



Lampiran 2

**LEMBAR PERMOHONAN MENJADI RESPONDEN**

Wonogiri, Nopember 2014

Yth.

Bapak/Ibu

Calon Responden Penelitian

Di kelompok lansia Mardi Rahayu

Kabupaten Wonogiri

Dengan Hormat,

Saya yang bertanda tangan dibawah ini :

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Akan melaksanakan penelitian dengan judul **“Hubungan Senam Lansia Terhadap Tekanan Darah di kelompok Lansia Mardi Rahayu Wonogiri ”**.

Penelitian ini tidak menimbulkan dampak yang merugikan bagi bapak/ibu yang berpartisipasi dalam penelitian ini, karena kerahasiaan semua informasi akan di jaga dan hanya digunakan untuk kepentingan penelitian. Jika bapak/ibu telah menjadi responden dan ada hal-hal yang memungkinkan untuk mengundurkan diri dan tidak ikut dalam penelitian in. Apabila bapak/ibu menyetujui menjadi responden maka saya mohon kesediaannya untuk menandatangani persetujuan menjadi responden.

Demikian atas perhatian dan pastisipasinya saya ucapkan terima kasih.

Peneliti

( Afri Ananto )

Lampiran 3

**LEMBAR PERSETUJUAN MENJADI RESPONDEN**

Yang bertanda tangan di bawah ini saya :

Nama :

Umur :

Jenis Kelamin :

Alamat :

Setelah mendapat penjelasan tentang maksud dan tujuan serta hak dan kewajiban sebagai responden, dengan ini menyatakan dengan sungguh-sungguh bahwa saya bersedia menjadi responden dalam penelitian yang berjudul “ **Hubungan Senam Lansia Terhadap Tekanan Darah di Kelompok Lansia Mardi Rahayu Wonogiri** “.

Pernyataan ini saya buat dengan sebenarnya dan penuh kesadaran tanpa ada paksaan pihak lain.

Wonogiri, Nopember 2014

( responden )

**Lampiran :**  
**Frequency Table**

**Umur**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | 57    | 3         | 20.0    | 20.0          | 20.0               |
|       | 58    | 1         | 6.7     | 6.7           | 26.7               |
|       | 62    | 4         | 26.7    | 26.7          | 53.3               |
|       | 63    | 1         | 6.7     | 6.7           | 60.0               |
|       | 64    | 1         | 6.7     | 6.7           | 66.7               |
|       | 65    | 1         | 6.7     | 6.7           | 73.3               |
|       | 70    | 1         | 6.7     | 6.7           | 80.0               |
|       | 72    | 1         | 6.7     | 6.7           | 86.7               |
|       | 75    | 1         | 6.7     | 6.7           | 93.3               |
|       | 80    | 1         | 6.7     | 6.7           | 100.0              |
|       | Total | 15        | 100.0   | 100.0         |                    |

**Jenis Kelamin**

|       |           | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|-----------|---------|---------------|--------------------|
| Valid | Laki-laki | 2         | 13.3    | 13.3          | 13.3               |
|       | Perempuan | 13        | 86.7    | 86.7          | 100.0              |
|       | Total     | 15        | 100.0   | 100.0         |                    |

**Tekanan Darah Pre\_Sistole**

|       |                    | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------|-----------|---------|---------------|--------------------|
| Valid | Normal             | 4         | 26.7    | 26.7          | 26.7               |
|       | Pre hipertensi     | 5         | 33.3    | 33.3          | 60.0               |
|       | Hipertensi tahap 1 | 4         | 26.7    | 26.7          | 86.7               |
|       | Hipertensi tahap 2 | 2         | 13.3    | 13.3          | 100.0              |
|       | Total              | 15        | 100.0   | 100.0         |                    |

**Tekanan Darah Pre\_Diastole**

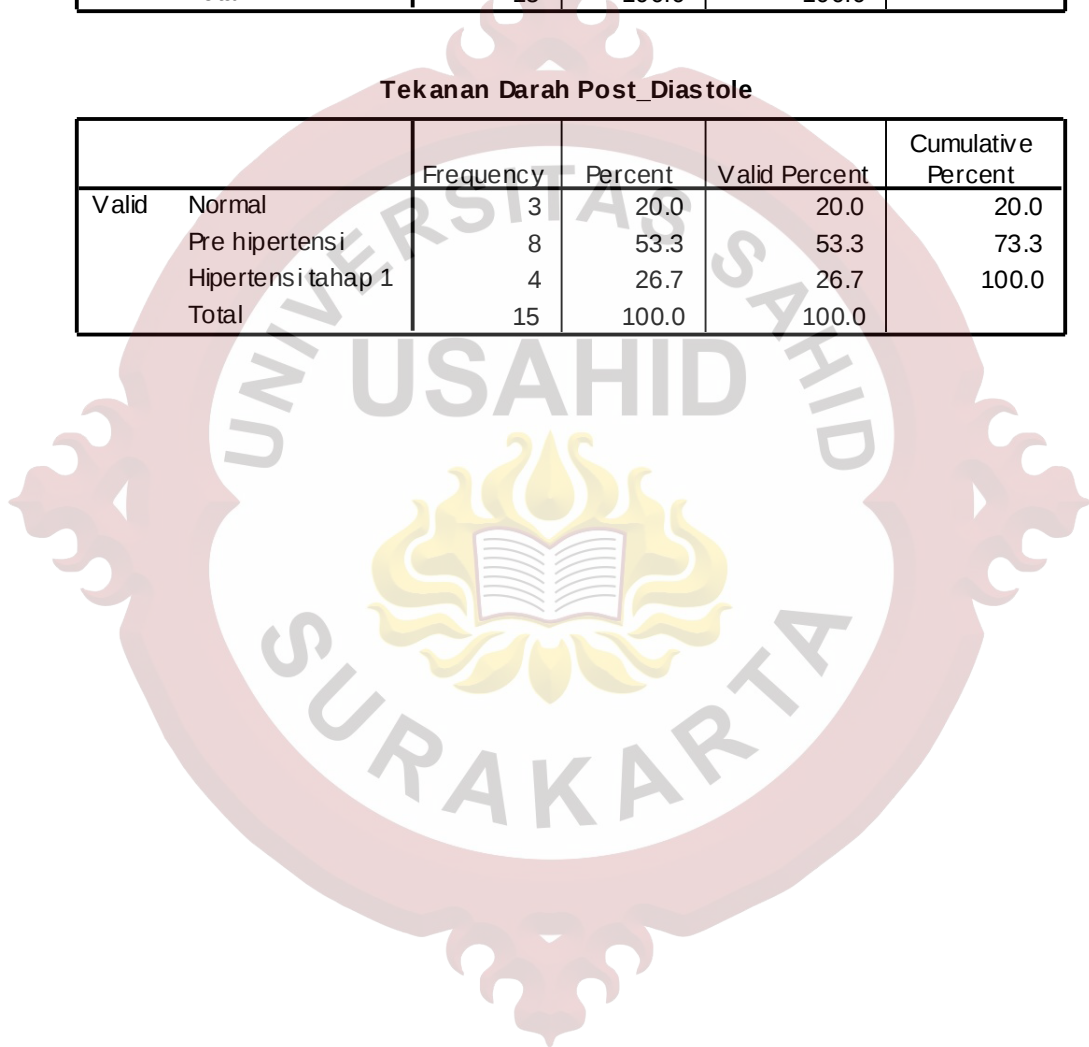
|       |                    | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------|-----------|---------|---------------|--------------------|
| Valid | Normal             | 2         | 13.3    | 13.3          | 13.3               |
|       | Pre hipertensi     | 4         | 26.7    | 26.7          | 40.0               |
|       | Hipertensi tahap 1 | 9         | 60.0    | 60.0          | 100.0              |
|       | Total              | 15        | 100.0   | 100.0         |                    |

### Tekanan Darah Post\_Sistole

|       |                    | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------|-----------|---------|---------------|--------------------|
| Valid | Normal             | 3         | 20.0    | 20.0          | 20.0               |
|       | Pre hipertensi     | 7         | 46.7    | 46.7          | 66.7               |
|       | Hipertensi tahap 1 | 4         | 26.7    | 26.7          | 93.3               |
|       | Hipertensi tahap 2 | 1         | 6.7     | 6.7           | 100.0              |
|       | Total              | 15        | 100.0   | 100.0         |                    |

### Tekanan Darah Post\_Diastole

|       |                    | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------------|-----------|---------|---------------|--------------------|
| Valid | Normal             | 3         | 20.0    | 20.0          | 20.0               |
|       | Pre hipertensi     | 8         | 53.3    | 53.3          | 73.3               |
|       | Hipertensi tahap 1 | 4         | 26.7    | 26.7          | 100.0              |
|       | Total              | 15        | 100.0   | 100.0         |                    |



## Uji Normalitas

### NPar Tests

One-Sample Kolmogorov-Smirnov Test

|                                  |                | Tekanan<br>Darah<br>Pre Sistole | Tekanan<br>Darah<br>Pre Diastole | Tekanan<br>Darah<br>Post Sistole | Tekanan<br>Darah<br>Post Diastole |
|----------------------------------|----------------|---------------------------------|----------------------------------|----------------------------------|-----------------------------------|
| N                                |                | 15                              | 15                               | 15                               | 15                                |
| Normal Parameters <sup>a,b</sup> | Mean           | 134.67                          | 86.00                            | 126.67                           | 80.67                             |
|                                  | Std. Deviation | 19.223                          | 9.103                            | 17.593                           | 7.037                             |
| Most Extreme<br>Differences      | Absolute       | .196                            | .270                             | .248                             | .271                              |
|                                  | Positive       | .196                            | .197                             | .248                             | .271                              |
|                                  | Negative       | -.100                           | -.270                            | -.152                            | -.262                             |
| Kolmogorov-Smirnov Z             |                | .759                            | 1.045                            | .959                             | 1.050                             |
| Asymp. Sig. (2-tailed)           |                | .612                            | .225                             | .316                             | .220                              |

a. Test distribution is Normal.

b. Calculated from data.

## Uji Homogenitas (1)

### Oneway

#### Test of Homogeneity of Variances

Tekanan Darah Pre Sistole

| Levene Statistic | df1 | df2 | Sig. |
|------------------|-----|-----|------|
| .167             | 3   | 8   | .419 |

#### ANOVA

Tekanan Darah Pre Sistole

|                | Sum of Squares | df | Mean Square | F     | Sig. |
|----------------|----------------|----|-------------|-------|------|
| Between Groups | 4990.000       | 6  | 831.667     | 6.291 | .234 |
| Within Groups  | 183.333        | 8  | 22.917      |       |      |
| Total          | 5173.333       | 14 |             |       |      |

## Uji Homogenitas (2)

### Oneway

#### Test of Homogeneity of Variances

Tekanan Darah Pre Diastole

| Levene Statistic | df1 | df2 | Sig. |
|------------------|-----|-----|------|
| .172             | 2   | 12  | .844 |

#### ANOVA

Tekanan Darah Pre Diastole

|                | Sum of Squares | df | Mean Square | F     | Sig. |
|----------------|----------------|----|-------------|-------|------|
| Between Groups | 805.833        | 2  | 402.917     | 3.652 | .245 |
| Within Groups  | 354.167        | 12 | 29.514      |       |      |
| Total          | 1160.000       | 14 |             |       |      |

## T-Test : Sistole Pre \_ Post

**Paired Samples Statistics**

|        |                            | Mean   | N  | Std. Deviation | Std. Error Mean |
|--------|----------------------------|--------|----|----------------|-----------------|
| Pair 1 | Tekanan Darah Pre_Sistole  | 134.67 | 15 | 19.223         | 4.963           |
|        | Tekanan Darah Post_Sistole | 126.67 | 15 | 17.593         | 4.543           |

**Paired Samples Correlations**

|        |                                                        | N  | Correlation | Sig. |
|--------|--------------------------------------------------------|----|-------------|------|
| Pair 1 | Tekanan Darah Pre_Sistole & Tekanan Darah Post_Sistole | 15 | .979        | .000 |

**Paired Samples Test**

|        |                                                        | Paired Differences |                |                 |                                           |       | t     | df | Sig. (2-tailed) |
|--------|--------------------------------------------------------|--------------------|----------------|-----------------|-------------------------------------------|-------|-------|----|-----------------|
|        |                                                        | Mean               | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |       |       |    |                 |
|        |                                                        |                    |                |                 | Lower                                     | Upper |       |    |                 |
| Pair 1 | Tekanan Darah Pre_Sistole - Tekanan Darah Post_Sistole | 8.00               | 4.140          | 1.069           | 5.71                                      | 10.29 | 7.483 | 14 | .000            |

## T-Test : Diastole Pre \_ Post

### Paired Samples Statistics

|        |                             | Mean  | N  | Std. Deviation | Std. Error Mean |
|--------|-----------------------------|-------|----|----------------|-----------------|
| Pair 1 | Tekanan Darah Pre_Diastole  | 86.00 | 15 | 9.103          | 2.350           |
|        | Tekanan Darah Post_Diastole | 80.67 | 15 | 7.037          | 1.817           |

### Paired Samples Correlations

|        |                                                          | N  | Correlation | Sig. |
|--------|----------------------------------------------------------|----|-------------|------|
| Pair 1 | Tekanan Darah Pre_Diastole & Tekanan Darah Post_Diastole | 15 | .825        | .000 |

### Paired Samples Test

|        |                                                          | Paired Differences |                |                 |                                           |       | t     | df | Sig. (2-tailed) |
|--------|----------------------------------------------------------|--------------------|----------------|-----------------|-------------------------------------------|-------|-------|----|-----------------|
|        |                                                          | Mean               | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |       |       |    |                 |
|        |                                                          |                    |                |                 | Lower                                     | Upper |       |    |                 |
| Pair 1 | Tekanan Darah Pre_Diastole - Tekanan Darah Post_Diastole | 5.33               | 5.164          | 1.333           | 2.47                                      | 8.19  | 4.000 | 14 | .001            |