Lampiran 10. Uji Validitas Senam Hamil

Uji Validitas Senam Hamil

Correlations

		no_1	no_2	no_3	no_4	no_5	no_6	no_7	no_8	total_skor
no_1	Pearson Correlation	1	-.105	.419	.319	.242	.099	.811**	.182	.554*
	Sig. (2-tailed)		.660	.066	.171	.303	.678	.000	.444	.011
	N	20	20	20	20	20	20	20	20	20
no_2	Pearson Correlation	-.105	1	.500*	.314	.503*	.524*	.101	.115	.450*
	Sig. (2-tailed)	.660		.025	.177	.024	.018	.673	.628	.046
	N	20	20	20	20	20	20	20	20	20
no_3	Pearson Correlation	.419	.500*	1	.367	.452*	.367	.302	.289	.581**
	Sig. (2-tailed)	.066	.025		.112	.045	.112	.196	.217	.007
	N	20	20	20	20	20	20	20	20	20
no_4	Pearson Correlation	.319	.314	.367	1	.811**	.560*	.453*	.787**	.887**
	Sig. (2-tailed)	.171	.177	.112		.000	.010	.045	.000	.000
	N	20	20	20	20	20	20	20	20	20
no_5	Pearson Correlation	.242	.503*	.452*	.811**	1	.601**	.414	.638**	.855**
	Sig. (2-tailed)	.303	.024	.045	.000		.005	.069	.002	.000
	N	20	20	20	20	20	20	20	20	20

no_6	Pearson Correlation	.099	.524*	.367	.560*	.601**	1	.032	.303	.639**
	Sig. (2-tailed)	.678	.018	.112	.010	.005		.895	.195	.002
	N	20	20	20	20	20	20	20	20	20
no_7	Pearson Correlation	.811**	.101	.302	.453*	.414	.032	1	.290	.622**
	Sig. (2-tailed)	.000	.673	.196	.045	.069	.895		.215	.003
	N	20	20	20	20	20	20	20	20	20
no_8	Pearson Correlation	.182	.115	.289	.787**	.638**	.303	.290	1	.698**
	Sig. (2-tailed)	.444	.628	.217	.000	.002	.195	.215		.001
	N	20	20	20	20	20	20	20	20	20
total_skor	Pearson Correlation	.554*	.450*	.581**	.887**	.855**	.639**	.622**	.698**	1
	Sig. (2-tailed)	.011	.046	.007	.000	.000	.002	.003	.001	
	N	20	20	20	20	20	20	20	20	20

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

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

Lampiran 11. Uji Validitas Kualitas Tidur

Uji Validitas Kualitas Tidur

Correlations

		no_1	no_2	no_3	no_4	no_5	no_6	no_7	no_8	no_9	no_10	no_11	no_12	no_13	no_14	no_15	no_16	no_17	no_18	skor_total
no_1	Pearson Correlation	.a	.a	.a	.a	.a	.a	.a	.a	.a	.a	.a	.a	.a	.a	.a	.a	.a	.a	.a
	Sig. (2-tailed)		.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_2	Pearson Correlation	.a	1	.a	.933**	.238	.209	.357	.933**	.432	.377	.370	.933**	.314	.a	.a	.377	.902**	.370	.625**
	Sig. (2-tailed)	.		.	.000	.312	.376	.122	.000	.057	.102	.109	.000	.177			.102	.000	.108	.003
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20

no_3	Pearson Correlation	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ
	Sig. (2-tailed)	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_4	Pearson Correlation	.ᵃ	.933**	.ᵃ	1	.259	.246	.312	1.000**	.431	.383	.357	1.000**	.186	.ᵃ	.ᵃ	.383	.952**	.260	.466*
	Sig. (2-tailed)	.	.000	.		.271	.295	.181	.000	.058	.095	.123	.000	.431	.	.	.095	.000	.269	.038
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_5	Pearson Correlation	.ᵃ	.238	.ᵃ	.259	1	.949**	.371	.259	.927**	.950**	.226	.259	.272	.ᵃ	.ᵃ	.950**	.321	.216	.566**

	Sig. (2-tailed)	.	.312	.	.271		.000	.107	.271	.000	.000	.337	.271	.246	.	.	.000	.167	.361	.009
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_6	Pearson Correlation	.a	.209	.a	.246	.949**	1	.377	.246	.832**	.852**	.310	.246	.332	.a	.a	.852**	.321	.261	.562**
	Sig. (2-tailed)	.	.376	.	.295	.000		.101	.295	.000	.000	.183	.295	.153	.	.	.000	.167	.267	.010
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_7	Pearson Correlation	.a	.357	.a	.312	.371	.377	1	.312	.326	.369	.836**	.312	-.051	.a	.a	.369	.308	.000	.547*
	Sig. (2-tailed)	.	.122	.	.181	.107	.101		.181	.161	.109	.000	.181	.830	.	.	.109	.186	1.000	.013
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20

no_8	Pearson Correlation	.a	.933**	.a	1.000**	.259	.246	.312	1	.431	.383	.357	1.000**	.186	.a	.a	.383	.952**	.260	.466*
	Sig. (2-tailed)	.	.000	.	.000	.271	.295	.181		.058	.095	.123	.000	.431	.	.	.095	.000	.269	.038
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_9	Pearson Correlation	.a	.432	.a	.431	.927**	.832**	.326	.431	1	.973**	.212	.431	.306	.a	.a	.973**	.477*	.278	.615**
	Sig. (2-tailed)	.	.057	.	.058	.000	.000	.161	.058		.000	.370	.058	.189	.	.	.000	.033	.236	.004
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_10	Pearson Correlation	.a	.377	.a	.383	.950**	.852**	.369	.383	.973**	1	.245	.383	.270	.a	.a	1.000**	.433	.232	.645**

	Sig. (2-tailed)	.	.102	.	.095	.000	.000	.109	.095	.000		.298	.095	.249	.	.	.000	.056	.326	.002
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_11	Pearson Correlation	.ᵃ	.370	.ᵃ	.357	.226	.310	.836**	.357	.212	.245	1	.357	-.048	.ᵃ	.ᵃ	.245	.372	-.031	.508*
	Sig. (2-tailed)	.	.109	.	.123	.337	.183	.000	.123	.370	.298		.123	.842	.	.	.298	.106	.898	.022
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_12	Pearson Correlation	.ᵃ	.933**	.ᵃ	1.000**	.259	.246	.312	1.000**	.431	.383	.357	1	.186	.ᵃ	.ᵃ	.383	.952**	.260	.466*
	Sig. (2-tailed)	.	.000	.	.000	.271	.295	.181	.000	.058	.095	.123		.431	.	.	.095	.000	.269	.038
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20

no_13	Pearson Correlation	.ᵃ	.314	.ᵃ	.186	.272	.332	-.051	.186	.306	.270	-.048	.186	1	.ᵃ	.ᵃ	.270	.343	.874**	.521*
	Sig. (2-tailed)	.	.177	.	.431	.246	.153	.830	.431	.189	.249	.842	.431		.	.	.249	.139	.000	.019
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_14	Pearson Correlation	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ
	Sig. (2-tailed)	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_15	Pearson Correlation	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ

	Sig. (2-tailed)	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_16	Pearson Correlation	.a	.377	.a	.383	.950**	.852**	.369	.383	.973**	1.000**	.245	.383	.270	.a	.a	1	.433	.232	.645**
	Sig. (2-tailed)	.	.102	.	.095	.000	.000	.109	.095	.000	.000	.298	.095	.249	.	.		.056	.326	.002
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
no_17	Pearson Correlation	.a	.902**	.a	.952**	.321	.321	.308	.952**	.477*	.433	.372	.952**	.343	.a	.a	.433	1	.330	.542*
	Sig. (2-tailed)	.	.000	.	.000	.167	.167	.186	.000	.033	.056	.106	.000	.139	.	.	.056		.155	.014
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20

no_18	Pearson Correlation	.a	.370	.a	.260	.216	.261	.000	.260	.278	.232	-.031	.260	.874**	.a	.a	.232	.330	1	.479*
	Sig. (2-tailed)	.	.108	.	.269	.361	.267	1.000	.269	.236	.326	.898	.269	.000	.	.	.326	.155		.032
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
skor_total	Pearson Correlation	.a	.625**	.a	.466*	.566**	.562**	.547*	.466*	.615**	.645**	.508*	.466*	.521*	.a	.a	.645**	.542*	.479*	1
	Sig. (2-tailed)	.	.003	.	.038	.009	.010	.013	.038	.004	.002	.022	.038	.019	.	.	.002	.014	.032	
	N	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20

a. Cannot be computed because at least one of the
variables is constant.

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

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