**LAMPIRAN. UJI NORMALITAS**

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| **One-Sample Kolmogorov-Smirnov Test** |
|  | Pre Test Kesehatan Fisik | Post Test Kesehatan Fisik |
| N | 53 | 53 |
| Normal Parametersa,b | Mean | 22.02 | 22.75 |
| Std. Deviation | 2.919 | 2.875 |
| Most Extreme Differences | Absolute | .144 | .113 |
| Positive | .144 | .113 |
| Negative | -.094 | -.103 |
| Kolmogorov-Smirnov Z | 1.049 | .822 |
| Asymp. Sig. (2-tailed) | .221 | .508 |
| a. Test distribution is Normal. |
| b. Calculated from data. |

Data pre test kesehatan fisik terdistribusi normal karena nilai signifikansi 0,221 >0,05. **Dst..**

**CATATAN: NORMAL JIKA NILAI SIG. >0,05**

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| **One-Sample Kolmogorov-Smirnov Test** |
|  | Pre Test Psikologis | Post Test Psikologis |
| N | 53 | 53 |
| Normal Parametersa,b | Mean | 20.64 | 21.06 |
| Std. Deviation | 3.352 | 3.302 |
| Most Extreme Differences | Absolute | .124 | .106 |
| Positive | .124 | .106 |
| Negative | -.071 | -.091 |
| Kolmogorov-Smirnov Z | .905 | .770 |
| Asymp. Sig. (2-tailed) | .386 | .594 |
| a. Test distribution is Normal. |
| b. Calculated from data. |

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| **One-Sample Kolmogorov-Smirnov Test** |
|  | Pre Test Sosial | Post Test Sosial |
| N | 53 | 53 |
| Normal Parametersa,b | Mean | 9.96 | 10.42 |
| Std. Deviation | 1.765 | 1.537 |
| Most Extreme Differences | Absolute | .273 | .236 |
| Positive | .273 | .236 |
| Negative | -.180 | -.160 |
| Kolmogorov-Smirnov Z | 1.989 | 1.721 |
| Asymp. Sig. (2-tailed) | .001 | .005 |
| a. Test distribution is Normal. |
| b. Calculated from data. |

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| **One-Sample Kolmogorov-Smirnov Test** |
|  | Pre Test Lingkungan | Post Test Lingkungan |
| N | 53 | 53 |
| Normal Parametersa,b | Mean | 27.66 | 27.42 |
| Std. Deviation | 4.599 | 4.258 |
| Most Extreme Differences | Absolute | .123 | .084 |
| Positive | .123 | .067 |
| Negative | -.081 | -.084 |
| Kolmogorov-Smirnov Z | .896 | .610 |
| Asymp. Sig. (2-tailed) | .398 | .851 |
| a. Test distribution is Normal. |
| b. Calculated from data. |

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| **One-Sample Kolmogorov-Smirnov Test** |
|  | Pre Test Kesehatan Umum | Post Test Kesehatan Umum |
| N | 53 | 53 |
| Normal Parametersa,b | Mean | 7.11 | 7.09 |
| Std. Deviation | 1.540 | 1.165 |
| Most Extreme Differences | Absolute | .170 | .234 |
| Positive | .142 | .185 |
| Negative | -.170 | -.234 |
| Kolmogorov-Smirnov Z | 1.241 | 1.707 |
| Asymp. Sig. (2-tailed) | .092 | .006 |
| a. Test distribution is Normal. |
| b. Calculated from data. |

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| **One-Sample Kolmogorov-Smirnov Test** |
|  | Pre Test Kualitas Hidup | Post Test Kualitas Hidup |
| N | 53 | 53 |
| Normal Parametersa,b | Mean | 87.40 | 88.74 |
| Std. Deviation | 11.852 | 10.935 |
| Most Extreme Differences | Absolute | .121 | .129 |
| Positive | .121 | .129 |
| Negative | -.063 | -.092 |
| Kolmogorov-Smirnov Z | .882 | .940 |
| Asymp. Sig. (2-tailed) | .418 | .340 |
| a. Test distribution is Normal. |
| b. Calculated from data. |

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| **One-Sample Kolmogorov-Smirnov Test** |
|  | Pre Test Kepatuhan | Post Test Kepatuhan |
| N | 53 | 53 |
| Normal Parametersa,b | Mean | 23.43 | 23.58 |
| Std. Deviation | 1.876 | 1.669 |
| Most Extreme Differences | Absolute | .213 | .240 |
| Positive | .202 | .198 |
| Negative | -.213 | -.240 |
| Kolmogorov-Smirnov Z | 1.552 | 1.745 |
| Asymp. Sig. (2-tailed) | .016 | .005 |
| a. Test distribution is Normal. |
| b. Calculated from data. |

**LAMPIRAN. UJI PAIRED T-TEST ( UJI PARAMETRIK 2 KELOMPOK BERPASANGAN)**

**PRE TEST & POSTTEST**

**KESEHATAN FISIK**

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| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Pre Test Kesehatan Fisik | 22.02 | 53 | 2.919 | .401 |
| Post Test Kesehatan Fisik | 22.75 | 53 | 2.875 | .395 |

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| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Pre Test Kesehatan Fisik & Post Test Kesehatan Fisik | 53 | .638 | .000 |

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| **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 | Pre Test Kesehatan Fisik - Post Test Kesehatan Fisik | -.736 | 2.466 | .339 | -1.416 | -.056 | -2.172 | 52 | .034 |

Ada perbedaan sebelum dan setelah diberikan perlakuan karena nilai signifikansi 0,034 <0,05. **Dst..**

**KESIMPULAN: METODE X BERHASIL MENINGKATKAN KESEHATAN FISIK PASIEN**

**PRE TEST & POSTTEST**

**PSIKOLOGIS**

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| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Pre Test Psikologis | 20.64 | 53 | 3.352 | .460 |
| Post Test Psikologis | 21.06 | 53 | 3.302 | .454 |

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| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Pre Test Psikologis & Post Test Psikologis | 53 | .369 | .007 |

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| **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 | Pre Test Psikologis - Post Test Psikologis | -.415 | 3.739 | .514 | -1.446 | .615 | -.808 | 52 | .423 |

**PRE TEST & POSTTEST**

**SOSIAL**

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| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Pre Test Sosial | 9.96 | 53 | 1.765 | .242 |
| Post Test Sosial | 10.42 | 53 | 1.537 | .211 |

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| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Pre Test Sosial & Post Test Sosial | 53 | .594 | .000 |

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| **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 | Pre Test Sosial - Post Test Sosial | -.453 | 1.501 | .206 | -.867 | -.039 | -2.197 | 52 | .033 |

**PRE TEST & POSTTEST**

**LINGKUNGAN**

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| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Pre Test Lingkungan | 27.66 | 53 | 4.599 | .632 |
| Post Test Lingkungan | 27.42 | 53 | 4.258 | .585 |

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| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Pre Test Lingkungan & Post Test Lingkungan | 53 | .809 | .000 |

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| **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 | Pre Test Lingkungan - Post Test Lingkungan | .245 | 2.759 | .379 | -.515 | 1.006 | .647 | 52 | .520 |

**PRE TEST & POSTTEST**

**KESEHATAN UMUM**

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| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Pre Test Kesehatan Umum | 7.11 | 53 | 1.540 | .212 |
| Post Test Kesehatan Umum | 7.09 | 53 | 1.165 | .160 |

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| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Pre Test Kesehatan Umum & Post Test Kesehatan Umum | 53 | .659 | .000 |

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| **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 | Pre Test Kesehatan Umum - Post Test Kesehatan Umum | .019 | 1.168 | .160 | -.303 | .341 | .118 | 52 | .907 |

**PRE TEST & POSTTEST**

**KUALITAS HIDUP**

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| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Pre Test Kualitas Hidup | 87.40 | 53 | 11.852 | 1.628 |
| Post Test Kualitas Hidup | 88.74 | 53 | 10.935 | 1.502 |

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| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Pre Test Kualitas Hidup & Post Test Kualitas Hidup | 53 | .731 | .000 |

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| **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 | Pre Test Kualitas Hidup - Post Test Kualitas Hidup | -1.340 | 8.408 | 1.155 | -3.657 | .978 | -1.160 | 52 | .251 |

**PRE TEST & POSTTEST**

**KEPATUHAN**

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| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Pre Test Kepatuhan | 23.43 | 53 | 1.876 | .258 |
| Post Test Kepatuhan | 23.58 | 53 | 1.669 | .229 |

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| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Pre Test Kepatuhan & Post Test Kepatuhan | 53 | .372 | .006 |

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| **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 | Pre Test Kepatuhan - Post Test Kepatuhan | -.151 | 1.994 | .274 | -.701 | .399 | -.551 | 52 | .584 |