Agung**  
**Fakultas Ilmu Keperawatan**  
**Prodi S1 Keperawatan**  
**Ns. Tutik Rahayu, M.Kep., Sp.Kep.Mat**  
**Ka.Prodi**

Lampiran 2. Surat Balasan Ijin Studi Pendahuluan ke Puskesmas Bangetayu Semarang

**PEMERINTAH KOTA SEMARANG**  
**DINAS KESEHATAN**  
MG. Setos Jl. Inspeksi Gajahmada Telp. (024) 8415269-8318070 Fax. (024) 831877  
Kode Pos : 50241 SEMARANG

---

Nomor : 072/17746  
Sifat :  
Lampiran :  
Perihal : Permohonan Izin Survey

Semarang, 25 SEP 2018  
Kepada :  
Yth. Ka. Puskesmas Bangetayu

di –  
SEMARANG

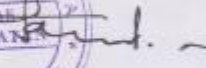
Dasar surat dari Fakultas Ilmu Keperawatan Universitas Islam Sultan Agung (UNISSULA), tanggal 17 September 2018, Nomor: 271/F.S1/FIK-SA/IX/2018 perihal tersebut pada pokok surat.

Sehubungan hal tersebut diatas, bersama ini kami hadapkan mahasiswa atas nama :

Nama : Emania Dwi cahyani  
NIM/NIP : 30901501920  
Judul : "Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus di Puskesmas Bangetayu"

Yang akan melaksanakan kegiatan survey di wilayah kerja Puskesmas saudara, dilaksanakan pada bulan september s/d Oktober 2018 dengan catatan selama melaksanakan kegiatan tersebut tetap harus mentaati peraturan yang berlaku di Puskesmas dan Pemerintah Kota Semarang.

Demikian harap maklum, atas perhatian dan kerjasamanya kami ucapkan terimakasih.

  
B. T. KEPALA DINAS KESEHATAN  
Sekretaris  
  
Sarwoko OETOMO, MMR  
Pembina Tk. I  
NIP. 19640115 199603 1 002

TEMBUSAN, Kepada Yth. :  
1. Kepala Dinas Kesehatan (sebagai laporan);  
2. Dekan FIK UNISSULA;  
3. Yang bersangkutan;  
4. Arsip.  
\_\_\_\_\_

Lampiran 3. Surat Permohonan Ijin Uji Validitas Dan Reliabilitas

|                                                                                   |                                                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>YAYASAN BADAN WAKAF SULTAN AGUNG</b><br/><b>UNIVERSITAS ISLAM SULTAN AGUNG (UNISSULA)</b><br/><b>FAKULTAS ILMU KEPERAWATAN</b></p> <p>Jl. Raya Kaligawe Km. 4 Po Box. 1054 Telp. (024) 6583584 psw 266, 6581278 Semarang 50112</p> |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



|         |                                   |
|---------|-----------------------------------|
| Nomor   | : 371/F.S1/FIK-SA/X/2018          |
| Lamp    | : - Lembar                        |
| Perihal | : <u>Permohonan Uji Validitas</u> |

Kepada Yth.  
Kepala Puskesmas  
Genuk Semarang  
Di  
Semarang

**Assalamu'alaikum Wr Wb**

Berkenaan dengan Penyusunan Skripsi mahasiswa S1 Keperawatan Fakultas Ilmu Keperawatan Unissula, untuk itu kami mohon ijin mahasiswa di bawah ini untuk melakukan uji validitas dalam Penelitian. Adapun nama mahasiswa tersebut adalah sebagai berikut :

|               |                                                                                                        |
|---------------|--------------------------------------------------------------------------------------------------------|
| Nama          | : Emania Dwi Cahyani                                                                                   |
| Nim           | : 30901501920                                                                                          |
| Keperluan     | : Uji Validitas                                                                                        |
| Judul/Tema    | : Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus Tipe II Di Puskesmas Bangetayu |
| Pembimbing I  | : Ns. Moch. Aspihan, M.Kep.,Sp.Kep.Kom                                                                 |
| Pembimbing II | : Ns. Iskim Luthfa, M.Kep.                                                                             |

Demikian Permohonan ini kami buat, Atas perhatian dan perkenannya kami ucapkan terima kasih.

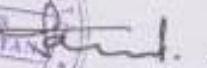
**Billahittaufiq Wal Hidayah,  
Wassalamu'alaikum Wr Wb.**

Semarang, 3 Safar 1440 H  
12 Oktober 2018 M

Universitas Islam Sultan Agung  
Fakultas Ilmu Keperawatan  
Prodi S1 Keperawatan

  
Ns. Tutik Rahayu, M.Kep., Sp.Kep.Mat  
Ka.Prodi

Lampiran 4. Surat Balasan Permohonan Ijin Uji Validitas Dan Reliabilitas

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>PEMERINTAH KOTA SEMARANG</b><br><b>DINAS KESEHATAN</b> |
| MG. Setos Jl. Inspeksi Gajahmada Telp: (024) 8415269-8318070 Fax: (024) 831877<br>Kode Pos : 50241 SEMARANG                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                           |
| <hr/>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                           |
| Nomor : 071 / 10185                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Semarang, 29 OCT 2018                                     |
| Sifat :                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Kepada :                                                  |
| Lampiran :                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Yth. Ka. Puskesmas Genuk                                  |
| Perihal : Izin Uji Validitas                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | di - SEMARANG                                             |
| <p>Dasar surat dari Fakultas Ilmu Keperawatan Universitas Islam Sultan Agung (UNISSULA), tanggal 12 Oktober 2018, Nomor: 370/F.S1/FIK-SA/X/2018 perihal tersebut pada pokok surat.</p> <p>Sehubungan dengan hal tersebut diatas, bersama ini kami hadapkan mahasiswa atas nama :</p> <p>Nama : Emania Dwi Cahyani</p> <p>NIM/NIP : 30901501920</p> <p>Judul : "Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus Tipe II di Puskesmas Bangetayu"</p> <p>Yang akan melaksanakan kegiatan uji validitas di wilayah kerja Puskesmas saudara, dilaksanakan pada tanggal 17 Oktober 2018 s/d 17 Maret 2019 dengan catatan selama melaksanakan kegiatan tersebut tetap harus mentaati peraturan yang berlaku di Puskesmas dan Pemerintah Kota Semarang.</p> <p>Demikian harap maklum, atas perhatian dan kerjasamanya kami ucapkan terimakasih.</p> |                                                           |
| <div style="text-align: right;"><br/>Kepala Dinas Kesehatan<br/>Sekretaris<br/><br/>dr. SARWOKO OETOMO, MMR<br/>Pembina Tk. I<br/>NIP. 19640115 199603 1 002</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                           |
| TEMBUSAN, Kepada Yth. :                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                           |
| 1. Kepala Dinas Kesehatan (sebagai laporan);                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                           |
| 2. Dekan Fakultas Ilmu Keperawatan UNISSULA;                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                           |
| 3. Yang bersangkutan;                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                           |
| 4. Arsip.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                           |

Lampiran 5. Surat Surat Permohonan Ijin Penelitian ke Kesbangpol Kota Semarang

**YAYASAN BADAN WAKAF SULTAN AGUNG**  
**UNIVERSITAS ISLAM SULTAN AGUNG (UNISSULA)**  
**FAKULTAS ILMU KEPERAWATAN**  
Jl. Raya Kaligawe Km. 4 Po Box. 1054 Telp. (024) 6583584 psw 266, 6581278 Semarang 50112

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Nomor : 370/F.S1/FIK-SA/X/2018  
Lamp : - Lembar  
Perihal : **Permohonan Ijin Penelitian**

Kepada Yth.  
Kepala Kesbangpol  
Kota Semarang  
Di  
Semarang

**Assalamu'alaikum Wr. Wb.**

Berkenaan dengan Penyusunan Skripsi mahasiswa S1 Keperawatan Fakultas Ilmu Keperawatan Unissula, untuk itu kami mohon ijin mahasiswa di bawah ini untuk melakukan penelitian dan pengambilan data. Adapun nama mahasiswa tersebut adalah sebagai berikut :

Nama : Emania Dwi Cahyani  
Nim : 30901501920  
Keperluan : Penelitian  
Judul/Tema : Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus Tipe II Di Puskesmas Bangetayu

Pembimbing I : Ns. Moch. Aspihan, M.Kep.,Sp.Kep.Kom  
Pembimbing II : Ns. Iskim Luthfa, M.Kep.

Demikian Permohonan ini kami buat, Atas perhatian dan perkenannya kami ucapkan terima kasih.

**Billahittaufiq Wal Hidayah,**  
**Wassalamu'alaikum Wr. Wb.**

Semarang, 3 Safar 1440 H  
12 Oktober 2018 M

  
**Universitas Islam Sultan Agung**  
**Fakultas Ilmu Keperawatan**  
**Prodi S1 Keperawatan**  
**Ns. Tuuk Rahayu, M.Kep., Sp.Kep.Mat**  
**Ka.Prodi**

Lampiran 6. Surat Permohonan Ijin Penelitian ke Dinas Kesehatan Kota Semarang

**YAYASAN BADAN WAKAF SULTAN AGUNG  
UNIVERSITAS ISLAM SULTAN AGUNG (UNISSULA)  
FAKULTAS ILMU KEPERAWATAN**  
Jl. Raya Kaligawe Km. 4 Po Box. 1054 Telp. (024) 6583584 psw 266, 6581278 Semarang 50112

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Nomor : 370/F.S1/FIK-SA/X/2018  
Lamp : - Lembar  
Perihal : **Permohonan Ijin Penelitian**

Kepada Yth.  
Kepala Dinas Kesehatan  
Kota Semarang  
Di  
Semarang

**Assalamu'alaikum Wr. Wb.**

Berkenaan dengan penyusunan skripsi mahasiswa S1 Keperawatan Fakultas Ilmu Keperawatan Unissula, untuk itu kami mohon ijin mahasiswa di bawah ini untuk melakukan penelitian di Puskesmas Bangetayu dan Genuk Semarang. Adapun nama mahasiswa tersebut adalah sebagai berikut :

Nama : Emania Dwi Cahyani  
Nim : 30901501920  
Keperluan : Penelitian  
Judul/Tema : Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus Tipe II Di Puskesmas Bangetayu  
Pembimbing I : Ns. Moch. Aspihan, M.Kep.,Sp.Kep.Kom  
Pembimbing II : Ns. Iskim Luthfa, M.Kep.

Demikian Permohonan ini kami buat, Atas perhatian dan perkenannya kami ucapkan terima kasih.

**Billahittaufiq Wal Hidayah,  
Wassalamu'alaikum Wr. Wb.**

Semarang, 3 Safar 1440 H  
12 Oktober 2018 M

  
Universitas Islam Sultan Agung  
Fakultas Ilmu Keperawatan  
Prodi S1 Keperawatan  
**Ns. Tutu Rahayu, M.Kep., Sp.Kep.Mat  
Ka.Prodi**

Lampiran 7. Surat Permohonan Ijin Penelitian ke Puskesmas Bangetayu Semarang



**YAYASAN BADAN WAKAF SULTAN AGUNG**  
**UNIVERSITAS ISLAM SULTAN AGUNG (UNISSULA)**  
**FAKULTAS ILMU KEPERAWATAN**  
Jl. Raya Kaligawe Km. 4 Po Box. 1054 Telp. (024) 6583584 psw 266, 6581278 Semarang 50112

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Nomor : 370/F.S1/FIK-SA/X/2018  
Lamp : - Lembar  
Perihal : Permohonan Ijin Penelitian

Kepada Yth.  
Kepala Puskesmas  
Bangetayu  
Di  
Semarang

**Assalamu'alaikum Wr. Wb.**

Berkenaan dengan Penyusunan Skripsi mahasiswa S1 Keperawatan Fakultas Ilmu Keperawatan Unissula, untuk itu kami mohon ijin mahasiswa di bawah ini untuk melakukan penelitian dan pengambilan data. Adapun nama mahasiswa tersebut adalah sebagai berikut :

Nama : Emania Dwi Cahyani  
Nim : 30901501920  
Keperluan : Penelitian  
Judul/Tema : Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus Tipe II Di Puskesmas Bangetayu  
Pembimbing I : Ns. Moch. Aspihan, M.Kep.,Sp.Kep.Kom  
Pembimbing II : Ns. Iskim Luthfa, M.Kep.

Demikian Permohonan ini kami buat, Atas perhatian dan perkenannya kami ucapkan terima kasih.

**Billahittaufiq Wal Hidayah,**  
**Wassalamu'alaikum Wr. Wb.**

Semarang, 3 Safar 1440 H  
12 Oktober 2018 M

  
Ns. Tutik Rahayu, M.Kep., Sp.Kep.Mat  
Ka.Prodi

Lampiran 8. Surat Balasan Permohonan Ijin Penelitian dari Dinas Kesehatan Kota Semarang



**PEMERINTAH KOTA SEMARANG**  
**DINAS KESEHATAN**

MG. Setos Jl. Inspeksi Gajahmada Telp. (024) 8415269-8318070 Fax. (024) 831877  
Kode Pos : 50241 SEMARANG

---

Nomor : 070/10100  
Sifat :  
Lampiran :  
Perihal : Permohonan Ijin Penelitian

Semarang, 29 OCT 2018  
Kepada :  
Yth. Ka. Puskesmas Bangetayu

di -  
SEMARANG

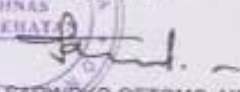
Dasar surat dari Fakultas Ilmu Keperawatan Universitas Islam Sultan Agung (UNISSULA), tanggal 12 Oktober 2018, Nomor: 370/F.S1/FIK-SA/X/2018 perihal tersebut pada pokok surat.

Sehubungan dengan hal tersebut diatas, bersama ini kami hadapkan mahasiswa atas nama :

Nama : Emania Dwi Cahyani  
NIM/NIP : 30901501920  
Judul : "Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus Tipe II di Puskesmas Bangetayu"

Yang akan melaksanakan kegiatan penelitian di wilayah kerja Puskesmas saudara, dilaksanakan pada tanggal 17 Oktober 2018 s/d 17 Maret 2019 dengan catatan selama melaksanakan kegiatan tersebut tetap harus mentaati peraturan yang berlaku di Puskesmas dan Pemerintah Kota Semarang.

Demikian harap maklum, atas perhatian dan kerjasamanya kami ucapkan terimakasih.

  
S. H. KEPALA DINAS KESEHATAN  
Sekretaris  
  
dr. SARWIKO OETOMO, MMR  
Pembina Tk. I  
NIP. 19640115 199603 1 002

TEMBUSAN, Kepada Yth. :

1. Kepala Dinas Kesehatan (sebagai laporan);
2. Dekan Fakultas Ilmu Keperawatan UNISSULA;
3. Yang bersangkutan;
4. Arsip.

Lampiran 9. Surat Balasan Permohonan Ijin Penelitian dari Puskesmas Bangetayu Semarang

PEMERINTAH KOTA SEMARANG  
PUSKESMAS BANGETAYU  
JL. RAYA BANGETAYU-GENUK TELP (024)6584353 SEMARANG

SURAT - KETERANGAN  
No. 070 /089

Yang bertanda tangan dibawah ini Kepala Puskesmas Bangetayu  
menerangkan bahwa

Nama : EMANIA DWI CAHYANI  
NIM : 30901501920  
Pendidikan : Fakultas Ilmu Keperawatan UNISSULA  
Semarang

Telah selesai melaksanakan ijin penelitian di Puskesmas Bangetayu  
dengan Judul **"Hubungan sikap kepatuhan Olahraga pada klien  
Diabetes Mellitus Tipe II di Puskesmas Bangetayu"**

Demikian surat keterangan ini kami buat untuk dapat  
dipergunakan seperlunya.

Semarang, 24 Januari 2019  
Kepala Puskesmas Bangetayu  
  
Dr. SURYANTO SETYO PRIYADI  
NIP.19650621 199903 1 004

Lampiran 10. Surat Keterangan Lolos Uji Etik

**YAYASAN BADAN WAKAF SULTAN AGUNG  
UNIVERSITAS ISLAM SULTAN AGUNG (UNISSULA)  
FAKULTAS ILMU KEPERAWATAN**  
Jl. Raya Kaligawe Km. 4 Po Box. 1054 Telp. (024) 6583584 psw 266, 6581278 Semarang 50112

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**SURAT KETERANGAN LOLOS Uji ETIK  
KOMITE ETIK PENELITIAN KESEHATAN  
FAKULTAS ILMU KEPERAWATAN  
UNISSULA SEMARANG**

Nomor : 429/A.1/FIK-SA/X/2018

Komite Etik Penelitian Kesehatan (KEPK), Fakultas Ilmu Keperawatan Unissula Semarang dalam upaya melindungi hak azasi dan kesejahteraan subyek penelitian, telah mengkaji dengan teliti proposal berjudul :

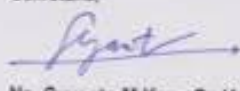
*"Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus Tipe II Di Puskesmas Bangetayu"*

Nama Peneliti Utama : Emania Dwi Cahyani  
NIM : 30901501920  
Nama Institusi : Fakultas Ilmu Keperawatan Unissula Semarang

Dan Telah *menyetujui* proposal tersebut.

Demikian untuk dapat dipergunakan sebagaimana mestinya.

  
Ketua  
Ns. Hj. Sri Wahyuni, M.Kep. Sp.Kep. Mat  
NIK : 210998007

Semarang, 13 Safar 1440 H  
23 Oktober 2018 M  
Sekretaris,  
  
Ns. Suyanto, M.Kep., Sp.Kep.MB  
NIK. 210909018

Lampiran 11. Surat Permohonan Menjadi Responden

**SURAT PERMOHONAN MENJADI RESPONDEN**

Saya yang bertanda tangan di bawah ini:

Nama : Emania Dwi Cahyani

NIM : 30901501920

Status : Mahasiswa Fakultas Ilmu Keperawatan Unissula Semarang

Dengan ini saya menyatakan permohonan kepada Bapak/Ibu untuk bersedia menjadi responden penelitian yang akan saya lakukan dengan judul “Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus di Puskesmas Bangetayu“. Penelitian ini memiliki tujuan untuk mengetahui hubungan sikap klien diabetes mellitus dengan kepatuhan olahraga klien diabetes mellitus.

Keikutsertaan Bapak/Ibu dalam penelitian ini adalah sukarela tanpa paksaan dari pihak manapun. Penelitian ini tidak akan menimbulkan akibat yang merugikan bagi responden. Peneliti menghargai hak dari Bapak/Ibu sebagai responden dalam penelitian ini. Identitas dan data/ informasi yang Bapak/Ibu berikan akan dijaga kerahasiaannya.

Demikian surat permohonan ini peneliti ajukan. Terima kasih atas kesediaan serta kerjasama Bapak/Ibu.

Semarang, .....

Peneliti

Emania Dwi Cahyani

Lampiran 12. Surat Persetujuan Menjadi Responden (*Inform Consent*)

**SURAT PERSETUJUAN MENJADI RESPONDEN**

Yang bertanda tangan dibawah ini,

Nama/ Inisial :

Umur :

Pendidikan :

Alamat :

Saya yang bertanda tangan di bawah ini akan memahami penjelasan yang diberikan peneliti/ mahasiswa tersebut dan menyatakan (bersedia/ tidak bersedia) menjadi responden penelitian dengan judul “Hubungan Sikap Dengan Kepatuhan Olahraga Pada Klien Diabetes Mellitus di Puskesmas Bangetayu”.

Saya memahami bahwa penelitian ini tidak beresiko negatif terhadap saya sehingga tanpa adanya paksaan saya bersedia berpartisipasi menjadi responden dalam penelitian ini dan peneliti memberikan hak kepada saya untuk mengundurkan diri dari penelitian ini tanpa ada resiko yang terjadi. Demikian pernyataan ini saya buat untuk dapat digunakan dengan semestinya.

Semarang, .....

Saksi

Responden

( )

( )

### Lampiran 13. Instrument Penelitian

#### **DATA DEMOGRAFI**

Petunjuk :

Isilah pertanyaan dibawah ini dengan menuliskan jawaban dan beri tanda centang (✓) pada kotak jawaban yang telah disediakan.

1. Nama ( inisial huruf depan) :
2. Jenis kelamin : L P
3. Usia : ..... tahun
4. Lama menderita diabetes mellitus : ☐ > 6 bulan ☐ < 6 bulan
5. Pernah mendapat informasi mengenai perawatan diabetes mellitus diantaranya olahraga  
☐ Iya ☐ Tidak
6. Memiliki luka ulkus di kaki  
☐ Iya ☐ Tidak

### KUESIONER SIKAP

Sikap merupakan kesiapan atau kesediaan untuk bertindak, dan bukan merupakan pelaksanaan motif tertentu.

Petunjuk Pengisian: Jawablah pertanyaan dibawah ini dengan memberikan tanda cek list (√) pada kolom yang tersedia.

Keterangan :

SS = Sangat setuju

S = Setuju

TS = Tidak setuju

STS = Sangat Tidak Setuju

| No. | Pernyataan                                                                                                     | SS | S | TS | STS |
|-----|----------------------------------------------------------------------------------------------------------------|----|---|----|-----|
| 1   | Saya percaya olahraga dapat membantu mengontrol gula darah saya                                                |    |   |    |     |
| 2   | Saya tidak pernah memikirkan kualitas olahraga yang saya lakukan                                               |    |   |    |     |
| 3   | Saya mencermati kualitas olahraga yang saya lakukan                                                            |    |   |    |     |
| 4   | Saya menyukai jenis olahraga aerobik seperti jalan kaki, jogging, bersepeda, berenang, senam                   |    |   |    |     |
| 5   | Sebagai penderita DM, saya merasa tidak terbebani dengan pola aktivitas fisik sesuai anjuran petugas kesehatan |    |   |    |     |
| 6   | Saya mengabaikan kualitas olahraga yang saya lakukan                                                           |    |   |    |     |
| 7   | Olahraga yang saya lakukan sudah berkualitas sesuai anjuran tenaga kesehatan                                   |    |   |    |     |
| 8   | Saya merasa terbebani jika harus menjalankan terapi olahraga                                                   |    |   |    |     |
| 9   | Bagi saya obat merupakan satu-satunya cara untuk menurunkan gula darah                                         |    |   |    |     |
| 10  | Saya melaksanakan olahraga agar kadar gula darah saya selalu terkontrol dengan baik                            |    |   |    |     |

|    |                                                                                             |  |  |  |  |
|----|---------------------------------------------------------------------------------------------|--|--|--|--|
| 11 | Jalan kaki tidak bermanfaat bagi penderita diabetes mellitus                                |  |  |  |  |
| 12 | Saya merasa senang setelah melakukan olahraga                                               |  |  |  |  |
| 13 | Semua aktivitas olahraga tidak membuat saya bahagia                                         |  |  |  |  |
| 14 | Saya meyakini bersepeda dapat membantu menurunkan gula darah saya                           |  |  |  |  |
| 15 | Saya tidak pernah memperhatikan pola olahraga yang benar untuk saya                         |  |  |  |  |
| 16 | Saya senantiasa menilai olahraga yang saya lakukan selama ini                               |  |  |  |  |
| 17 | Saya olahraga sesuai anjuran petugas kesehatan                                              |  |  |  |  |
| 18 | Saya tidak suka olahraga karena olahraga hanya membuat saya lelah                           |  |  |  |  |
| 19 | Bagi saya menghindari makanan manis merupakan satu-satunya cara untuk menurunkan gula darah |  |  |  |  |

### **KUESIONER KEPATUHAN OLAHRAGA**

1. Apakah anda melakukan aktivitas jasmani seperti jalan, lari, bersepeda, berenang, senam dalam seminggu ?
  - a. Ya
  - b. Tidak
2. Bila ya, berapa kali anda melakukan aktivitas jasmani tersebut dalam seminggu?
  - a. Lebih dari atau sama dengan 3 kali seminggu
  - b. Kurang dari tiga kali seminggu
3. Bila ya, berapa lama waktu yang anda butuhkan dalam setiap melakukan aktivitas jasmani?
  - a. 20-30 menit
  - b. Kurang dari 20 menit

## Lampiran 14. Hasil Pengolahan Data

### 1. Tabulasi Data Validitas

|    | p1 | p2 | p3 | p4 | p5 | p6 | p7 | p8 | p9 | p10 | p11 | p12 | p13 | p14 | p15 | p16 | p17 | p18 | p19 | p20 | p21 | p22 | p23 | p24 |
|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 2  | 3  | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 1   | 3   | 4   | 3   | 3   | 3   | 3   |
| 2  | 3  | 3  | 1  | 4  | 3  | 3  | 3  | 2  | 2  | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 4   | 3   | 3   | 3   | 3   | 3   |
| 3  | 4  | 2  | 3  | 2  | 2  | 3  | 3  | 2  | 1  | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 1   | 3   | 2   | 2   | 2   | 3   | 3   |
| 4  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 3  | 2  | 2   | 1   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 1   | 2   | 2   | 2   | 2   | 1   |
| 5  | 4  | 2  | 1  | 3  | 3  | 3  | 3  | 2  | 3  | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 1   | 3   | 3   | 3   | 3   | 3   | 3   |
| 6  | 3  | 3  | 3  | 2  | 2  | 3  | 3  | 3  | 3  | 2   | 4   | 3   | 3   | 3   | 4   | 1   | 3   | 2   | 4   | 2   | 2   | 2   | 3   | 3   |
| 7  | 3  | 4  | 1  | 3  | 2  | 3  | 3  | 2  | 2  | 2   | 4   | 4   | 3   | 3   | 4   | 3   | 3   | 2   | 3   | 2   | 2   | 2   | 3   | 3   |
| 8  | 3  | 3  | 3  | 4  | 4  | 3  | 4  | 1  | 3  | 3   | 2   | 3   | 3   | 3   | 2   | 3   | 3   | 1   | 3   | 3   | 3   | 3   | 3   | 1   |
| 9  | 3  | 3  | 1  | 2  | 3  | 3  | 3  | 2  | 3  | 3   | 1   | 3   | 3   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   |
| 10 | 3  | 4  | 1  | 1  | 2  | 4  | 3  | 2  | 1  | 2   | 3   | 3   | 2   | 4   | 3   | 4   | 3   | 2   | 4   | 1   | 2   | 2   | 3   | 3   |
| 11 | 3  | 3  | 3  | 3  | 2  | 3  | 4  | 1  | 2  | 2   | 4   | 3   | 3   | 3   | 4   | 3   | 3   | 1   | 3   | 2   | 2   | 2   | 3   | 3   |
| 12 | 4  | 2  | 3  | 1  | 1  | 3  | 3  | 2  | 1  | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 1   | 2   | 2   | 3   | 3   |
| 13 | 1  | 3  | 2  | 1  | 2  | 2  | 3  | 2  | 2  | 2   | 1   | 2   | 2   | 2   | 2   | 2   | 2   | 4   | 2   | 2   | 2   | 2   | 2   | 1   |
| 14 | 3  | 2  | 2  | 2  | 3  | 3  | 2  | 2  | 3  | 3   | 1   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 15 | 1  | 2  | 2  | 2  | 2  | 1  | 1  | 3  | 2  | 2   | 3   | 2   | 1   | 2   | 2   | 2   | 2   | 4   | 2   | 2   | 2   | 2   | 2   | 1   |
| 16 | 3  | 2  | 1  | 1  | 3  | 3  | 3  | 3  | 3  | 2   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 2   | 3   | 1   | 2   | 2   | 3   | 3   |
| 17 | 4  | 3  | 2  | 1  | 3  | 3  | 3  | 1  | 2  | 3   | 1   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   |
| 18 | 3  | 2  | 1  | 1  | 2  | 2  | 2  | 2  | 1  | 2   | 2   | 3   | 4   | 3   | 4   | 3   | 3   | 1   | 2   | 2   | 2   | 2   | 3   | 3   |
| 19 | 3  | 2  | 3  | 2  | 2  | 4  | 2  | 1  | 2  | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 2   | 2   | 3   | 3   |
| 20 | 4  | 2  | 2  | 4  | 2  | 3  | 3  | 2  | 1  | 2   | 1   | 2   | 3   | 4   | 3   | 3   | 3   | 2   | 4   | 2   | 2   | 2   | 3   | 3   |
| 21 | 2  | 2  | 2  | 2  | 1  | 3  | 2  | 3  | 2  | 2   | 1   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 1   |
| 22 | 2  | 3  | 3  | 1  | 3  | 3  | 3  | 2  | 3  | 4   | 1   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 4   | 4   | 4   |
| 23 | 3  | 2  | 1  | 4  | 2  | 3  | 3  | 3  | 2  | 2   | 4   | 2   | 3   | 3   | 3   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 3   | 3   |
| 24 | 4  | 3  | 4  | 1  | 4  | 4  | 4  | 1  | 3  | 3   | 2   | 4   | 4   | 4   | 4   | 4   | 3   | 1   | 4   | 3   | 3   | 3   | 3   | 4   |
| 25 | 3  | 4  | 3  | 2  | 2  | 3  | 3  | 2  | 2  | 2   | 1   | 3   | 3   | 3   | 4   | 3   | 3   | 1   | 3   | 2   | 2   | 2   | 3   | 3   |
| 26 | 4  | 3  | 2  | 4  | 3  | 3  | 4  | 4  | 3  | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 2   | 4   | 3   | 3   | 3   | 3   | 3   |
| 27 | 3  | 4  | 3  | 3  | 4  | 4  | 3  | 2  | 3  | 3   | 3   | 3   | 3   | 4   | 4   | 3   | 4   | 1   | 3   | 3   | 3   | 3   | 3   | 1   |

|    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 28 | 2 | 3 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2 |
| 29 | 4 | 3 | 1 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 4 |
| 30 | 4 | 3 | 1 | 3 | 4 | 3 | 4 | 1 | 3 | 4 | 1 | 3 | 3 | 3 | 4 | 3 | 3 | 2 | 1 | 4 | 3 | 3 | 3 |
| 31 | 3 | 4 | 4 | 2 | 4 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 3 | 3 | 3 | 3 |
| 32 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 4 | 4 | 1 | 3 | 3 | 3 | 4 | 3 | 3 | 2 | 2 | 4 | 3 | 3 | 4 |
| 33 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 |
| 34 | 3 | 3 | 1 | 4 | 3 | 4 | 3 | 2 | 3 | 4 | 1 | 4 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 3 | 3 |
| 35 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 |

## 2. Tabulasi Data Penelitian

### a. Karakteristik responden

| no.res | nama | jenis kelamin | umur | pendidikan | Alamat          | lama sakit | mendapat info | ulkus kaki |
|--------|------|---------------|------|------------|-----------------|------------|---------------|------------|
| 1      | S    | 1             | 58   | 1          | Penggaron lor   | 1          | 1             | 2          |
| 2      | T    | 2             | 50   | 1          | BAK             | 1          | 1             | 2          |
| 3      | PK   | 2             | 61   | 1          | KR              | 1          | 1             | 2          |
| 4      | S    | 2             | 51   | 3          | Widuri          | 1          | 1             | 2          |
| 5      | SK   | 2             | 45   | 2          | Penggaron lor   | 1          | 1             | 2          |
| 6      | S    | 2             | 45   | 2          | SH              | 1          | 1             | 2          |
| 7      | N    | 2             | 68   | 1          | TM              | 1          | 1             | 2          |
| 8      | WT   | 2             | 47   | 2          | BAW             | 1          | 1             | 2          |
| 9      | R    | 2             | 46   | 3          | WJ              | 1          | 1             | 2          |
| 10     | SR   | 2             | 58   | 1          | KR              | 1          | 1             | 2          |
| 11     | Y    | 2             | 41   | 3          | BAK             | 1          | 1             | 2          |
| 12     | SP   | 2             | 68   | 1          | KR              | 1          | 1             | 2          |
| 13     | WT   | 2             | 52   | 2          | GA              | 1          | 1             | 2          |
| 14     | S    | 1             | 64   | 1          | BAK             | 1          | 1             | 2          |
| 15     | SZ   | 2             | 45   | 2          | B               | 1          | 1             | 2          |
| 16     | M    | 2             | 43   | 2          | B               | 1          | 1             | 2          |
| 17     | D    | 1             | 50   | 3          | Penggaron lor   | 1          | 1             | 2          |
| 18     | N    | 2             | 67   | 1          | BAK             | 1          | 1             | 2          |
| 19     | S    | 2             | 54   | 1          | G               | 1          | 1             | 2          |
| 20     | U    | 2             | 49   | 2          | B               | 1          | 1             | 2          |
| 21     | S    | 2             | 53   | 1          | B               | 1          | 1             | 2          |
| 22     | S    | 1             | 59   | 3          | B               | 1          | 1             | 2          |
| 23     | S    | 2             | 37   | 3          | SH              | 1          | 1             | 2          |
| 24     | S    | 2             | 56   | 1          | SH              | 1          | 1             | 2          |
| 25     | S    | 2             | 43   | 2          | SH              | 1          | 1             | 2          |
| 26     | T    | 2             | 46   | 1          | SH              | 1          | 1             | 2          |
| 27     | SR   | 2             | 58   | 3          | RUSUNNAWA<br>KR | 1          | 1             | 2          |
| 28     | A    | 1             | 70   | 1          | TR              | 1          | 1             | 2          |
| 29     | S    | 2             | 55   | 3          | SH              | 1          | 1             | 2          |
| 30     | K    | 2             | 58   | 1          | KR              | 1          | 1             | 2          |
| 31     | S    | 2             | 60   | 2          | B               | 1          | 1             | 2          |
| 32     | SZ   | 2             | 52   | 1          | B               | 1          | 1             | 2          |
| 33     | S    | 2             | 55   | 1          | Penggaron lor   | 1          | 1             | 2          |
| 34     | N    | 2             | 76   | 1          | Tlogomulyo      | 1          | 1             | 2          |
| 35     | K    | 2             | 62   | 1          | B               | 1          | 1             | 2          |
| 36     | SZ   | 2             | 53   | 3          | BAK             | 1          | 1             | 2          |
| 37     | T    | 2             | 50   | 2          | B               | 1          | 1             | 2          |
| 38     | S    | 2             | 54   | 1          | NI              | 1          | 1             | 2          |
| 39     | S    | 2             | 68   | 1          | TW              | 1          | 1             | 2          |
| 40     | S    | 2             | 58   | 1          | Ganginsari      | 1          | 1             | 2          |
| 41     | MT   | 1             | 53   | 1          | B               | 1          | 1             | 2          |
| 42     | MT   | 1             | 63   | 1          | B               | 1          | 1             | 2          |
| 43     | S    | 2             | 54   | 1          | Penggaron       | 1          | 1             | 2          |
| 44     | M    | 1             | 53   | 1          | BAK             | 1          | 1             | 2          |
| 45     | T    | 2             | 45   | 1          | SH              | 1          | 1             | 2          |
| 46     | R    | 2             | 44   | 2          | RJ              | 1          | 1             | 2          |

|    |     |   |    |   |           |   |   |   |
|----|-----|---|----|---|-----------|---|---|---|
| 47 | S   | 2 | 60 | 1 | KR        | 1 | 1 | 2 |
| 48 | S   | 2 | 38 | 3 | SH        | 1 | 1 | 2 |
| 49 | S   | 2 | 54 | 1 | BAK       | 1 | 1 | 2 |
| 50 | T   | 2 | 60 | 1 | SH        | 1 | 1 | 2 |
| 51 | S   | 2 | 53 | 2 | Penggaron | 1 | 1 | 2 |
| 52 | L   | 1 | 60 | 1 | B         | 1 | 1 | 2 |
| 53 | H   | 1 | 39 | 1 | B         | 1 | 1 | 2 |
| 54 | K   | 2 | 59 | 1 | Penggaron | 1 | 1 | 2 |
| 55 | M   | 2 | 50 | 2 | PL        | 1 | 1 | 2 |
| 56 | S   | 2 | 53 | 1 | BAK       | 1 | 1 | 2 |
| 57 | S   | 2 | 51 | 2 | KR        | 1 | 1 | 2 |
| 58 | R   | 2 | 49 | 2 | Genuk     | 1 | 1 | 2 |
| 59 | T   | 1 | 55 | 3 | Genuk     | 1 | 1 | 2 |
| 60 | R   | 2 | 55 | 1 | BAK       | 1 | 1 | 2 |
| 61 | MI  | 1 | 46 | 4 | BAW       | 1 | 1 | 2 |
| 62 | S   | 2 | 54 | 1 | KD        | 1 | 1 | 2 |
| 63 | K   | 1 | 52 | 1 | BAW       | 1 | 1 | 2 |
| 64 | RH  | 1 | 40 | 3 | SA        | 1 | 1 | 2 |
| 65 | STM | 2 | 47 | 2 | SH        | 1 | 1 | 2 |
| 66 | STK | 2 | 48 | 2 | GS        | 1 | 1 | 2 |
| 67 | A   | 2 | 65 | 1 | BAW       | 1 | 1 | 2 |
| 68 | S   | 1 | 57 | 1 | BAK       | 1 | 1 | 2 |
| 69 | N   | 2 | 66 | 1 | KR        | 1 | 1 | 2 |
| 70 | S   | 2 | 53 | 2 | SN        | 1 | 1 | 2 |
| 71 | S   | 2 | 54 | 1 | KR        | 1 | 1 | 2 |
| 72 | P   | 2 | 48 | 3 | Genuk     | 1 | 1 | 2 |
| 73 | SS  | 2 | 60 | 1 | BAW       | 1 | 1 | 2 |
| 74 | S   | 2 | 66 | 1 | TSW       | 1 | 1 | 2 |
| 75 | A   | 2 | 50 | 2 | BAW       | 1 | 1 | 2 |
| 76 | S   | 2 | 56 | 2 | B         | 1 | 1 | 2 |
| 77 | A   | 1 | 57 | 1 | SH        | 1 | 1 | 2 |
| 78 | SN  | 2 | 46 | 2 | BD        | 1 | 1 | 2 |
| 79 | SM  | 2 | 55 | 1 | SN        | 1 | 1 | 2 |
| 80 | N   | 2 | 53 | 1 | PL        | 1 | 1 | 2 |
| 81 | K   | 2 | 62 | 1 | B         | 1 | 1 | 2 |
| 82 | P   | 1 | 55 | 4 | BAW       | 1 | 1 | 2 |
| 83 | M   | 2 | 60 | 2 | BAK       | 1 | 1 | 2 |
| 84 | S   | 2 | 56 | 2 | PL        | 1 | 1 | 2 |
| 85 | R   | 2 | 45 | 3 | BAK       | 1 | 1 | 2 |
| 86 | J   | 2 | 50 | 2 | PL        | 1 | 1 | 2 |
| 87 | SM  | 2 | 60 | 1 | B         | 1 | 1 | 2 |
| 88 | L   | 2 | 40 | 3 | PL        | 1 | 1 | 2 |
| 89 | H   | 2 | 57 | 2 | SH        | 1 | 1 | 2 |
| 90 | M   | 2 | 59 | 2 | BAW       | 1 | 1 | 2 |
| 91 | P   | 1 | 61 | 2 | SH        | 1 | 1 | 2 |
| 92 | S   | 2 | 62 | 1 | SH        | 1 | 1 | 2 |
| 93 | T   | 2 | 50 | 2 | SH        | 1 | 1 | 2 |
| 94 | K   | 2 | 59 | 1 | B         | 1 | 1 | 2 |
| 95 | T   | 1 | 62 | 2 | G         | 1 | 1 | 2 |
| 96 | S   | 2 | 68 | 1 | B         | 1 | 1 | 2 |
| 97 | R   | 1 | 62 | 1 | B         | 1 | 1 | 2 |
| 98 | N   | 2 | 48 | 3 | B         | 1 | 1 | 2 |
| 99 | M   | 2 | 61 | 1 | SH        | 1 | 1 | 2 |

|     |    |   |    |   |     |   |   |   |
|-----|----|---|----|---|-----|---|---|---|
| 100 | Y  | 2 | 58 | 2 | B   | 1 | 1 | 2 |
| 101 | S  | 2 | 56 | 2 | G   | 1 | 1 | 2 |
| 102 | S  | 1 | 67 | 1 | SH  | 1 | 1 | 2 |
| 103 | SM | 1 | 68 | 1 | BAK | 1 | 1 | 2 |
| 104 | T  | 1 | 52 | 2 | PL  | 1 | 1 | 2 |
| 105 | K  | 1 | 50 | 2 | B   | 1 | 1 | 2 |
| 106 | N  | 1 | 48 | 3 | B   | 1 | 1 | 2 |
| 107 | N  | 1 | 51 | 2 | B   | 1 | 1 | 2 |
| 108 | N  | 1 | 51 | 2 | BAK | 1 | 1 | 2 |
| 109 | G  | 2 | 47 | 3 | SH  | 1 | 1 | 2 |
| 110 | S  | 1 | 46 | 3 | B   | 1 | 1 | 2 |
| 111 | S  | 1 | 46 | 3 | B   | 1 | 1 | 2 |
| 112 | S  | 2 | 58 | 1 | B   | 1 | 1 | 2 |
| 113 | S  | 1 | 52 | 1 | G   | 1 | 1 | 2 |
| 114 | N  | 2 | 61 | 1 | B   | 1 | 1 | 2 |
| 115 | N  | 2 | 45 | 3 | PL  | 1 | 1 | 2 |
| 116 | W  | 2 | 47 | 3 | SH  | 1 | 1 | 2 |
| 117 | S  | 1 | 52 | 2 | SH  | 1 | 1 | 2 |
| 118 | S  | 2 | 57 | 1 | B   | 1 | 1 | 2 |

b. Kuesioner sikap

| No Res | nama | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | Total |
|--------|------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|-------|
| 1      | S    | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 57    |
| 2      | T    | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 61    |
| 3      | PK   | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3  | 3  | 3  | 3  | 3  | 1  | 3  | 3  | 3  | 3  | 54    |
| 4      | S    | 2 | 2 | 4 | 3 | 4 | 3 | 3 | 3 | 2 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 56    |
| 5      | SK   | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 2 | 2 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 55    |
| 6      | S    | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 57    |
| 7      | N    | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 56    |
| 8      | WT   | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3  | 3  | 2  | 3  | 3  | 3  | 3  | 4  | 3  | 3  | 61    |
| 9      | R    | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 1 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 57    |
| 10     | SR   | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 58    |
| 11     | Y    | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 2 | 2  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 55    |
| 12     | SP   | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 3  | 3  | 3  | 3  | 3  | 3  | 4  | 3  | 3  | 4  | 59    |
| 13     | WT   | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 4  | 3  | 3  | 3  | 59    |
| 14     | S    | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 4  | 4  | 60    |
| 15     | SZ   | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 4  | 4  | 61    |
| 16     | M    | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 4  | 3  | 3  | 3  | 59    |
| 17     | D    | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 4  | 3  | 3  | 3  | 3  | 3  | 3  | 58    |
| 18     | N    | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 4  | 4  | 3  | 3  | 3  | 3  | 3  | 59    |
| 19     | S    | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 4  | 3  | 4  | 4  | 61    |
| 20     | U    | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 4  | 3  | 4  | 61    |
| 21     | S    | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 2  | 3  | 3  | 3  | 3  | 3  | 56    |
| 22     | S    | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 56    |
| 23     | S    | 3 | 2 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 1  | 55    |
| 24     | S    | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 4  | 3  | 3  | 4  | 3  | 3  | 4  | 62    |
| 25     | S    | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 4  | 3  | 3  | 4  | 3  | 3  | 3  | 4  | 3  | 3  | 61    |
| 26     | T    | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 4  | 3  | 3  | 58    |
| 27     | SR   | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3  | 3  | 3  | 4  | 3  | 3  | 3  | 3  | 3  | 3  | 63    |
| 28     | A    | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 2  | 3  | 3  | 3  | 3  | 3  | 4  | 4  | 3  | 57    |
| 29     | S    | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 3  | 3  | 3  | 4  | 3  | 3  | 3  | 4  | 3  | 4  | 60    |
| 30     | K    | 1 | 4 | 1 | 1 | 1 | 1 | 1 | 4 | 4 | 4  | 4  | 4  | 4  | 4  | 1  | 2  | 3  | 4  | 4  | 52    |
| 31     | S    | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 57    |
| 32     | SZ   | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 1  | 2  | 2  | 3  | 3  | 49    |

|    |     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |
|----|-----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|
| 33 | S   | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 1 | 2 | 2 | 3 | 3 | 50 |
| 34 | N   | 3 | 2 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 64 |
| 35 | K   | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 63 |
| 36 | SZ  | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 63 |
| 37 | T   | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 59 |
| 38 | S   | 4 | 2 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 65 |
| 39 | S   | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 2 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 60 |
| 40 | S   | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 64 |
| 41 | MT  | 3 | 2 | 2 | 3 | 3 | 2 | 1 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 47 |
| 42 | MT  | 4 | 2 | 2 | 4 | 3 | 2 | 1 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 2 | 2 | 2 | 3 | 3 | 54 |
| 43 | S   | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 2 | 2 | 2 | 2 | 3 | 3 | 55 |
| 44 | M   | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 56 |
| 45 | T   | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 1 | 4 | 1 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 63 |
| 46 | R   | 4 | 2 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 65 |
| 47 | S   | 3 | 2 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 62 |
| 48 | S   | 3 | 1 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 60 |
| 49 | S   | 3 | 1 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 64 |
| 50 | T   | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 58 |
| 51 | S   | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 66 |
| 52 | L   | 3 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 66 |
| 53 | H   | 3 | 4 | 4 | 3 | 2 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 64 |
| 54 | K   | 3 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 64 |
| 55 | M   | 4 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 64 |
| 56 | S   | 3 | 3 | 4 | 3 | 2 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 62 |
| 57 | S   | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 62 |
| 58 | R   | 4 | 3 | 4 | 4 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 69 |
| 59 | T   | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 62 |
| 60 | R   | 4 | 3 | 4 | 4 | 2 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 65 |
| 61 | MI  | 3 | 4 | 4 | 4 | 2 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 67 |
| 62 | S   | 4 | 3 | 3 | 4 | 2 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 65 |
| 63 | K   | 3 | 4 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 63 |
| 64 | RH  | 3 | 4 | 3 | 4 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 2 | 4 | 3 | 65 |
| 65 | STM | 3 | 4 | 4 | 3 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 66 |
| 66 | STK | 3 | 3 | 4 | 4 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 63 |
| 67 | A   | 4 | 3 | 3 | 4 | 1 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 64 |
| 68 | S   | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 68 |
| 69 | N   | 3 | 4 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 63 |
| 70 | S   | 3 | 4 | 4 | 4 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 69 |
| 71 | S   | 4 | 3 | 4 | 4 | 2 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 2 | 4 | 3 | 4 | 4 | 67 |
| 72 | P   | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 68 |
| 73 | SS  | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 2 | 3 | 55 |
| 74 | S   | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 64 |
| 75 | A   | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 64 |
| 76 | S   | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 62 |
| 77 | A   | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 62 |
| 78 | SN  | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 60 |
| 79 | SM  | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 59 |
| 80 | N   | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 68 |
| 81 | K   | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 2 | 59 |
| 82 | P   | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 76 |
| 83 | M   | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 48 |
| 84 | S   | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 64 |
| 85 | R   | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 59 |
| 86 | J   | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 61 |
| 87 | SM  | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 63 |
| 88 | L   | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 60 |
| 89 | H   | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 63 |
| 90 | M   | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 61 |
| 91 | P   | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 57 |

|     |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |
|-----|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|
| 92  | S  | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 65 |
| 93  | T  | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 61 |
| 94  | K  | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 61 |
| 95  | T  | 3 | 3 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 61 |
| 96  | S  | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 60 |
| 97  | R  | 3 | 3 | 3 | 4 | 4 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 59 |
| 98  | N  | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 2 | 3 | 3 | 59 |
| 99  | M  | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 67 |
| 100 | Y  | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 68 |
| 101 | S  | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 2 | 2 | 3 | 56 |
| 102 | S  | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 63 |
| 103 | SM | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 61 |
| 104 | T  | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 60 |
| 105 | K  | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 67 |
| 106 | N  | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 63 |
| 107 | N  | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 56 |
| 108 | N  | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 69 |
| 109 | G  | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 62 |
| 110 | S  | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 57 |
| 111 | S  | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 2 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 68 |
| 112 | S  | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 63 |
| 113 | S  | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 64 |
| 114 | N  | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 60 |
| 115 | N  | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 68 |
| 116 | W  | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 61 |
| 117 | S  | 4 | 3 | 3 | 4 | 3 | 4 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 65 |
| 118 | S  | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 64 |

c. Kuesioner olahraga

| NO.RES | NAMA | 1 | 2 | 3 | TOTAL |
|--------|------|---|---|---|-------|
| 1      | S    | 2 | 1 | 2 | 5     |
| 2      | T    | 2 | 2 | 2 | 6     |
| 3      | PK   | 2 | 1 | 2 | 5     |
| 4      | S    | 2 | 1 | 2 | 5     |
| 5      | SK   | 2 | 1 | 2 | 5     |
| 6      | S    | 2 | 1 | 2 | 5     |
| 7      | N    | 2 | 1 | 2 | 5     |
| 8      | WT   | 2 | 1 | 2 | 5     |
| 9      | R    | 2 | 2 | 2 | 6     |
| 10     | SR   | 2 | 1 | 2 | 5     |
| 11     | Y    | 2 | 2 | 1 | 5     |
| 12     | SP   | 2 | 2 | 2 | 6     |
| 13     | WT   | 2 | 1 | 2 | 5     |
| 14     | S    | 2 | 1 | 2 | 5     |
| 15     | SZ   | 2 | 1 | 1 | 4     |
| 16     | M    | 2 | 2 | 1 | 5     |
| 17     | D    | 2 | 1 | 2 | 5     |
| 18     | N    | 2 | 1 | 2 | 5     |
| 19     | S    | 2 | 1 | 1 | 4     |
| 20     | U    | 2 | 1 | 1 | 4     |
| 21     | S    | 2 | 2 | 2 | 6     |
| 22     | S    | 2 | 2 | 2 | 6     |
| 23     | S    | 2 | 2 | 2 | 6     |

|    |     |   |   |   |   |
|----|-----|---|---|---|---|
| 24 | S   | 2 | 1 | 2 | 5 |
| 25 | S   | 2 | 2 | 1 | 5 |
| 26 | T   | 2 | 1 | 2 | 5 |
| 27 | SR  | 2 | 2 | 1 | 5 |
| 28 | A   | 2 | 2 | 2 | 6 |
| 29 | S   | 2 | 2 | 2 | 6 |
| 30 | K   | 2 | 2 | 1 | 5 |
| 31 | S   | 2 | 2 | 2 | 6 |
| 32 | SZ  | 2 | 2 | 2 | 6 |
| 33 | S   | 2 | 1 | 2 | 5 |
| 34 | N   | 2 | 2 | 1 | 5 |
| 35 | K   | 2 | 1 | 1 | 4 |
| 36 | SZ  | 2 | 1 | 2 | 5 |
| 37 | T   | 2 | 1 | 2 | 5 |
| 38 | S   | 2 | 2 | 2 | 6 |
| 39 | S   | 2 | 2 | 1 | 5 |
| 40 | S   | 2 | 2 | 1 | 5 |
| 41 | MT  | 2 | 2 | 2 | 6 |
| 42 | MT  | 1 | 1 | 1 | 3 |
| 43 | S   | 2 | 2 | 2 | 6 |
| 44 | M   | 2 | 2 | 2 | 6 |
| 45 | T   | 2 | 2 | 2 | 6 |
| 46 | R   | 2 | 2 | 1 | 5 |
| 47 | S   | 2 | 2 | 2 | 6 |
| 48 | S   | 2 | 2 | 1 | 5 |
| 49 | S   | 2 | 2 | 2 | 6 |
| 50 | T   | 2 | 2 | 2 | 6 |
| 51 | S   | 2 | 1 | 1 | 4 |
| 52 | L   | 2 | 1 | 1 | 4 |
| 53 | H   | 2 | 1 | 1 | 4 |
| 54 | K   | 2 | 1 | 1 | 4 |
| 55 | M   | 2 | 1 | 1 | 4 |
| 56 | S   | 2 | 2 | 2 | 6 |
| 57 | S   | 2 | 1 | 1 | 4 |
| 58 | R   | 2 | 1 | 2 | 5 |
| 59 | T   | 2 | 2 | 1 | 5 |
| 60 | R   | 2 | 2 | 2 | 6 |
| 61 | MI  | 2 | 1 | 2 | 5 |
| 62 | S   | 2 | 2 | 2 | 6 |
| 63 | K   | 2 | 2 | 1 | 5 |
| 64 | RH  | 2 | 1 | 2 | 5 |
| 65 | STM | 2 | 1 | 2 | 5 |
| 66 | STK | 2 | 2 | 2 | 6 |
| 67 | A   | 2 | 1 | 1 | 4 |
| 68 | S   | 2 | 2 | 2 | 6 |
| 69 | N   | 2 | 2 | 2 | 6 |
| 70 | S   | 2 | 2 | 1 | 5 |
| 71 | S   | 2 | 1 | 2 | 5 |
| 72 | P   | 2 | 2 | 2 | 6 |
| 73 | SS  | 2 | 1 | 2 | 5 |
| 74 | S   | 2 | 1 | 2 | 5 |
| 75 | A   | 2 | 1 | 2 | 5 |
| 76 | S   | 2 | 2 | 2 | 6 |

|     |    |   |   |   |   |
|-----|----|---|---|---|---|
| 77  | A  | 2 | 1 | 2 | 5 |
| 78  | SN | 2 | 1 | 1 | 4 |
| 79  | SM | 2 | 2 | 2 | 6 |
| 80  | N  | 2 | 2 | 2 | 6 |
| 81  | K  | 2 | 2 | 1 | 5 |
| 82  | P  | 2 | 2 | 2 | 6 |
| 83  | M  | 2 | 1 | 1 | 4 |
| 84  | S  | 2 | 2 | 2 | 6 |
| 85  | R  | 2 | 1 | 1 | 4 |
| 86  | J  | 2 | 2 | 2 | 6 |
| 87  | SM | 1 | 1 | 1 | 3 |
| 88  | L  | 2 | 1 | 1 | 4 |
| 89  | H  | 2 | 2 | 2 | 6 |
| 90  | M  | 2 | 1 | 2 | 5 |
| 91  | P  | 2 | 2 | 2 | 6 |
| 92  | S  | 2 | 1 | 2 | 5 |
| 93  | T  | 2 | 2 | 1 | 5 |
| 94  | K  | 2 | 2 | 2 | 6 |
| 95  | T  | 2 | 1 | 1 | 4 |
| 96  | S  | 2 | 2 | 2 | 6 |
| 97  | R  | 2 | 1 | 1 | 4 |
| 98  | N  | 2 | 2 | 1 | 5 |
| 99  | M  | 2 | 2 | 2 | 6 |
| 100 | Y  | 2 | 2 | 1 | 5 |
| 101 | S  | 2 | 2 | 2 | 6 |
| 102 | S  | 2 | 2 | 1 | 5 |
| 103 | SM | 2 | 2 | 1 | 5 |
| 104 | T  | 2 | 1 | 2 | 5 |
| 105 | K  | 2 | 2 | 2 | 6 |
| 106 | N  | 2 | 2 | 1 | 5 |
| 107 | N  | 2 | 1 | 2 | 5 |
| 108 | N  | 2 | 1 | 2 | 5 |
| 109 | G  | 2 | 1 | 2 | 5 |
| 110 | S  | 2 | 1 | 2 | 5 |
| 111 | S  | 2 | 2 | 2 | 6 |
| 112 | S  | 2 | 2 | 2 | 6 |
| 113 | S  | 2 | 1 | 2 | 5 |
| 114 | N  | 2 | 1 | 2 | 5 |
| 115 | N  | 2 | 2 | 2 | 6 |
| 116 | W  | 2 | 2 | 1 | 5 |
| 117 | S  | 2 | 2 | 2 | 6 |
| 118 | S  | 2 | 2 | 2 | 6 |

### 3. Uji Validitas dan Reliabilitas

**Case Processing Summary**

|       |                       | N  | %     |
|-------|-----------------------|----|-------|
| Cases | Valid                 | 35 | 94.6  |
|       | Excluded <sup>a</sup> | 2  | 5.4   |
|       | Total                 | 37 | 100.0 |

a. Listwise deletion based on all variables in the procedure.

**Reliability Statistics**

|                  |            |
|------------------|------------|
| Cronbach's Alpha | N of Items |
| .861             | 24         |

**Item Statistics**

|     | Mean | Std. Deviation | N  |
|-----|------|----------------|----|
| p1  | 3.00 | .874           | 35 |
| p2  | 2.74 | .701           | 35 |
| p3  | 2.06 | .968           | 35 |
| p4  | 2.29 | 1.045          | 35 |
| p5  | 2.57 | .815           | 35 |
| p6  | 2.94 | .684           | 35 |
| p7  | 2.89 | .718           | 35 |
| p8  | 2.11 | .718           | 35 |
| p9  | 2.34 | .765           | 35 |
| p10 | 2.57 | .698           | 35 |
| p11 | 2.26 | 1.120          | 35 |
| p12 | 2.77 | .690           | 35 |
| p13 | 2.77 | .690           | 35 |
| p14 | 2.94 | .591           | 35 |
| p15 | 3.06 | .725           | 35 |
| p16 | 2.77 | .598           | 35 |
| p17 | 2.77 | .490           | 35 |
| p18 | 2.03 | .954           | 35 |
| p19 | 2.74 | .886           | 35 |
| p20 | 2.49 | .781           | 35 |
| p21 | 2.46 | .505           | 35 |
| p22 | 2.49 | .562           | 35 |
| p23 | 2.83 | .453           | 35 |
| p24 | 2.69 | .932           | 35 |

### Item-Total Statistics

|     | Scale Mean if<br>Item Deleted | Scale Variance if<br>Item Deleted | Corrected Item-<br>Total Correlation | Cronbach's<br>Alpha if Item<br>Deleted |
|-----|-------------------------------|-----------------------------------|--------------------------------------|----------------------------------------|
| p1  | 59.57                         | 70.723                            | .656                                 | .848                                   |
| p2  | 59.83                         | 75.264                            | .443                                 | .856                                   |
| p3  | 60.51                         | 76.669                            | .208                                 | .865                                   |
| p4  | 60.29                         | 74.916                            | .283                                 | .863                                   |
| p5  | 60.00                         | 71.471                            | .653                                 | .848                                   |
| p6  | 59.63                         | 72.593                            | .693                                 | .848                                   |
| p7  | 59.69                         | 72.045                            | .703                                 | .848                                   |
| p8  | 60.46                         | 86.491                            | -.440                                | .881                                   |
| p9  | 60.23                         | 74.005                            | .497                                 | .854                                   |
| p10 | 60.00                         | 73.176                            | .625                                 | .850                                   |
| p11 | 60.31                         | 78.692                            | .060                                 | .874                                   |
| p12 | 59.80                         | 71.459                            | .789                                 | .845                                   |
| p13 | 59.80                         | 72.812                            | .667                                 | .849                                   |
| p14 | 59.63                         | 73.652                            | .703                                 | .850                                   |
| p15 | 59.51                         | 73.904                            | .538                                 | .853                                   |
| p16 | 59.80                         | 74.812                            | .576                                 | .853                                   |
| p17 | 59.80                         | 74.576                            | .746                                 | .850                                   |
| p18 | 60.54                         | 90.079                            | -.544                                | .892                                   |
| p19 | 59.83                         | 73.264                            | .467                                 | .855                                   |
| p20 | 60.09                         | 73.139                            | .553                                 | .852                                   |
| p21 | 60.11                         | 74.751                            | .701                                 | .851                                   |
| p22 | 60.09                         | 74.492                            | .652                                 | .851                                   |
| p23 | 59.74                         | 74.844                            | .777                                 | .851                                   |
| p24 | 59.89                         | 71.281                            | .571                                 | .851                                   |

### Scale Statistics

| Mean  | Variance | Std. Deviation | N of Items |
|-------|----------|----------------|------------|
| 62.57 | 81.134   | 9.007          | 24         |

#### 4. Analisa Univariat

##### Statistics

###### JENIS KELAMIN

|   |         |     |
|---|---------|-----|
| N | Valid   | 118 |
|   | Missing | 0   |

###### JENIS KELAMIN

|       |           | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|-----------|---------|---------------|--------------------|
| Valid | LAKI-LAKI | 31        | 26.3    | 26.3          | 26.3               |
|       | PEREMPUAN | 87        | 73.7    | 73.7          | 100.0              |
|       | Total     | 118       | 100.0   | 100.0         |                    |

##### Statistics

###### Umur

|   |         |     |
|---|---------|-----|
| N | Valid   | 118 |
|   | Missing | 0   |

###### Umur

|       |              | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | Dewasa Akhir | 15        | 12.7    | 12.7          | 12.7               |
|       | Lansia Awal  | 54        | 45.8    | 45.8          | 58.5               |
|       | Lansia akhir | 38        | 32.2    | 32.2          | 90.7               |
|       | Manula       | 11        | 9.3     | 9.3           | 100.0              |
|       | Total        | 118       | 100.0   | 100.0         |                    |

###### PENDIDIKAN

|       |                  | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------------|-----------|---------|---------------|--------------------|
| Valid | SD               | 58        | 49.2    | 49.2          | 49.2               |
|       | SMP              | 36        | 30.5    | 30.5          | 79.7               |
|       | SMA              | 22        | 18.6    | 18.6          | 98.3               |
|       | PERGURUAN TINGGI | 2         | 1.7     | 1.7           | 100.0              |
|       | Total            | 118       | 100.0   | 100.0         |                    |

**LAMA SAKIT**

|                | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------------|-----------|---------|---------------|--------------------|
| Valid >6 BULAN | 118       | 100.0   | 100.0         | 100.0              |

**MENDAPAT INFO**

|           | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------|-----------|---------|---------------|--------------------|
| Valid IYA | 118       | 100.0   | 100.0         | 100.0              |

**ULKUS KAKI**

|             | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------|-----------|---------|---------------|--------------------|
| Valid TIDAK | 118       | 100.0   | 100.0         | 100.0              |

**Statistics**

|         | variabel sikap | variabel kepatuhan olahraga |
|---------|----------------|-----------------------------|
| N Valid | 118            | 118                         |
| Missing | 0              | 0                           |

**variabel sikap**

|             | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------|-----------|---------|---------------|--------------------|
| Valid cukup | 19        | 16.1    | 16.1          | 16.1               |
| baik        | 99        | 83.9    | 83.9          | 100.0              |
| Total       | 118       | 100.0   | 100.0         |                    |

**variabel kepatuhan olahraga**

|                   | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------------|-----------|---------|---------------|--------------------|
| Valid tidak patuh | 75        | 63.6    | 63.6          | 63.6               |
| patuh             | 43        | 36.4    | 36.4          | 100.0              |
| Total             | 118       | 100.0   | 100.0         |                    |

## 5. Analisa Bivariat

### Crosstabs

**Case Processing Summary**

|                                    | Cases |         |         |         |       |         |
|------------------------------------|-------|---------|---------|---------|-------|---------|
|                                    | Valid |         | Missing |         | Total |         |
|                                    | N     | Percent | N       | Percent | N     | Percent |
| variabel sikap * variabel olahraga | 118   | 100.0%  | 0       | .0%     | 118   | 100.0%  |

**variabel sikap \* variabel kepatuhan olahraga Crosstabulation**

Count

|                |       | variabel kepatuhan olahraga |       | Total |
|----------------|-------|-----------------------------|-------|-------|
|                |       | tidak patuh                 | patuh |       |
| variabel sikap | cukup | 11                          | 8     | 19    |
|                | baik  | 64                          | 35    | 99    |
| Total          |       | 75                          | 43    | 118   |

**Directional Measures**

|                     |     |                             | Value |
|---------------------|-----|-----------------------------|-------|
| Nominal by Interval | Eta | variabel sikap Dependent    | .165  |
|                     |     | variabel olahraga Dependent | .046  |

## Univariate Analysis of Variance

**Between-Subjects Factors**

|                |   | Value Label | N  |
|----------------|---|-------------|----|
| variabel sikap | 2 | cukup       | 19 |
|                | 3 | baik        | 99 |

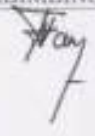
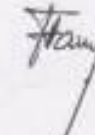
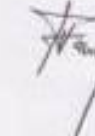
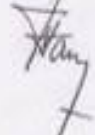
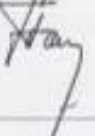
### Tests of Between-Subjects Effects

Dependent Variable: variabel olahraga

| Source          | Type III Sum of Squares | df  | Mean Square | F        | Sig. | Partial Eta Squared |
|-----------------|-------------------------|-----|-------------|----------|------|---------------------|
| Corrected Model | .133 <sup>a</sup>       | 1   | .133        | .242     | .623 | .002                |
| Intercept       | 1735.727                | 1   | 1735.727    | 3157.598 | .000 | .965                |
| vs1             | .133                    | 1   | .133        | .242     | .623 | .002                |
| Error           | 63.765                  | 116 | .550        |          |      |                     |
| Total           | 3238.000                | 118 |             |          |      |                     |
| Corrected Total | 63.898                  | 117 |             |          |      |                     |

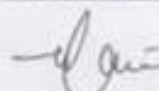
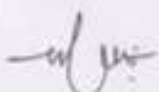
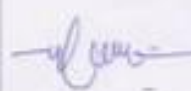
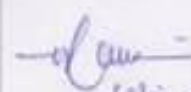
a. R Squared = .002 (Adjusted R Squared = -.007)

# Lampiran 15. Lembar Bimbingan Skripsi

| CATATAN HASIL KONSULTASI BIMBINGAN DEPARTEMEN KEPERAWATAN KOMUNITAS |                           |                                                                                                                                                  |                                                                                       |
|---------------------------------------------------------------------|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Pembimbing I : <u>Ns. Moh Aspihan, M. Kep., Sp.Kom</u>              |                           |                                                                                                                                                  |                                                                                       |
| NO                                                                  | HARI/TANGGAL              | URAIAN HASIL BIMBINGAN                                                                                                                           | PARAF PEMBIMBING                                                                      |
| 1.                                                                  | Jumat / 7 September 2018  | Revisi konsep bab 1 dan bab 2<br>Revisi teori perilaku dan<br>Praktek swasana untuk membuat bab 2<br>dari bab 1 menggunakan                      |    |
| 2.                                                                  | Jumat / 14 September 2018 | Revisi bab 1 revisi prevalensi<br>komplikasi diabetes, hipertensi,<br>jantung, diabetes, penyakit ginjal yang<br>mempengaruhi kesehatan keluarga |    |
| 3.                                                                  | Jumat / 21 September 2018 | Revisi bab 1 revisi Praktek di rumah<br>keluarga Praktek bab 2, menyusun<br>indikator pembuatan instrumen,<br>menghitung sampel akhir            |  |
| 4.                                                                  | Senin / 24 September 2018 | Revisi instrumen dan sesuai DO                                                                                                                   |  |
| 5.                                                                  | Rabu / 26 September 2018  | Revisi instrumen                                                                                                                                 |  |

CATATAN HASIL KONSULTASI BIMBINGAN DEPARTEMEN KEPERAWATAN  
KOMUNITAS

Pembimbing 2 : Ns. Iskim Luthfa, M. Kep

| NO | HARI/TANGGAL              | URAIAN HASIL BIMBINGAN                          | PARAF PEMBIMBING                                                                                |
|----|---------------------------|-------------------------------------------------|-------------------------------------------------------------------------------------------------|
| 1. | Rabu / 19 September 2018  | - Perbaikan Bab 3.                              |              |
| 2. | Kamis / 20 September 2018 | - populasi, sampel,<br>Instrumen                |              |
| 3. | Kamis<br>27/9/2018        | - kuesioner                                     |             |
| 4. | Senin<br>1/10/2018        | - Ape ujian<br>- kuesioner sikap<br>- Uji v / k | <br>Luthfa |

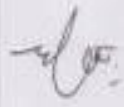
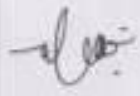
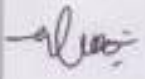
# CATATAN KONSULTASI / BIMBINGAN SKRIPSI

Pembimbing I : Ns. Moch. Aspihan, M. Kep., Sp. Kep. Kom

| No | Hari / Tanggal  | Materi  | Hasil Konsultasi              | Paraf Pembimbing |
|----|-----------------|---------|-------------------------------|------------------|
| 1. | Kamis/3-1-2019  | Bab 4   | Menyusun bab 4                | f                |
| 2. | Selasa/8-1-2019 | Bab 4   | Uraikan SPSS dengan uji t dan | f                |
| 3. | Rabu/9-1-2019   | Bab 4-6 | Uraian hasil                  | f                |
| 4. | Jumat/11-1-2019 | Bab 4-6 | Cari jurnal pendukung         | f                |
| 5. | Rabu/16-1-2019  | Bab 4-6 | Revisi bab 5                  | f                |
| 6. | Rabu/23-1-2019  | Bab 5-6 | Tambahkan konsep dari bab 5   | f                |
| 7. | Kamis/24-1-2019 | Bab 5-6 | Memperbaiki implikasi         | f                |
| 8. | Jumat/25-1-2019 | Abstrak | menyebutkan saran             | f                |

# CATATAN KONSULTASI / BIMBINGAN SKRIPSI

Pembimbing II : Na. Iskim Luthfa, M.Kep

| No | Hari / Tanggal | Materi   | Hasil Konsultasi                                                 | Paraf Pembimbing                                                                     |
|----|----------------|----------|------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 1. | 18/1/19.       | Bab 5-6. | - tambahkan pembahasan<br>ttn siber                              |   |
| 2. | 22/1/19.       | Bab 4-6  | - tambahkan konsep<br>siber, terjemahkan<br>ke dalam pembahasan. |   |
| 3. | 25/1/19.       | Bab 6.   | Ace - ujian                                                      |  |

Lampiran 16. Dokumentasi Penelitian





### Lampiran 17. Jadwal Kegiatan Penelitian

## JADWAL KEGIATAN PENELITIAN

Agustus 2018 – April 2019

[illegible]

Lampiran 18. Daftar Riwayat Hidup

**RIWAYAT HIDUP**

**A. IDENTITAS**

1. Nama : Emania Dwi Cahyani
2. Tempat /Tanggal Lahir : Pati, 22 Agustus 1997
3. Jenis Kelamin : Perempuan
4. Suku/ Bangsa : Jawa/Indonesia
5. Agama : Islam
6. Alamat : Ds. Kayen, Kec. Kayen, Kab. Pati, Prov.  
Jawa Tengah

**B. PENDIDIKAN**

1. SDN 04 Kayen : (2003-2009)
2. SMP Negeri 2 Kayen : (2009-2012)
3. SMA Negeri 1 Kayen : (2012-2015)
4. S1 Fakultas Ilmu  
Keperawatan UNISSULA : (2015-sekarang)