

**Lampiran 1 Pernyataan Keaslian Tulisan**

**PERNYATAAN KEASLIAN TULISAN**

Saya yang bertanda tangan dibawah ini:

Nama : Qurotul 'Aini  
NIM : 135070209111075  
Program Studi : Program Studi Ilmu Keperawatan  
Fakultas Kedokteran Universitas Brawijaya

Menyatakan dengan sebenarnya bahwa Tugas Akhir yang saya tulis ini benar-benar hasil karya saya sendiri, bukan merupakan pengambilan alihan tulisan atau pikiran orang lain yang saya akui sebagai tulisan atau pikiran saya sendiri. Apabila kemudian hari dapat dibuktikan bahwa Tugas Akhir ini adalah hasil jiplakan, maka saya bersedia menerima sanksi atas perbuatan tersebut.

Malang, 15 Januari 2015

Yang membuat pernyataan,

Qurotul 'Aini  
NIM. 135070209111006

**Lampiran 2 Curriculum Vitae****CURICULUM VITAE PENULIS****DATA PRIBADI**

Nama Lengkap : Qurotul 'Aini

Tempat, tanggal lahir : Madiun, 15 Juli 1990

Kewarganegaraan : Indonesia

Agama : Islam

Anak ke : 3 dari 4 bersaudara

Alamat rumah : RT/RW 07/03 Ds. Kradinan Kec.Dolopo Kab. Madiun

Alamat kos : Sumpersari g IV 225 B

Nomor Hp : 085608227395

Email : aini\_qu15@yahoo.co.id

**RIWAYAT PENDIDIKAN**

| Pendidikan             | Jurusan             | Tahun lulus   |
|------------------------|---------------------|---------------|
| TK RA Masyithoh        | -                   | 1996          |
| SD Negeri Kebonsari 02 | -                   | 2003          |
| MTS Miftakhul Ulum     | -                   | 2006          |
| MAN 2 Ponorogo         | Ilmu Alam           | 2009          |
| Akper Pemkab Ponorogo  | DIII Keperawatan    | 2012          |
| Universitas Brawijaya  | S1 Ilmu Keperawatan | 2013-sekarang |

**Lampiran 3 Tabulasi Kadar Kolesterol Total****TABULASI KADAR KOLESTEROL TOTAL**

kadar kolesterol tikus tanggal 1-11-14

|           | I     | II     | III | IV    | V      |
|-----------|-------|--------|-----|-------|--------|
| 1         | 251   | -      | -   | 236   | 169    |
| 2         | -     | 270    | 197 | 180   | 210    |
| 3         | 159   | 224    | 172 | 248   | -      |
| 4         | 180   | 198    | 208 | -     | 206    |
| 5         | 152   | 179    | 195 | 190   | 140    |
| rata-rata | 185.5 | 217.75 | 193 | 213.5 | 181.25 |

kadar kolesterol tikus tanggal 15-11-14

|           | I     | II  | III | IV  | V      |
|-----------|-------|-----|-----|-----|--------|
| 1         | 183   | -   | -   | 240 | 299    |
| 2         | -     | 287 | 186 | 205 | 262    |
| 3         | 175   | 244 | 212 | 295 | -      |
| 4         | 234   | 230 | 228 | -   | 220    |
| 5         | 178   | 199 | 210 | 228 | 166    |
| rata-rata | 192.5 | 240 | 209 | 242 | 236.75 |

kadar kolesterol tikus tanggal 3-12-14

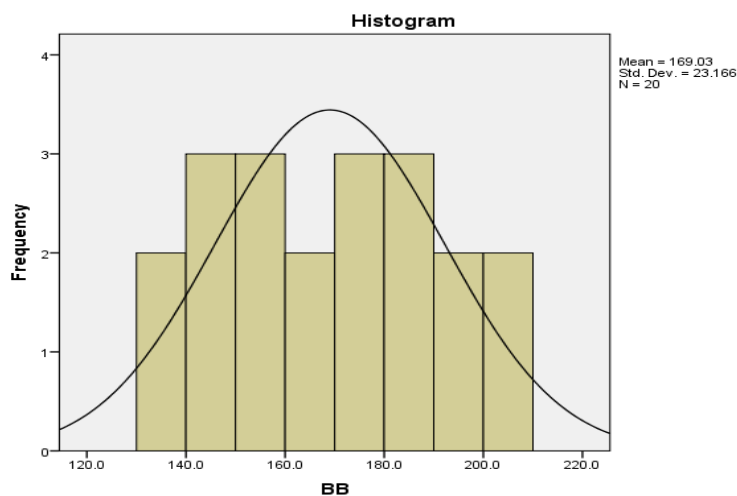
|           | I      | II    | III    | IV     | V     |
|-----------|--------|-------|--------|--------|-------|
| 1         | 141    | -     | -      | 122    | 147   |
| 2         | -      | 217   | 147    | 142    | 144   |
| 3         | 217    | 178   | 117    | 142    | -     |
| 4         | 131    | 173   | 138    | -      | 160   |
| 5         | 176    | 182   | 135    | 169    | 151   |
| rata-rata | 166.25 | 187.5 | 134.25 | 143.75 | 150.5 |

#### Lampiran 4 Analisa Data

#### HASIL PERHITUNGAN SPSS

| Statistics             |         |         |
|------------------------|---------|---------|
| BB                     |         |         |
| N                      | Valid   | 20      |
|                        | Missing | 0       |
| Mean                   |         | 169.025 |
| Std. Error of Mean     |         | 5.1801  |
| Median                 |         | 168.000 |
| Std. Deviation         |         | 23.1661 |
| Skewness               |         | .081    |
| Std. Error of Skewness |         | .512    |
| Kurtosis               |         | -1.183  |
| Std. Error of Kurtosis |         | .992    |
| Range                  |         | 74.5    |
| Minimum                |         | 131.0   |
| Maximum                |         | 205.5   |
| Percentiles            | 10      | 138.850 |
|                        | 25      | 149.625 |
|                        | 50      | 168.000 |
|                        | 75      | 188.250 |
|                        | 90      | 204.850 |

| BB    |           |         |               |                    |
|-------|-----------|---------|---------------|--------------------|
|       | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 131.0     | 1       | 5.0           | 5.0                |
|       | 138.5     | 1       | 5.0           | 10.0               |
|       | 142.0     | 1       | 5.0           | 15.0               |
|       | 142.5     | 1       | 5.0           | 20.0               |
|       | 149.5     | 1       | 5.0           | 25.0               |
|       | 150.0     | 1       | 5.0           | 30.0               |
|       | 155.0     | 1       | 5.0           | 35.0               |
|       | 158.0     | 1       | 5.0           | 40.0               |
|       | 162.0     | 1       | 5.0           | 45.0               |
|       | 164.0     | 1       | 5.0           | 50.0               |
|       | 172.0     | 1       | 5.0           | 55.0               |
|       | 173.5     | 1       | 5.0           | 60.0               |
|       | 179.5     | 1       | 5.0           | 65.0               |
|       | 182.5     | 1       | 5.0           | 70.0               |
|       | 187.5     | 1       | 5.0           | 75.0               |
|       | 188.5     | 1       | 5.0           | 80.0               |
|       | 194.5     | 1       | 5.0           | 85.0               |
|       | 199.0     | 1       | 5.0           | 90.0               |
|       | 205.5     | 2       | 10.0          | 100.0              |
|       | Total     | 20      | 100.0         |                    |



```

FREQUENCIES VARIABLES=TC.1.11
  /NTILES=4
  /PERCENTILES=10.0 90.0
  /STATISTICS=STDDEV RANGE MINIMUM MAXIMUM SEMEAN MEAN MEDIAN
  SKEWNESS SESKEW KURTOSIS SEKURT
  /HISTOGRAM NORMAL
  /ORDER=ANALYSIS.
  
```

## Oneway

### Descriptives

TC.1.11

|       | N  | Mean   | Std.<br>Deviation | Std. Error | 95% Confidence Interval for<br>Mean |             | Minimum | Maximum |
|-------|----|--------|-------------------|------------|-------------------------------------|-------------|---------|---------|
|       |    |        |                   |            | Lower Bound                         | Upper Bound |         |         |
| K Neg | 4  | 185.50 | 45.259            | 22.629     | 113.48                              | 257.52      | 152     | 251     |
| K Pos | 4  | 217.75 | 39.416            | 19.708     | 155.03                              | 280.47      | 179     | 270     |
| 0.81  | 4  | 193.00 | 15.122            | 7.561      | 168.94                              | 217.06      | 172     | 208     |
| 1.62  | 4  | 213.50 | 33.521            | 16.761     | 160.16                              | 266.84      | 180     | 248     |
| 3.24  | 4  | 181.25 | 33.120            | 16.560     | 128.55                              | 233.95      | 140     | 210     |
| Total | 20 | 198.20 | 34.429            | 7.698      | 182.09                              | 214.31      | 140     | 270     |

### Test of Homogeneity of Variances

TC.1.11

| Levene Statistic | df1 | df2 | Sig. |
|------------------|-----|-----|------|
| 1.166            | 4   | 15  | .365 |

## ANOVA

TC.1.11

|                | Sum of Squares | df | Mean Square | F    | Sig. |
|----------------|----------------|----|-------------|------|------|
| Between Groups | 4367.700       | 4  | 1091.925    | .902 | .487 |
| Within Groups  | 18153.500      | 15 | 1210.233    |      |      |
| Total          | 22521.200      | 19 |             |      |      |

## Oneway

### Descriptives

TC.15.11

|       | N  | Mean   | Std. Deviation | Std. Error | 95% Confidence Interval for Mean |             | Minimum | Maximum |
|-------|----|--------|----------------|------------|----------------------------------|-------------|---------|---------|
|       |    |        |                |            | Lower Bound                      | Upper Bound |         |         |
| K Neg | 4  | 192.50 | 27.863         | 13.931     | 148.16                           | 236.84      | 175     | 234     |
| K Pos | 4  | 240.00 | 36.542         | 18.271     | 181.85                           | 298.15      | 199     | 287     |
| 0.81  | 4  | 209.00 | 17.321         | 8.660      | 181.44                           | 236.56      | 186     | 228     |
| 1.62  | 4  | 242.00 | 38.201         | 19.101     | 181.21                           | 302.79      | 205     | 295     |
| 3.24  | 4  | 236.75 | 57.151         | 28.576     | 145.81                           | 327.69      | 166     | 299     |
| Total | 20 | 224.05 | 39.237         | 8.774      | 205.69                           | 242.41      | 166     | 299     |

### Test of Homogeneity of Variances

TC.15.11

| Levene Statistic | df1 | df2 | Sig. |
|------------------|-----|-----|------|
| 1.360            | 4   | 15  | .294 |

## ANOVA

TC.15.11

|                | Sum of Squares | df | Mean Square | F     | Sig. |
|----------------|----------------|----|-------------|-------|------|
| Between Groups | 7839.200       | 4  | 1959.800    | 1.373 | .290 |
| Within Groups  | 21411.750      | 15 | 1427.450    |       |      |
| Total          | 29250.950      | 19 |             |       |      |

## Oneway

### Descriptives

TC.3.12

|       | N  | Mean   | Std. Deviation | Std. Error | 95% Confidence Interval for Mean |             | Minimum | Maximum |
|-------|----|--------|----------------|------------|----------------------------------|-------------|---------|---------|
|       |    |        |                |            | Lower Bound                      | Upper Bound |         |         |
| K Neg | 4  | 166.25 | 38.948         | 19.474     | 104.28                           | 228.22      | 131     | 217     |
| K Pos | 4  | 187.50 | 20.008         | 10.004     | 155.66                           | 219.34      | 173     | 217     |
| 0.81  | 4  | 134.25 | 12.580         | 6.290      | 114.23                           | 154.27      | 117     | 147     |
| 1.62  | 4  | 143.75 | 19.294         | 9.647      | 113.05                           | 174.45      | 122     | 169     |
| 3.24  | 4  | 150.50 | 6.952          | 3.476      | 139.44                           | 161.56      | 144     | 160     |
| Total | 20 | 156.45 | 27.613         | 6.174      | 143.53                           | 169.37      | 117     | 217     |

### Test of Homogeneity of Variances

TC.3.12

| Levene Statistic | df1 | df2 | Sig. |
|------------------|-----|-----|------|
| 2.934            | 4   | 15  | .056 |

### ANOVA

TC.3.12

|                | Sum of Squares | df | Mean Square | F     | Sig. |
|----------------|----------------|----|-------------|-------|------|
| Between Groups | 6998.700       | 4  | 1749.675    | 3.505 | .033 |
| Within Groups  | 7488.250       | 15 | 499.217     |       |      |
| Total          | 14486.950      | 19 |             |       |      |

### Post Hoc Tests

#### Multiple Comparisons

Dependent Variable: TC.3.12

|              | (I) Dosis | (J) Dosis | Mean Difference (I-J) | Std. Error | Sig.  | 95% Confidence Interval |             |
|--------------|-----------|-----------|-----------------------|------------|-------|-------------------------|-------------|
|              |           |           |                       |            |       | Lower Bound             | Upper Bound |
| Bonferroni   | K Neg     | K Pos     | -21.250               | 15.799     | 1.000 | -73.17                  | 30.67       |
|              |           | 0.81      | 32.000                | 15.799     | .610  | -19.92                  | 83.92       |
|              |           | 1.62      | 22.500                | 15.799     | 1.000 | -29.42                  | 74.42       |
|              |           | 3.24      | 15.750                | 15.799     | 1.000 | -36.17                  | 67.67       |
|              | K Pos     | K Neg     | 21.250                | 15.799     | 1.000 | -30.67                  | 73.17       |
|              |           | 0.81      | 53.250*               | 15.799     | .042  | 1.33                    | 105.17      |
|              |           | 1.62      | 43.750                | 15.799     | .143  | -8.17                   | 95.67       |
|              |           | 3.24      | 37.000                | 15.799     | .334  | -14.92                  | 88.92       |
|              | 0.81      | K Neg     | -32.000               | 15.799     | .610  | -83.92                  | 19.92       |
|              |           | K Pos     | -53.250*              | 15.799     | .042  | -105.17                 | -1.33       |
|              |           | 1.62      | -9.500                | 15.799     | 1.000 | -61.42                  | 42.42       |
|              |           | 3.24      | -16.250               | 15.799     | 1.000 | -68.17                  | 35.67       |
|              | 1.62      | K Neg     | -22.500               | 15.799     | 1.000 | -74.42                  | 29.42       |
|              |           | K Pos     | -43.750               | 15.799     | .143  | -95.67                  | 8.17        |
|              |           | 0.81      | 9.500                 | 15.799     | 1.000 | -42.42                  | 61.42       |
|              |           | 3.24      | -6.750                | 15.799     | 1.000 | -58.67                  | 45.17       |
|              | 3.24      | K Neg     | -15.750               | 15.799     | 1.000 | -67.67                  | 36.17       |
|              |           | K Pos     | -37.000               | 15.799     | .334  | -88.92                  | 14.92       |
|              |           | 0.81      | 16.250                | 15.799     | 1.000 | -35.67                  | 68.17       |
|              |           | 1.62      | 6.750                 | 15.799     | 1.000 | -45.17                  | 58.67       |
| Games-Howell | K Neg     | K Pos     | -21.250               | 21.893     | .857  | -113.33                 | 70.83       |
|              |           | 0.81      | 32.000                | 20.464     | .585  | -64.12                  | 128.12      |
|              |           | 1.62      | 22.500                | 21.732     | .830  | -69.79                  | 114.79      |
|              |           | 3.24      | 15.750                | 19.782     | .917  | -84.78                  | 116.28      |
|              | K Pos     | K Neg     | 21.250                | 21.893     | .857  | -70.83                  | 113.33      |
|              |           | 0.81      | 53.250*               | 11.817     | .031  | 6.04                    | 100.46      |
|              |           | 1.62      | 43.750                | 13.898     | .099  | -8.40                   | 95.90       |
|              |           | 3.24      | 37.000                | 10.591     | .115  | -12.01                  | 86.01       |
|              | 0.81      | K Neg     | -32.000               | 20.464     | .585  | -128.12                 | 64.12       |
|              |           | K Pos     | -53.250*              | 11.817     | .031  | -100.46                 | -6.04       |
|              |           | 1.62      | -9.500                | 11.516     | .912  | -55.12                  | 36.12       |
|              |           | 3.24      | -16.250               | 7.187      | .299  | -45.90                  | 13.40       |
|              | 1.62      | K Neg     | -22.500               | 21.732     | .830  | -114.79                 | 69.79       |

|      |       |         |        |      |         |       |
|------|-------|---------|--------|------|---------|-------|
|      | K Pos | -43.750 | 13.898 | .099 | -95.90  | 8.40  |
|      | 0.81  | 9.500   | 11.516 | .912 | -36.12  | 55.12 |
|      | 3.24  | -6.750  | 10.254 | .956 | -53.84  | 40.34 |
|      | K Neg | -15.750 | 19.782 | .917 | -116.28 | 84.78 |
| 3.24 | K Pos | -37.000 | 10.591 | .115 | -86.01  | 12.01 |
|      | 0.81  | 16.250  | 7.187  | .299 | -13.40  | 45.90 |
|      | 1.62  | 6.750   | 10.254 | .956 | -40.34  | 53.84 |

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

CORRELATIONS  
 /VARIABLES=Dosis TC.1.11  
 /PRINT=TWOTAIL NOSIG  
 /MISSING=PAIRWISE.

## Correlations

| Correlations |                     |          |         |
|--------------|---------------------|----------|---------|
|              |                     | Kelompok | TC.3.12 |
| Kelompok     | Pearson Correlation | 1        | -.401   |
|              | Sig. (2-tailed)     |          | .080    |
|              | N                   | 20       | 20      |
| TC.3.12      | Pearson Correlation | -.401    | 1       |
|              | Sig. (2-tailed)     | .080     |         |
|              | N                   | 20       | 20      |

REGRESSION  
 /MISSING LISTWISE  
 /STATISTICS COEFF OUTS R ANOVA  
 /CRITERIA=PIN(.05) POUT(.10)  
 /NOORIGIN  
 /DEPENDENT TC.3.12  
 /METHOD=ENTER Dosis.

## Regression

| Variables Entered/Removed <sup>a</sup> |                    |                   |        |
|----------------------------------------|--------------------|-------------------|--------|
| Model                                  | Variables Entered  | Variables Removed | Method |
| 1                                      | Dosis <sup>b</sup> | .                 | Enter  |

a. Dependent Variable: TC.3.12

b. All requested variables entered.

| Model Summary |                   |          |                   |                            |
|---------------|-------------------|----------|-------------------|----------------------------|
| Model         | R                 | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1             | .395 <sup>a</sup> | .156     | .109              | 26.058                     |

a. Predictors: (Constant), Dosis

ANOVA<sup>a</sup>

| Model |            | Sum of Squares | df | Mean Square | F     | Sig.              |
|-------|------------|----------------|----|-------------|-------|-------------------|
| 1     | Regression | 2265.025       | 1  | 2265.025    | 3.336 | .084 <sup>b</sup> |
|       | Residual   | 12221.925      | 18 | 678.996     |       |                   |
|       | Total      | 14486.950      | 19 |             |       |                   |

a. Dependent Variable: TC.3.12

b. Predictors: (Constant), Dosis

Coefficients<sup>a</sup>

| Model |            | Unstandardized Coefficients |            | Standardized Coefficients | t      | Sig. |
|-------|------------|-----------------------------|------------|---------------------------|--------|------|
|       |            | B                           | Std. Error | Beta                      |        |      |
| 1     | (Constant) | 179.025                     | 13.665     |                           | 13.101 | .000 |
|       | Dosis      | -7.525                      | 4.120      | -.395                     | -1.826 | .084 |

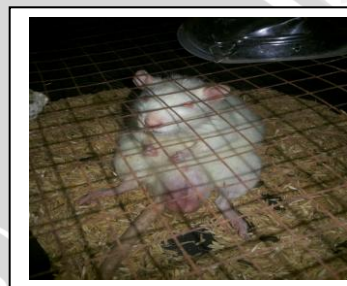
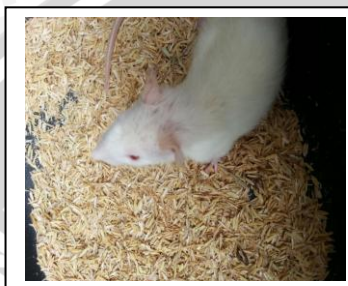
a. Dependent Variable: TC.3.12



## Lampiran 5 Dokumentasi Penelitian

### DOKUMENTASI PENELITIAN

- a. Masing-masing tikus ditempatkan pada 1 kandang



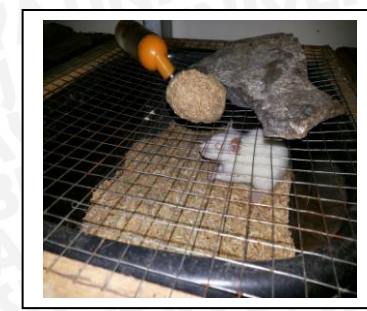
- b. Pembuatan diet normal



- c. Pembuatan diet tinggi lemak



- d. Pemberian pakan dan minum



e. Mengamankan pakan dari tikus liar



f. Mengganti sekam



g. Pengukuran kadar kolesterol

