RERI NOOR AMELIA

**The Effectiveness of E-Booklet and Lectures to Increase Overweight Adolescents’ Nutritional Knowledge**

*Efektivitas E-Booklet dan Ceramah untuk Meningkatkan Pengetahuan Gizi Remaja Overweight*

Uji normalitas data pretest dan post test pengetahuan gizi

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| --- | --- | --- | --- | --- |
| **Tests of Normality** | | | | |
|  | Shapiro-Wilk | | |
| Statistic | df | Sig. |
| Pretest booklet | .925 | 32 | .228 |
| Pretest lectures | .961 | 32 | .299 |
| Post booklet | .968 | 32 | .437 |
| Post lectures | .964 | 32 | .353 |

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| **Descriptive Statistics** | | | | | | | | | |
|  | N | Range | Minimum | Maximum | Mean | | Std. Deviation | Variance |
| Statistic | Statistic | Statistic | Statistic | Statistic | Std. Error | Statistic | Statistic |
| pretesCon | 32 | 47.00 | 23.00 | 70.00 | 51.5000 | 2.03943 | 11.53676 | 133.097 |
| pretesIntr | 32 | 64.00 | 13.00 | 77.00 | 56.4375 | 2.39957 | 13.57402 | 184.254 |
| postcon | 32 | 54.00 | 33.00 | 87.00 | 59.5625 | 2.55028 | 14.42654 | 208.125 |
| postintr | 32 | 50.00 | 43.00 | 93.00 | 70.5000 | 2.35165 | 13.30292 | 176.968 |
| Valid N (listwise) | 32 |  |  |  |  |  |  |  |

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| **Descriptives** | | | | |
|  | | | Statistic | Std. Error |
| pretesIntr | Mean | | 56.4375 | 2.39957 |
| 95% Confidence Interval for Mean | Lower Bound | 51.5435 |  |
| Upper Bound | 61.3315 |  |
| 5% Trimmed Mean | | 57.4375 |  |
| Median | | 58.5000 |  |
| Variance | | 184.254 |  |
| Std. Deviation | | 13.57402 |  |
| Minimum | | 13.00 |  |
| Maximum | | 77.00 |  |
| Range | | 64.00 |  |
| Interquartile Range | | 18.25 |  |
| Skewness | | -1.173 | .414 |
| Kurtosis | | 2.185 | .809 |
| postintr | Mean | | 70.5000 | 2.35165 |
| 95% Confidence Interval for Mean | Lower Bound | 65.7038 |  |
| Upper Bound | 75.2962 |  |
| 5% Trimmed Mean | | 70.7778 |  |
| Median | | 73.0000 |  |
| Variance | | 176.968 |  |
| Std. Deviation | | 13.30292 |  |
| Minimum | | 43.00 |  |
| Maximum | | 93.00 |  |
| Range | | 50.00 |  |
| Interquartile Range | | 18.50 |  |
| Skewness | | -.333 | .414 |
| Kurtosis | | -.308 | .809 |
| pretesCon | Mean | | 51.5000 | 2.03943 |
| 95% Confidence Interval for Mean | Lower Bound | 47.3406 |  |
| Upper Bound | 55.6594 |  |
| 5% Trimmed Mean | | 51.9097 |  |
| Median | | 53.0000 |  |
| Variance | | 133.097 |  |
| Std. Deviation | | 11.53676 |  |
| Minimum | | 23.00 |  |
| Maximum | | 70.00 |  |
| Range | | 47.00 |  |
| Interquartile Range | | 17.00 |  |
| Skewness | | -.589 | .414 |
| Kurtosis | | .027 | .809 |
| postcon | Mean | | 59.5625 | 2.55028 |
| 95% Confidence Interval for Mean | Lower Bound | 54.3612 |  |
| Upper Bound | 64.7638 |  |
| 5% Trimmed Mean | | 59.5139 |  |
| Median | | 61.5000 |  |
| Variance | | 208.125 |  |
| Std. Deviation | | 14.42654 |  |
| Minimum | | 33.00 |  |
| Maximum | | 87.00 |  |
| Range | | 54.00 |  |
| Interquartile Range | | 20.00 |  |
| Skewness | | -.192 | .414 |
| Kurtosis | | -.802 | .809 |

Uji Beda (Paired T Test) data pengetahuan gizi

* Pengetahuan Gizi

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | | | | | |
|  | | | Mean | N | | Std. Deviation | | Std. Error Mean | |
| Pair 1 | Pretest booklet | | 56.4375 | 32 | | 13.57402 | | 2.39957 | |
| Post booklet | | 70.5000 | 32 | | 13.30292 | | 2.35165 | |
| Pair 2 | Pretest lectures | | 51.5000 | 32 | | 11.53676 | | 2.03943 | |
| Posttest lectures | | 59.5625 | 32 | | 14.42654 | | 2.55028 | |
| **Paired Samples Correlations** | | | | | | | | | | |
|  | | | | | N | | Correlation | | Sig. | |
| Pair 2 | | Pretest booklet & post booklet | | | 32 | | .597 | | .000 | |
| Pair 3 | | Pretest lectures & post lectures | | | 32 | | .541 | | .001 | |

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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 | Intervention group | 14.06250 | 12.06685 | 2.13314 | 9.71194 | 18.41306 | 6.592 | 31 | .000 |
| Pair 2 | Control group | 8.06250 | 12.68969 | 2.24324 | 3.48738 | 12.63762 | 3.594 | 31 | .001 |

Uji independent t test

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| --- | --- | --- | --- | --- | --- |
| **Group Statistics** | | | | | |
|  | group | N | Mean | Std. Deviation | Std. Error Mean |
| independent | intervention | 32 | 70.5000 | 13.30292 | 2.35165 |
| control | 32 | 59.5625 | 14.42654 | 2.55028 |

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| **Independent Samples Test** | | | | | | | | | | | |
|  | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | | |
| F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| Lower | Upper |
| independent | Equal variances assumed | .429 | .515 | 3.153 | 62 | .002 | 10.93750 | 3.46903 | 4.00301 | 17.87199 |
| Equal variances not assumed |  |  | 3.153 | 61.597 | .002 | 10.93750 | 3.46903 | 4.00211 | 17.87289 |