

## LAMPIRAN

### Lampiran 1. Lembar *Informed Consent*

#### LEMBAR PERSETUJUAN RESPONDEN DALAM PENELITIAN (*INFORMED CONSENT*)

Saya yang bertanda tangan di bawah ini :

Nama :

Usia :

Alamat :

No.Hp :

Prodi/Smt :

Bersedia untuk dijadikan responden/subjek penelitian dalam kegiatan yang dilakukan oleh :

Nama : Made Sawitri Dewi

Judul : Studi Deskriptif Tekanan Darah Berdasarkan Aktifitas Fisik Dan Perilaku Makan Fast Food Pada Mahasiswi Fakultas Kesehatan Universitas Muhammadiyah Gresik

Menyatakan (bersedia atau tidak bersedia) menjadi responden penelitian yang dilakukan oleh Mahasiswa S1 Ilmu Gizi Universitas Muhammadiyah Gresik

Saya memahami penelitian ini dimaksudkan untuk kepentingan peneliti dalam menyelesaikan skripsi dan tidak merugikan saya dalam segi apapun dan jawaban yang saya berikan akan dijaga kerahasiaannya. Persetujuan ini saya buat secara sukarela dan tidak ada unsur paksaan dari manapun. Demikian pernyataan ini saya buat untuk dapat digunakan bagaimana semestinya.

Gresik, ..... 2024

Peneliti

Responden

(Made Sawitri Dewi)

(. ....)

**Lampiran 2.** *Form Tekanan Darah*

**FORMULIR TEKANAN DARAH**

Nama Responden :

Prodi/Semester :

Tekanan Darah :

| No. | Jenis            | Pengukuran |
|-----|------------------|------------|
| 1.  | Sistolik (mmHg)  |            |
| 2   | Diastolik (mmHg) |            |

Status : Normal/Pra-hipertensi

**Lampiran 3. Form Food Recall 1x24 jam**

**FORMULIR FOOD RECALL 2X24 JAM**

Nama Responden :  
Prodi/Semester :  
Hari/Tanggal :

| Waktu Makan     | Menu Makanan | Bahan Makanan | Banyaknya |              |
|-----------------|--------------|---------------|-----------|--------------|
|                 |              |               | URT       | Berat (gram) |
| Pagi/Jam        |              |               |           |              |
| Snack Pagi/Jam  |              |               |           |              |
| Siang/Jam       |              |               |           |              |
| Snack Siang/Jam |              |               |           |              |
| Malam/Jam       |              |               |           |              |

**Lampiran 4.** form Food Frequency Questionnaire (FFQ)

**FORMULIR KUISIONER PERILAKU MAKAN *FAST FOOD***  
***FOOD FREQUENCY QUESIONNAIRE (FFQ)***

Nama Responden :  
Prodi/Semester :  
Hari/Tanggal :

Berilah tanda checklist (✓) pada kolom yang sesuai dengan kebiasaan konsumsi pangan anda.

| No | Jenis Makanan  | Frekuensi Konsumsi Makanan |           |             |             |          |            |              |
|----|----------------|----------------------------|-----------|-------------|-------------|----------|------------|--------------|
|    |                | Hari                       |           | Minggu      |             | Bulan    |            | Tidak pernah |
|    |                | 1/hari                     | 2-3x/hari | 3-6x/minggu | 1-2x/minggu | 1x/bulan | 2-3x/bulan |              |
| A  | Tinggi Kalori  |                            |           |             |             |          |            |              |
|    | Nasi Goreng    |                            |           |             |             |          |            |              |
|    | Mie goreng     |                            |           |             |             |          |            |              |
|    | Mie Ayam       |                            |           |             |             |          |            |              |
|    | Donat          |                            |           |             |             |          |            |              |
|    | Batagor        |                            |           |             |             |          |            |              |
|    | Pempek         |                            |           |             |             |          |            |              |
|    | Siomay         |                            |           |             |             |          |            |              |
|    | Martabak telur |                            |           |             |             |          |            |              |
| B  | Tinggi lemak   |                            |           |             |             |          |            |              |
|    | Bakso          |                            |           |             |             |          |            |              |
|    | Pisang coklat  |                            |           |             |             |          |            |              |
|    | Cireng         |                            |           |             |             |          |            |              |
|    | Cilok          |                            |           |             |             |          |            |              |
|    | Tahu crispy    |                            |           |             |             |          |            |              |
| C  | Tinggi gula    |                            |           |             |             |          |            |              |
|    | Susu coklat    |                            |           |             |             |          |            |              |
|    | Es Krim        |                            |           |             |             |          |            |              |
|    | Bolu kukus     |                            |           |             |             |          |            |              |
|    | Pudding        |                            |           |             |             |          |            |              |
|    | Martabak manis |                            |           |             |             |          |            |              |
|    | Coklat         |                            |           |             |             |          |            |              |
|    | Permen         |                            |           |             |             |          |            |              |
|    | Es boba        |                            |           |             |             |          |            |              |

|          |                             |  |  |  |  |  |  |
|----------|-----------------------------|--|--|--|--|--|--|
|          | Teh poci                    |  |  |  |  |  |  |
|          | Thai tea                    |  |  |  |  |  |  |
|          | Es Sachet                   |  |  |  |  |  |  |
| <b>D</b> | <b>Tinggi Natrium</b>       |  |  |  |  |  |  |
|          | Mie instan                  |  |  |  |  |  |  |
|          | Cimol                       |  |  |  |  |  |  |
|          | Seblak                      |  |  |  |  |  |  |
|          | Sosis                       |  |  |  |  |  |  |
| <b>E</b> | <b>Rendah Serat</b>         |  |  |  |  |  |  |
|          | Fried Chicken               |  |  |  |  |  |  |
|          | French Fries                |  |  |  |  |  |  |
|          | <b>Jumlah Skor Konsumsi</b> |  |  |  |  |  |  |



### Lampiran 5. Form Aktivitas Fisik

#### KUESIONER AKTIVITAS FISIK

Nama Responden :

Prodi/Semester :

Hari/Tanggal :

Ini adalah beberapa pertanyaan tentang kegiatan yang anda lakukan di sekolah, sebelum sekolah, setelah sekolah dan pada akhir pekan. Silakan menulis dalam tabel ini kegiatan atau olahraga yang biasanya anda lakukan. Berapa kali dalam seminggu biasanya anda melakukannya dan jumlah waktu yang biasanya anda habiskan untuk melakukannya. Jika anda tidak melakukan kegiatan yang terorganisir, silakan menulis “0” pada baris pertama tabel.

| No | Kegiatan                                                   | Frekuensi<br>(kali/hari) | Durasi<br>(jam) | Kategori<br><i>PAL</i> | Nilai<br><i>PAR</i> | Total |
|----|------------------------------------------------------------|--------------------------|-----------------|------------------------|---------------------|-------|
| 1. | Tidur (tidur siang dan tidur malam)                        |                          |                 |                        |                     |       |
| 2. | Tidur-tiduran (tidak tidur, duduk-duduk diam, dan membaca) |                          |                 |                        |                     |       |
| 3. | Duduk sambil menonton tv                                   |                          |                 |                        |                     |       |
| 4. | Berdiam diri, beribadah, menunggu (berdiri), dan berhias   |                          |                 |                        |                     |       |
| 5. | Makan dan minum                                            |                          |                 |                        |                     |       |

|     |                                                         |  |  |  |  |  |
|-----|---------------------------------------------------------|--|--|--|--|--|
| 6.  | Jalan santai                                            |  |  |  |  |  |
| 7.  | Belanja                                                 |  |  |  |  |  |
| 8.  | Mengendarai kendaraan                                   |  |  |  |  |  |
| 9.  | Belajar                                                 |  |  |  |  |  |
| 10. | Melakukan pekerjaan rumah (bersih-bersih dan lain-lain) |  |  |  |  |  |
| 11. | Setrika pakaian (duduk)                                 |  |  |  |  |  |
| 12. | Kegiatan berkebun                                       |  |  |  |  |  |
| 13. | Menulis dan mengetik                                    |  |  |  |  |  |
| 14. | Mengerjakan tugas/PR                                    |  |  |  |  |  |
| 15. | Olahraga (badminton)                                    |  |  |  |  |  |
| 16. | Olahraga (jogging, lari jarak jauh)                     |  |  |  |  |  |
| 17. | Olahraga (bersepeda)                                    |  |  |  |  |  |
| 18. | Olahraga (aerobik, berenang, sepak bola)                |  |  |  |  |  |

**Lampiran 6.** Hasil Rekap Kuisioner

| Kode | Usia | 1: Normal<br>2: Pra-<br>Hipertensi | 1: Ringan<br>2: Sedang<br>3: Berat | 1: Defisit berat<br>2: Defisit Sedang<br>3: Defisit Ringan<br>4: Normal<br>5: Berlebih |   |   |    | 1 = Tinggi Kalori<br>2 = Tinggi Lemak<br>3 = Tinggi Gula<br>4 = Tinggi<br>Natrium<br>5 = Rendah serat | 1 = Tidak<br>Pernah<br>2 = Jarang<br>3 = Sering |
|------|------|------------------------------------|------------------------------------|----------------------------------------------------------------------------------------|---|---|----|-------------------------------------------------------------------------------------------------------|-------------------------------------------------|
|      |      | Tekanan<br>Darah                   | Aktifitas<br>Fisik                 | Asupan                                                                                 |   |   |    | Jenis Makanan<br>Fast Food                                                                            | Frekuensi<br>Makanan Fast<br>Food               |
|      |      |                                    |                                    | E                                                                                      | P | L | KH |                                                                                                       |                                                 |
| d1   | 20   | 1                                  | 1                                  | 5                                                                                      | 3 | 1 | 5  | 3                                                                                                     | 2                                               |
| d2   | 21   | 2                                  | 1                                  | 5                                                                                      | 1 | 1 | 5  | 2                                                                                                     | 3                                               |
| d3   | 21   | 1                                  | 1                                  | 5                                                                                      | 1 | 1 | 1  | 3                                                                                                     | 2                                               |
| d4   | 22   | 1                                  | 1                                  | 2                                                                                      | 4 | 5 | 1  | 3                                                                                                     | 2                                               |
| d5   | 21   | 1                                  | 1                                  | 5                                                                                      | 1 | 1 | 1  | 1                                                                                                     | 2                                               |
| d6   | 23   | 1                                  | 1                                  | 1                                                                                      | 3 | 4 | 1  | 3                                                                                                     | 2                                               |
| d7   | 21   | 1                                  | 3                                  | 5                                                                                      | 5 | 5 | 4  | 3                                                                                                     | 1                                               |
| d8   | 22   | 1                                  | 3                                  | 4                                                                                      | 5 | 5 | 4  | 1                                                                                                     | 2                                               |
| d9   | 23   | 2                                  | 3                                  | 4                                                                                      | 2 | 3 | 3  | 4                                                                                                     | 2                                               |
| d10  | 23   | 1                                  | 1                                  | 4                                                                                      | 4 | 5 | 3  | 3                                                                                                     | 2                                               |
| d11  | 22   | 1                                  | 3                                  | 4                                                                                      | 1 | 2 | 3  | 1                                                                                                     | 1                                               |
| d12  | 21   | 1                                  | 3                                  | 4                                                                                      | 1 | 1 | 3  | 3                                                                                                     | 2                                               |
| d13  | 21   | 1                                  | 2                                  | 4                                                                                      | 1 | 3 | 3  | 3                                                                                                     | 3                                               |
| d14  | 21   | 1                                  | 3                                  | 4                                                                                      | 1 | 1 | 3  | 1                                                                                                     | 2                                               |
| d15  | 21   | 1                                  | 2                                  | 3                                                                                      | 4 | 4 | 2  | 3                                                                                                     | 3                                               |
| d16  | 21   | 1                                  | 3                                  | 2                                                                                      | 3 | 4 | 3  | 3                                                                                                     | 3                                               |
| d17  | 21   | 1                                  | 2                                  | 1                                                                                      | 3 | 1 | 3  | 1                                                                                                     | 3                                               |
| d18  | 21   | 1                                  | 3                                  | 3                                                                                      | 5 | 5 | 3  | 3                                                                                                     | 3                                               |
| d19  | 20   | 1                                  | 3                                  | 1                                                                                      | 1 | 1 | 3  | 3                                                                                                     | 1                                               |
| d20  | 20   | 1                                  | 3                                  | 4                                                                                      | 4 | 5 | 3  | 3                                                                                                     | 2                                               |
| d21  | 20   | 1                                  | 2                                  | 4                                                                                      | 4 | 5 | 3  | 3                                                                                                     | 2                                               |
| d22  | 21   | 1                                  | 2                                  | 4                                                                                      | 2 | 4 | 3  | 1                                                                                                     | 2                                               |
| d23  | 20   | 1                                  | 2                                  | 4                                                                                      | 5 | 5 | 3  | 1                                                                                                     | 2                                               |
| d24  | 21   | 1                                  | 3                                  | 5                                                                                      | 5 | 5 | 2  | 2                                                                                                     | 2                                               |
| d25  | 21   | 1                                  | 2                                  | 5                                                                                      | 5 | 5 | 1  | 1                                                                                                     | 2                                               |
| d26  | 21   | 1                                  | 1                                  | 5                                                                                      | 5 | 5 | 5  | 2                                                                                                     | 2                                               |
| d27  | 21   | 1                                  | 1                                  | 5                                                                                      | 5 | 5 | 1  | 3                                                                                                     | 3                                               |
| d28  | 20   | 2                                  | 1                                  | 5                                                                                      | 5 | 5 | 5  | 1                                                                                                     | 2                                               |
| d29  | 20   | 1                                  | 3                                  | 2                                                                                      | 1 | 5 | 1  | 3                                                                                                     | 2                                               |
| d30  | 21   | 1                                  | 2                                  | 4                                                                                      | 5 | 5 | 4  | 3                                                                                                     | 2                                               |
| d31  | 21   | 2                                  | 3                                  | 1                                                                                      | 3 | 3 | 1  | 3                                                                                                     | 2                                               |
| d32  | 20   | 1                                  | 3                                  | 2                                                                                      | 3 | 5 | 1  | 3                                                                                                     | 2                                               |
| d33  | 23   | 1                                  | 1                                  | 3                                                                                      | 4 | 5 | 1  | 1                                                                                                     | 2                                               |
| d34  | 20   | 2                                  | 2                                  | 4                                                                                      | 4 | 1 | 5  | 3                                                                                                     | 2                                               |
| d35  | 21   | 1                                  | 1                                  | 4                                                                                      | 5 | 5 | 1  | 3                                                                                                     | 1                                               |
| d36  | 21   | 1                                  | 1                                  | 5                                                                                      | 5 | 5 | 2  | 3                                                                                                     | 2                                               |
| d37  | 22   | 1                                  | 1                                  | 5                                                                                      | 5 | 5 | 4  | 3                                                                                                     | 2                                               |
| d38  | 20   | 1                                  | 1                                  | 2                                                                                      | 4 | 4 | 4  | 3                                                                                                     | 2                                               |
| d39  | 21   | 1                                  | 1                                  | 4                                                                                      | 5 | 5 | 4  | 3                                                                                                     | 2                                               |
| d40  | 21   | 1                                  | 1                                  | 4                                                                                      | 5 | 5 | 4  | 4                                                                                                     | 2                                               |

| Kode | Usia | 1: Normal<br>2: Pra-Hipertensi | 1: Ringan<br>2: Sedang<br>3: Berat | 1: Defisit berat<br>2: Defisit Sedang<br>3: Defisit Ringan<br>4: Normal<br>5: Berlebih |   |   |    | 1: Tinggi Kalori<br>2: Tinggi Lemak<br>3: Tinggi Gula<br>4 = Tinggi Natrium<br>5 = Rendah serat | 1 = Tidak Pernah<br>2 = Jarang<br>3 = Sering |
|------|------|--------------------------------|------------------------------------|----------------------------------------------------------------------------------------|---|---|----|-------------------------------------------------------------------------------------------------|----------------------------------------------|
|      |      |                                |                                    | Asupan                                                                                 |   |   |    | Jenis Makanan Fast Food                                                                         | Frekuensi Makanan Fast Food                  |
|      |      | Tekanan Darah                  | Aktifitas Fisik                    | E                                                                                      | P | L | KH |                                                                                                 |                                              |
| d41  | 21   | 1                              | 2                                  | 4                                                                                      | 2 | 5 | 4  | 3                                                                                               | 2                                            |
| d42  | 21   | 1                              | 3                                  | 4                                                                                      | 5 | 5 | 4  | 1                                                                                               | 2                                            |
| d43  | 21   | 1                              | 2                                  | 5                                                                                      | 5 | 5 | 4  | 3                                                                                               | 2                                            |
| d44  | 21   | 2                              | 1                                  | 1                                                                                      | 2 | 3 | 2  | 3                                                                                               | 2                                            |
| d45  | 21   | 1                              | 2                                  | 4                                                                                      | 5 | 5 | 2  | 3                                                                                               | 3                                            |
| d46  | 20   | 1                              | 1                                  | 1                                                                                      | 1 | 1 | 2  | 3                                                                                               | 2                                            |
| d47  | 21   | 1                              | 2                                  | 1                                                                                      | 1 | 1 | 2  | 3                                                                                               | 2                                            |
| d48  | 21   | 1                              | 2                                  | 5                                                                                      | 5 | 5 | 4  | 3                                                                                               | 3                                            |
| d49  | 20   | 1                              | 2                                  | 5                                                                                      | 5 | 5 | 4  | 3                                                                                               | 2                                            |
| d50  | 20   | 1                              | 2                                  | 4                                                                                      | 5 | 5 | 2  | 1                                                                                               | 1                                            |
| d51  | 21   | 1                              | 1                                  | 5                                                                                      | 5 | 5 | 2  | 3                                                                                               | 1                                            |
| d52  | 20   | 1                              | 2                                  | 5                                                                                      | 5 | 5 | 3  | 3                                                                                               | 2                                            |
| d53  | 20   | 1                              | 1                                  | 1                                                                                      | 4 | 1 | 1  | 3                                                                                               | 2                                            |
| d54  | 20   | 1                              | 2                                  | 2                                                                                      | 4 | 3 | 1  | 1                                                                                               | 2                                            |
| d55  | 21   | 1                              | 1                                  | 1                                                                                      | 4 | 4 | 1  | 3                                                                                               | 2                                            |
| d56  | 21   | 1                              | 3                                  | 3                                                                                      | 3 | 4 | 3  | 3                                                                                               | 3                                            |
| d57  | 20   | 1                              | 1                                  | 1                                                                                      | 4 | 3 | 1  | 1                                                                                               | 2                                            |
| d58  | 20   | 1                              | 3                                  | 1                                                                                      | 5 | 5 | 1  | 3                                                                                               | 3                                            |
| d59  | 22   | 1                              | 1                                  | 5                                                                                      | 4 | 4 | 5  | 3                                                                                               | 2                                            |
| d60  | 21   | 1                              | 3                                  | 3                                                                                      | 4 | 4 | 4  | 1                                                                                               | 2                                            |
| d61  | 21   | 1                              | 1                                  | 1                                                                                      | 2 | 1 | 4  | 3                                                                                               | 2                                            |
| d62  | 20   | 1                              | 2                                  | 2                                                                                      | 4 | 1 | 4  | 3                                                                                               | 3                                            |
| d63  | 22   | 2                              | 2                                  | 2                                                                                      | 5 | 5 | 4  | 3                                                                                               | 2                                            |
| d64  | 22   | 1                              | 3                                  | 3                                                                                      | 5 | 5 | 4  | 3                                                                                               | 2                                            |
| d65  | 21   | 1                              | 1                                  | 1                                                                                      | 1 | 1 | 4  | 1                                                                                               | 2                                            |
| d66  | 21   | 2                              | 2                                  | 1                                                                                      | 1 | 3 | 4  | 1                                                                                               | 2                                            |
| d67  | 21   | 1                              | 1                                  | 1                                                                                      | 4 | 1 | 4  | 3                                                                                               | 1                                            |
| d68  | 22   | 1                              | 2                                  | 1                                                                                      | 1 | 1 | 4  | 3                                                                                               | 2                                            |
| d69  | 20   | 1                              | 2                                  | 3                                                                                      | 4 | 4 | 4  | 3                                                                                               | 1                                            |
| d70  | 21   | 1                              | 3                                  | 4                                                                                      | 1 | 1 | 4  | 3                                                                                               | 3                                            |
| d71  | 20   | 2                              | 1                                  | 4                                                                                      | 2 | 4 | 4  | 3                                                                                               | 2                                            |
| d72  | 20   | 1                              | 1                                  | 4                                                                                      | 4 | 3 | 4  | 3                                                                                               | 2                                            |
| d73  | 20   | 1                              | 3                                  | 4                                                                                      | 1 | 1 | 4  | 4                                                                                               | 2                                            |
| d74  | 21   | 2                              | 3                                  | 4                                                                                      | 1 | 3 | 4  | 3                                                                                               | 2                                            |
| d75  | 21   | 1                              | 3                                  | 1                                                                                      | 2 | 1 | 4  | 3                                                                                               | 2                                            |
| d76  | 20   | 1                              | 1                                  | 3                                                                                      | 2 | 1 | 4  | 3                                                                                               | 2                                            |
| d77  | 20   | 1                              | 1                                  | 3                                                                                      | 1 | 1 | 4  | 3                                                                                               | 1                                            |
| d78  | 21   | 1                              | 1                                  | 3                                                                                      | 1 | 1 | 4  | 5                                                                                               | 1                                            |
| d79  | 20   | 1                              | 1                                  | 3                                                                                      | 1 | 1 | 4  | 2                                                                                               | 2                                            |
| d80  | 20   | 1                              | 2                                  | 3                                                                                      | 1 | 1 | 4  | 3                                                                                               | 2                                            |

| Kode | Usia | 1: Normal<br>2: Pra-Hipertensi | 1: Ringan<br>2: Sedang<br>3: Berat | 1: Defisit berat<br>2: Defisit Sedang<br>3: Defisit Ringan<br>4: Normal<br>5: Berlebih |   |   |    | 1: Tinggi Kalori<br>2: Tinggi Lemak<br>3: Tinggi Gula<br>4 = Tinggi Natrium<br>5 = Rendah serat | 1 = Tidak Pernah<br>2 = Jarang<br>3 = Sering |
|------|------|--------------------------------|------------------------------------|----------------------------------------------------------------------------------------|---|---|----|-------------------------------------------------------------------------------------------------|----------------------------------------------|
|      |      | Tekanan Darah                  | Aktifitas Fisik                    | Asupan                                                                                 |   |   |    | Jenis Makanan Fast Food                                                                         | Frekuensi Makanan FastFood                   |
|      |      |                                |                                    | E                                                                                      | P | L | KH |                                                                                                 |                                              |
| d81  | 21   | 1                              | 3                                  | 2                                                                                      | 4 | 5 | 4  | 3                                                                                               | 2                                            |
| d82  | 21   | 2                              | 2                                  | 1                                                                                      | 1 | 1 | 1  | 1                                                                                               | 2                                            |
| d83  | 21   | 1                              | 3                                  | 2                                                                                      | 5 | 5 | 1  | 2                                                                                               | 3                                            |
| d84  | 20   | 1                              | 2                                  | 1                                                                                      | 1 | 1 | 1  | 3                                                                                               | 3                                            |
| d85  | 20   | 1                              | 3                                  | 2                                                                                      | 4 | 3 | 1  | 3                                                                                               | 2                                            |
| d86  | 20   | 1                              | 2                                  | 1                                                                                      | 2 | 4 | 1  | 4                                                                                               | 2                                            |
| d87  | 20   | 1                              | 3                                  | 1                                                                                      | 1 | 1 | 1  | 4                                                                                               | 2                                            |
| d88  | 21   | 1                              | 1                                  | 1                                                                                      | 4 | 3 | 1  | 3                                                                                               | 2                                            |



## Lampiran 7. Hasil Uji Univariat SPSS

### Usia

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | 20    | 31        | 35,2    | 35,2          | 35,2               |
|       | 21    | 45        | 51,1    | 51,1          | 86,4               |
|       | 22    | 8         | 9,1     | 9,1           | 95,5               |
|       | 23    | 4         | 4,5     | 4,5           | 100,0              |
|       | Total | 88        | 100,0   | 100,0         |                    |

### Frekuensi Fast Food

|       |              | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------------|-----------|---------|---------------|--------------------|
| Valid | tidak pernah | 10        | 11,4    | 11,4          | 11,4               |
|       | jarang       | 63        | 71,6    | 71,6          | 83,0               |
|       | sering       | 15        | 17,0    | 17,0          | 100,0              |
|       | Total        | 88        | 100,0   | 100,0         |                    |

### Tekanan Darah

|       |                | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----------------|-----------|---------|---------------|--------------------|
| Valid | Normal         | 77        | 87,5    | 87,5          | 87,5               |
|       | Pra-hipertensi | 11        | 12,5    | 12,5          | 100,0              |
|       | Total          | 88        | 100,0   | 100,0         |                    |

### Jenis Makanan Fast Food

|       |                | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----------------|-----------|---------|---------------|--------------------|
| Valid | tinggi kalori  | 18        | 20,5    | 20,5          | 20,5               |
|       | tinggi lemak   | 5         | 5,7     | 5,7           | 26,1               |
|       | tinggi gula    | 59        | 67,0    | 67,0          | 93,2               |
|       | tinggi natrium | 5         | 5,7     | 5,7           | 98,9               |
|       | rendah serat   | 1         | 1,1     | 1,1           | 100,0              |
|       | Total          | 88        | 100,0   | 100,0         |                    |

### Kategori Energi

|       |                | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----------------|-----------|---------|---------------|--------------------|
| Valid | defisit berat  | 22        | 25.0    | 25.0          | 25.0               |
|       | defisit sedang | 11        | 12.5    | 12.5          | 37.5               |
|       | defisit ringan | 12        | 13.6    | 13.6          | 51.1               |
|       | normal         | 25        | 28.4    | 28.4          | 79.5               |
|       | berlebih       | 18        | 20.5    | 20.5          | 100.0              |
|       | Total          | 88        | 100.0   | 100.0         |                    |

### Kategori Protein

|       |                | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----------------|-----------|---------|---------------|--------------------|
| Valid | defisit berat  | 24        | 27.3    | 27.3          | 27.3               |
|       | defisit sedang | 9         | 10.2    | 10.2          | 37.5               |
|       | defisit ringan | 7         | 8.0     | 8.0           | 45.5               |
|       | normal         | 21        | 23.9    | 23.9          | 69.3               |
|       | berlebih       | 27        | 30.7    | 30.7          | 100.0              |
|       | Total          | 88        | 100.0   | 100.0         |                    |

### Kategori Lemak

|       |                | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----------------|-----------|---------|---------------|--------------------|
| Valid | defisit berat  | 28        | 31.8    | 31.8          | 31.8               |
|       | defisit sedang | 1         | 1.1     | 1.1           | 33.0               |
|       | defisit ringan | 11        | 12.5    | 12.5          | 45.5               |
|       | normal         | 12        | 13.6    | 13.6          | 59.1               |
|       | berlebih       | 36        | 40.9    | 40.9          | 100.0              |
|       | Total          | 88        | 100.0   | 100.0         |                    |

### Descriptive Statistics

|                    | N  | Minimum | Maximum | Mean    | Std. Deviation |
|--------------------|----|---------|---------|---------|----------------|
| Recall_Karbo       | 88 | 59      | 791     | 317,80  | 123,854        |
| Recall_Energi      | 88 | 643     | 4249    | 2091,48 | 800,523        |
| Recall_Protein     | 88 | 17      | 198     | 65,94   | 40,825         |
| Recall_Lemak       | 88 | 10      | 278     | 77,82   | 52,212         |
| Valid N (listwise) | 88 |         |         |         |                |

### Aktifitas Fisik

|       |        | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | ringan | 34        | 38.6    | 38.6          | 38.6               |
|       | sedang | 27        | 30.7    | 30.7          | 69.3               |
|       | berat  | 27        | 30.7    | 30.7          | 100.0              |
|       | Total  | 88        | 100.0   | 100.0         |                    |

### Tabulasi silang

#### Tekanan Darah \* kategori AF Crosstabulation

|               |                                      |                        | kategori AF |        |       |        |
|---------------|--------------------------------------|------------------------|-------------|--------|-------|--------|
|               |                                      |                        | ringan      | sedang | berat | Total  |
| Tekanan Darah | Normal (<120/80 mmHg)                | Count                  | 30          | 23     | 24    | 77     |
|               |                                      | % within Tekanan Darah | 39,0%       | 29,9%  | 31,2% | 100,0% |
|               | Pra-hipertensi (>120-139/80-89 mmHg) | Count                  | 4           | 4      | 3     | 11     |
|               |                                      | % within Tekanan Darah | 36,4%       | 36,4%  | 27,3% | 100,0% |
| Total         |                                      | Count                  | 34          | 27     | 27    | 88     |
|               |                                      | % within Tekanan Darah | 38,6%       | 30,7%  | 30,7% | 100,0% |



### Tabulasi Silang (Crosstab)

#### Tabulasi silang TD dan Frekuensi Makan

##### Tekanan\_Darah \* Frekuensi\_FastFood Crosstabulation

|               |                |                        | Frekuensi_FastFood |        |        |        |
|---------------|----------------|------------------------|--------------------|--------|--------|--------|
|               |                |                        | tidak pernah       | jarang | sering | Total  |
| Tekanan_Darah | normal         | Count                  | 10                 | 53     | 14     | 77     |
|               |                | % within Tekanan_Darah | 13,0%              | 68,8%  | 18,2%  | 100,0% |
|               | pra-hipertensi | Count                  | 0                  | 10     | 1      | 11     |
|               |                | % within Tekanan_Darah | 0,0%               | 90,9%  | 9,1%   | 100,0% |
| Total         |                | Count                  | 10                 | 63     | 15     | 88     |
|               |                | % within Tekanan_Darah | 11,4%              | 71,6%  | 17,0%  | 100,0% |

#### Tabulasi silang Tekanan Darah dan Jenis Makan

##### Jenis Makanan Fast Food \* Tekanan Darah Crosstabulation

|                         |                |                                  | Tekanan Darah         |                                      | Total  |
|-------------------------|----------------|----------------------------------|-----------------------|--------------------------------------|--------|
|                         |                |                                  | Normal (<120/80 mmHg) | Pra-hipertensi (>120-139/80-89 mmHg) |        |
| Jenis Makanan Fast Food | tinggi kalori  | Count                            | 15                    | 3                                    | 18     |
|                         |                | % within Jenis Makanan Fast Food | 83,3%                 | 16,7%                                | 100,0% |
|                         | tinggi lemak   | Count                            | 4                     | 1                                    | 5      |
|                         |                | % within Jenis Makanan Fast Food | 80,0%                 | 20,0%                                | 100,0% |
|                         | tinggi gula    | Count                            | 53                    | 6                                    | 59     |
|                         |                | % within Jenis Makanan Fast Food | 89,8%                 | 10,2%                                | 100,0% |
|                         | tinggi natrium | Count                            | 4                     | 1                                    | 5      |
|                         |                | % within Jenis Makanan Fast Food | 80,0%                 | 20,0%                                | 100,0% |
|                         | rendah serat   | Count                            | 1                     | 0                                    | 1      |
|                         |                | % within Jenis Makanan Fast Food | 100,0%                | 0,0%                                 | 100,0% |
|                         | Total          | Count                            | 77                    | 11                                   | 88     |
|                         |                | % within Jenis Makanan Fast Food | 87,5%                 | 12,5%                                | 100,0% |

## Lampiran 8. Dokumentasi Pengecekan Tekanan Darah



## Lampiran 9. Sertifikat Uji Etik



**KOMISI ETIK PENELITIAN  
UNIVERSITAS MUHAMMADIYAH GRESIK**

**KETERANGAN KELAIKAN ETIK  
ETHICAL APPROVAL  
Nomor : 046/KET/II.3.UMG/KEP/A/2024**

Komisi Etik Penelitian Universitas Muhammadiyah Gresik dalam upaya melindungi hak asasi dan kesejahteraan subyek penelitian, telah mengkaji dengan teliti protokol penelitian yang diusulkan, maka dengan ini menyatakan bahwa penelitian berjudul :

Studi Deskriptif Tekanan Darah Berdasarkan Aktifitas Fisik dan  
Perilaku Makan *Fast Food* pada Mahasiswi Fakultas Kesehatan  
Universitas Muhammadiyah Gresik

Peneliti Utama : Made Sawitri Dewi  
NIM : 201101008  
Nama Institusi : Program Studi Ilmu Gizi  
Universitas Muhammadiyah Gresik

**DINYATAKAN LAIK ETIK**

Gresik, 21 Juni 2024  
Ketua,



**Dr. Wiwik Widiyawati, S.Kep., Ns., M.M., M.Kes.  
NIP. 11111903236**

## Lampiran 10. Turnitin

