**LAMPIRAN**

**Lampiran 1 Kuesioner**

KUESIONER PENELITIAN TENTANG HUBUNGAN POLA MAKAN TERHADAP KADAR KOLESTEROL DARAH TOTAL PADA DOSEN UNIVERSITAS MUHAMMADIYAH PAREPARE

Hari/Tanggal : _____
No.Responden : _____

A. IDENTITAS RESPONDEN

Nama :
Umur : Tahun
Jenis Kelamin :
1. Laki-laki
2. Perempuan

Tinggi Badan : Cm

Berat Badan : Kg

B. POLA MAKAN

| NO | PERTANYAAN | YA | TIDAK |
|---|---|---|---|
| 1. | Apakah anda mengonsumsi makanan pokok 3 kali sehari ? | | |
| 2. | Apakah anda selalu sarapan sebelum | | |

| | | | |
|---|---|---|---|
| | berangkat bekerja ? | | |
| 3. | Apakah sarapan pagi berpengaruh pada aktivitas anda ? | | |
| 4. | Apakah anda sering merasa lemas jika tidak sarapan pagi ? | | |
| 5. | Apakah anda sering mengonsumsi sayur dan buah setiap hari ? | | |
| 6. | Apakah anda sering mengonsumsi makanan yang bersantan ? | | |
| 7. | Apakah anda sering mengonsumsi makanan yang manis ? | | |
| 8. | Apakah anda sering mengonsumsi makanan siap saji ? | | |
| 9. | Apakah anda sering mengonsumsi makanan ringan ? | | |
| 10. | Apakah anda sering mengonsumsi minuman yang bersoda ? | | |
| 11. | Apakah anda sering mengonsumsi makanan yang | | |

| | | | |
|---|---|---|---|
| | berlemak ? | | |
| 12. | Apakah anda sering telat makan ? | | |
| 13. | Apakah anda selalu menjaga pola makan anda agar tetap teratur ? | | |
| 14. | Apakah pola makan yang baik akan berpengaruh terhadap kesehatan anda ? | | |
| 15. | Apakah aktivitas anda berpengaruh pada pola makan ? | | |

## FORMULIR FOOD RECALL 1X24 JAM

Hari/Tanggal :

| Waktu | Jenis Makanan | Cara Pengolahan | URT | Berat |
|---|---|---|---|---|
| Pagi | | | | |
| Siang | | | | |
| Malam | | | | |

## FORMULIR FOOD FREQUENCY QUESTIONER (FFQ)

| No | Jenis Makanan | Frekuensi Konsumsi | | | | | |
|---|---|---|---|---|---|---|---|
| | | <1x/ hari | 1x/hari | 3-6x/ minggu | 1-2x/ minggu | Jarang | Tidak Pernah |
| 1. | *Coto* | | | | | | |
| 2. | *Konro* | | | | | | |
| 3. | *Gorengan* | | | | | | |
| 4. | *Palekko (Ayam/Itik)* | | | | | | |
| 5. | *Seafood (Cumi, udang, kepiting)* | | | | | | |

## Lampiran 2 Master Tabel

| N | U | JK | TB | BB | KLT | FRC 24JAM | PM | | | | | | | | | | | | | | | FFQ | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | P1 | P2 | P3 | P4 | P5 | P6 | P7 | P8 | P9 | P10 | P11 | P12 | P13 | P14 | P15 | CT | KR | GR | PLK | SF |
| 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 15 | 10 | 10 |
| 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 10 | 10 |
| 3 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 15 | 10 | 10 |
| 4 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 15 | 0 | 0 |
| 5 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 10 | 10 | 10 |
| 6 | 1 | 1 | 2 | 1 | 2 | 2 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 10 | 0 | 15 | 10 | 10 |
| 7 | 1 | 1 | 2 | 1 | 2 | 2 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 10 | 1 | 1 |
| 8 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 10 | 0 | 10 | 10 | 10 |
| 9 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 10 | 10 | 10 | 10 | 10 |
| 10 | 3 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 10 | 0 | 15 | 10 | 0 |
| 11 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 10 | 0 | 15 | 10 | 10 |
| 12 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 10 | 0 | 10 | 10 | 10 |
| 13 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 15 | 0 | 15 | 1 | 15 |
| 14 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 10 | 0 | 15 | 10 | 10 |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 15 | 1 | 1 | 2 | 3 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 10 | 0 | 0 |
| 16 | 3 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 15 | 15 | 0 |
| 17 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 10 | 10 | 10 |
| 18 | 1 | 2 | 2 | 1 | 2 | 2 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 15 | 15 | 10 |
| 19 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 10 | 10 | 0 |
| 20 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 10 | 10 | 10 |
| 21 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 10 | 10 | 10 |
| 22 | 3 | 1 | 1 | 1 | 1 | 2 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 15 | 15 | 1 |
| 23 | 1 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 10 | 10 | 1 |
| 24 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 10 | 1 | 10 | 10 | 10 |
| 25 | 2 | 2 | 2 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 10 | 1 | 15 | 10 | 10 |
| 26 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 10 | 0 | 10 | 10 | 10 |
| 27 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 15 | 15 | 15 |
| 28 | 1 | 2 | 2 | 1 | 2 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 10 | 1 | 15 | 15 | 10 |
| 29 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 10 | 1 | 10 | 10 | 1 |
| 30 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 10 | 0 | 15 | 10 | 10 |
| 31 | 3 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 15 | 10 | 10 |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 32 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 10 | 0 | 15 | 10 | 15 |
| 33 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 15 | 0 | 15 |
| 34 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 10 | 1 | 15 | 15 | 15 |
| 35 | 1 | 2 | 2 | 3 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 10 | 10 | 10 |
| 36 | 1 | 2 | 1 | 1 | 1 | 2 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 10 | 1 | 1 |
| 37 | 1 | 1 | 1 | 1 | 2 | 2 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 10 | 10 | 10 |
| 38 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 15 | 10 | 15 |
| 39 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 |
| 40 | 1 | 2 | 3 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 15 | 10 | 15 |
| 41 | 1 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 15 | 1 | 15 | 10 | 15 |
| 42 | 3 | 2 | 2 | 3 | 2 | 2 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 15 | 10 | 10 |
| 43 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 10 | 1 | 15 | 10 | 10 |
| 44 | 1 | 2 | 2 | 3 | 2 | 2 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 10 | 1 | 15 | 15 | 10 |
| 45 | 2 | 2 | 2 | 1 | 2 | 2 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 10 | 0 | 15 | 10 | 15 |
| 46 | 1 | 2 | 3 | 2 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 15 | 10 | 10 |
| 47 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 10 | 1 | 10 | 10 | 1 |
| 48 | 3 | 2 | 2 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 10 | 1 | 15 | 10 | 10 |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 49 | 3 | 2 | 3 | 3 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 10 | 1 | 15 | 15 | 10 |
| 50 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 10 | 1 | 10 | 10 | 1 |
| 51 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 15 | 10 | 1 |
| 52 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 10 | 15 | 10 |
| 53 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 10 | 1 | 15 |
| 54 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 10 | 15 | 15 |
| 55 | 2 | 1 | 2 | 2 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 15 | 10 | 10 |
| 56 | 2 | 1 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 10 | 1 | 1 |
| 57 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 15 | 10 | 10 |
| 58 | 1 | 1 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 15 | 1 | 10 |
| 59 | 1 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 15 | 10 | 10 |
| 60 | 2 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 15 | 10 | 10 |
| 61 | 3 | 2 | 3 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 10 | 10 | 15 |
| 62 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 10 | 15 |
| 63 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 10 | 0 | 15 | 10 | 10 |
| 64 | 2 | 2 | 3 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 10 | 10 | 0 |
| 65 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 10 | 0 | 10 | 10 | 10 |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 66 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 10 | 1 | 10 |
| 67 | 3 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 10 | 0 | 10 | 10 | 10 |

**Keterangan:**
**N= Responden**
**U= Umur**
1= 25-35 Tahun
2= 36-50 Tahun
3= >51

**JK= Jenis Kelamin**
Perempuan = 1
Laki-Laki = 2

**TB = Tinggi Badan**
1= 133-155 CM
2= 156-170 cm
3= >171

**TB = Tinggi Badan**
1= 133-155 CM
2= 156-170 cm
3= >171

**BB= Berat Badan**
1= 41-65 kg
2= 66-80 kg
3= >81

**KLT= Kolesterol**
1= Kolestrol Normal
2= Kolestrol Tinggi

**FRC 24jam= Food Recall 24 Jam**
1= Pola Makan Baik
2= Pola Makan Tidak Baik

**Pm=Angket Pola Makan**
P1= Pertanyaan 1
P2= Pertanyaan 2
P3= Pertanyaan 3
P4= Pertanyaan 4
P5= Pertanyaan 5
P6= Pertanyaan 6
P7= Pertanyaan 7
P8= Pertanyaan 8
P9= Pertanyaan 9
P10= Pertanyaan 10
P11= Pertanyaan 11
P12= Pertanyaan 12
P13= Pertanyaan 13
P14= Pertanyaan 14
P15= Pertanyaan 1

**Lampiran 3 Output SPSS**

**Umur**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | 23 | 2 | 3.0 | 3.0 | 3.0 |
| | 24 | 4 | 6.0 | 6.0 | 9.0 |
| | 25 | 5 | 7.5 | 7.5 | 16.4 |
| | 26 | 2 | 3.0 | 3.0 | 19.4 |
| | 27 | 1 | 1.5 | 1.5 | 20.9 |
| | 28 | 3 | 4.5 | 4.5 | 25.4 |
| | 29 | 3 | 4.5 | 4.5 | 29.9 |
| | 30 | 3 | 4.5 | 4.5 | 34.3 |
| | 31 | 1 | 1.5 | 1.5 | 35.8 |
| | 32 | 5 | 7.5 | 7.5 | 43.3 |
| | 33 | 1 | 1.5 | 1.5 | 44.8 |
| | 34 | 1 | 1.5 | 1.5 | 46.3 |
| | 35 | 1 | 1.5 | 1.5 | 47.8 |
| | 36 | 2 | 3.0 | 3.0 | 50.7 |
| | 37 | 1 | 1.5 | 1.5 | 52.2 |
| | 38 | 4 | 6.0 | 6.0 | 58.2 |
| | 39 | 1 | 1.5 | 1.5 | 59.7 |
| | 40 | 1 | 1.5 | 1.5 | 61.2 |
| | 41 | 4 | 6.0 | 6.0 | 67.2 |
| | 42 | 4 | 6.0 | 6.0 | 73.1 |
| | 43 | 2 | 3.0 | 3.0 | 76.1 |
| | 44 | 1 | 1.5 | 1.5 | 77.6 |
| | 45 | 1 | 1.5 | 1.5 | 79.1 |
| | 47 | 1 | 1.5 | 1.5 | 80.6 |
| | 49 | 2 | 3.0 | 3.0 | 83.6 |
| | 50 | 1 | 1.5 | 1.5 | 85.1 |

| | | | | | |
|---|---|---|---|---|---|
| | 51 | 2 | 3.0 | 3.0 | 88.1 |
| | 52 | 2 | 3.0 | 3.0 | 91.0 |
| | 53 | 2 | 3.0 | 3.0 | 94.0 |
| | 54 | 1 | 1.5 | 1.5 | 95.5 |
| | 58 | 2 | 3.0 | 3.0 | 98.5 |
| | 60 | 1 | 1.5 | 1.5 | 100.0 |
| | Total | 67 | 100.0 | 100.0 | |

**Jenis_Kelamin**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | Laki-laki | 34 | 50.7 | 50.7 | 50.7 |
| | Perempuan | 33 | 49.3 | 49.3 | 100.0 |
| | Total | 67 | 100.0 | 100.0 | |

**Tinggi_Badan**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | 133 | 1 | 1.5 | 1.5 | 1.5 |
| | 142 | 1 | 1.5 | 1.5 | 3.0 |
| | 145 | 3 | 4.5 | 4.5 | 7.5 |
| | 147 | 1 | 1.5 | 1.5 | 9.0 |
| | 148 | 1 | 1.5 | 1.5 | 10.4 |
| | 149 | 1 | 1.5 | 1.5 | 11.9 |
| | 150 | 8 | 11.9 | 11.9 | 23.9 |
| | 152 | 1 | 1.5 | 1.5 | 25.4 |
| | 153 | 1 | 1.5 | 1.5 | 26.9 |
| | 154 | 3 | 4.5 | 4.5 | 31.3 |
| | 155 | 3 | 4.5 | 4.5 | 35.8 |
| | 156 | 2 | 3.0 | 3.0 | 38.8 |
| | 158 | 1 | 1.5 | 1.5 | 40.3 |
| | 159 | 3 | 4.5 | 4.5 | 44.8 |

| | | | | | |
|---|---|---|---|---|---|
| | 160 | 9 | 13.4 | 13.4 | 58.2 |
| | 162 | 2 | 3.0 | 3.0 | 61.2 |
| | 163 | 2 | 3.0 | 3.0 | 64.2 |
| | 165 | 9 | 13.4 | 13.4 | 77.6 |
| | 166 | 1 | 1.5 | 1.5 | 79.1 |
| | 167 | 4 | 6.0 | 6.0 | 85.1 |
| | 168 | 2 | 3.0 | 3.0 | 88.1 |
| | 169 | 1 | 1.5 | 1.5 | 89.6 |
| | 170 | 2 | 3.0 | 3.0 | 92.5 |
| | 172 | 1 | 1.5 | 1.5 | 94.0 |
| | 173 | 1 | 1.5 | 1.5 | 95.5 |
| | 174 | 1 | 1.5 | 1.5 | 97.0 |
| | 175 | 1 | 1.5 | 1.5 | 98.5 |
| | 178 | 1 | 1.5 | 1.5 | 100.0 |
| | Total | 67 | 100.0 | 100.0 | |

**Berat_Badan**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | 41 | 2 | 3.0 | 3.0 | 3.0 |
| | 43 | 1 | 1.5 | 1.5 | 4.5 |
| | 45 | 2 | 3.0 | 3.0 | 7.5 |
| | 47 | 2 | 3.0 | 3.0 | 10.4 |
| | 49 | 1 | 1.5 | 1.5 | 11.9 |
| | 50 | 5 | 7.5 | 7.5 | 19.4 |
| | 54 | 1 | 1.5 | 1.5 | 20.9 |
| | 55 | 5 | 7.5 | 7.5 | 28.4 |
| | 56 | 1 | 1.5 | 1.5 | 29.9 |
| | 57 | 3 | 4.5 | 4.5 | 34.3 |
| | 58 | 6 | 9.0 | 9.0 | 43.3 |
| | 60 | 8 | 11.9 | 11.9 | 55.2 |
| | 62 | 3 | 4.5 | 4.5 | 59.7 |
| | 64 | 1 | 1.5 | 1.5 | 61.2 |

| | | | | | |
|---|---|---|---|---|---|
| | 65 | 7 | 10.4 | 10.4 | 71.6 |
| | 66 | 2 | 3.0 | 3.0 | 74.6 |
| | 67 | 1 | 1.5 | 1.5 | 76.1 |
| | 68 | 3 | 4.5 | 4.5 | 80.6 |
| | 69 | 1 | 1.5 | 1.5 | 82.1 |
| | 70 | 3 | 4.5 | 4.5 | 86.6 |
| | 73 | 3 | 4.5 | 4.5 | 91.0 |
| | 74 | 1 | 1.5 | 1.5 | 92.5 |
| | 85 | 1 | 1.5 | 1.5 | 94.0 |
| | 86 | 1 | 1.5 | 1.5 | 95.5 |
| | 90 | 2 | 3.0 | 3.0 | 98.5 |
| | 95 | 1 | 1.5 | 1.5 | 100.0 |
| | Total | 67 | 100.0 | 100.0 | |

**Status_gizi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | Gemuk | 30 | 44,8 | 44,8 | 44,8 |
| | Kurus | 1 | 1,5 | 1,5 | 46,3 |
| | Normal | 36 | 53,7 | 53,7 | 100,0 |
| | Total | 67 | 100,0 | 100,0 | |

**Statistics**

status_gizi

| | | |
|---|---|---|
| N | Valid | 67 |
| | Missing | 0 |

**kadar_kolestrol**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | 109 | 1 | 1,5 | 1,5 | 1,5 |
| | 110 | 1 | 1,5 | 1,5 | 3,0 |
| | 122 | 1 | 1,5 | 1,5 | 4,5 |
| | 127 | 1 | 1,5 | 1,5 | 6,0 |
| | 128 | 1 | 1,5 | 1,5 | 7,5 |
| | 130 | 1 | 1,5 | 1,5 | 9,0 |
| | 138 | 1 | 1,5 | 1,5 | 10,4 |
| | 139 | 1 | 1,5 | 1,5 | 11,9 |
| | 149 | 1 | 1,5 | 1,5 | 13,4 |
| | 152 | 2 | 3,0 | 3,0 | 16,4 |
| | 156 | 1 | 1,5 | 1,5 | 17,9 |
| | 158 | 2 | 3,0 | 3,0 | 20,9 |
| | 159 | 1 | 1,5 | 1,5 | 22,4 |
| | 164 | 2 | 3,0 | 3,0 | 25,4 |

| | | | | | |
|---|---|---|---|---|---|
| | 165 | 2 | 3,0 | 3,0 | 28,4 |
| | 167 | 1 | 1,5 | 1,5 | 29,9 |
| | 172 | 1 | 1,5 | 1,5 | 31,3 |
| | 174 | 1 | 1,5 | 1,5 | 32,8 |
| | 180 | 1 | 1,5 | 1,5 | 34,3 |
| | 181 | 2 | 3,0 | 3,0 | 37,3 |
| | 182 | 1 | 1,5 | 1,5 | 38,8 |
| | 184 | 1 | 1,5 | 1,5 | 40,3 |
| | 185 | 3 | 4,5 | 4,5 | 44,8 |
| | 186 | 1 | 1,5 | 1,5 | 46,3 |
| | 191 | 1 | 1,5 | 1,5 | 47,8 |
| | 194 | 2 | 3,0 | 3,0 | 50,7 |
| | 195 | 1 | 1,5 | 1,5 | 52,2 |
| | 198 | 1 | 1,5 | 1,5 | 53,7 |
| | 199 | 2 | 3,0 | 3,0 | 56,7 |
| | 205 | 3 | 4,5 | 4,5 | 61,2 |

| | | | | | |
|---|---|---|---|---|---|
| | 206 | 2 | 3,0 | 3,0 | 64,2 |
| | 207 | 1 | 1,5 | 1,5 | 65,7 |
| | 208 | 1 | 1,5 | 1,5 | 67,2 |
| | 210 | 1 | 1,5 | 1,5 | 68,7 |
| | 215 | 3 | 4,5 | 4,5 | 73,1 |
| | 218 | 2 | 3,0 | 3,0 | 76,1 |
| | 222 | 1 | 1,5 | 1,5 | 77,6 |
| | 225 | 1 | 1,5 | 1,5 | 79,1 |
| | 230 | 1 | 1,5 | 1,5 | 80,6 |
| | 232 | 1 | 1,5 | 1,5 | 82,1 |
| | 237 | 1 | 1,5 | 1,5 | 83,6 |
| | 240 | 1 | 1,5 | 1,5 | 85,1 |
| | 242 | 1 | 1,5 | 1,5 | 86,6 |
| | 243 | 1 | 1,5 | 1,5 | 88,1 |
| | 244 | 1 | 1,5 | 1,5 | 89,6 |
| | 247 | 1 | 1,5 | 1,5 | 91,0 |

| | | | | | |
|---|---|---|---|---|---|
| | 258 | 1 | 1,5 | 1,5 | 92,5 |
| | 262 | 1 | 1,5 | 1,5 | 94,0 |
| | 263 | 1 | 1,5 | 1,5 | 95,5 |
| | 267 | 1 | 1,5 | 1,5 | 97,0 |
| | 271 | 1 | 1,5 | 1,5 | 98,5 |
| | 282 | 1 | 1,5 | 1,5 | 100,0 |
| | Total | 67 | 100,0 | 100,0 | |

**asupan_kolestrol**

| | | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|
| Valid | ,0 | 1,5 | 1,5 | 1,5 |
| | 28,0 | 1,5 | 1,5 | 3,0 |
| | 28,7 | 1,5 | 1,5 | 4,5 |
| | 36,0 | 1,5 | 1,5 | 6,0 |
| | 47,5 | 1,5 | 1,5 | 7,5 |
| | 51,6 | 1,5 | 1,5 | 9,0 |
| | 58,6 | 1,5 | 1,5 | 10,4 |
| | 66,2 | 1,5 | 1,5 | 11,9 |
| | 66,4 | 1,5 | 1,5 | 13,4 |
| | 69,6 | 1,5 | 1,5 | 14,9 |
| | 81,1 | 1,5 | 1,5 | 16,4 |
| | 110,0 | 1,5 | 1,5 | 17,9 |
| | 110,5 | 1,5 | 1,5 | 19,4 |
| | 160,0 | 1,5 | 1,5 | 20,9 |
| | 169,2 | 1,5 | 1,5 | 22,4 |
| | 223,6 | 1,5 | 1,5 | 23,9 |
| | 241,8 | 1,5 | 1,5 | 25,4 |
| | 265,0 | 1,5 | 1,5 | 26,9 |
| | 265,8 | 1,5 | 1,5 | 28,4 |
| | 266,2 | 1,5 | 1,5 | 29,9 |
| | 272,4 | 1,5 | 1,5 | 31,3 |
| | 274,4 | 1,5 | 1,5 | 32,8 |
| | 277,1 | 1,5 | 1,5 | 34,3 |
| | 281,2 | 1,5 | 1,5 | 35,8 |
| | 282,6 | 1,5 | 1,5 | 37,3 |
| | 283,1 | 1,5 | 1,5 | 38,8 |
| | 300,0 | 1,5 | 1,5 | 40,3 |
| | 304,0 | 1,5 | 1,5 | 41,8 |

| | | | | |
|---|---|---|---|---|
| | 316,2 | 1,5 | 1,5 | 43,3 |
| | 322,4 | 1,5 | 1,5 | 44,8 |
| | 330,2 | 1,5 | 1,5 | 46,3 |
| | 332,2 | 1,5 | 1,5 | 47,8 |
| | 343,3 | 1,5 | 1,5 | 49,3 |
| | 353,8 | 1,5 | 1,5 | 50,7 |
| | 354,3 | 1,5 | 1,5 | 52,2 |
| | 360,9 | 1,5 | 1,5 | 53,7 |
| | 392,5 | 1,5 | 1,5 | 55,2 |
| | 399,9 | 1,5 | 1,5 | 56,7 |
| | 410,0 | 1,5 | 1,5 | 58,2 |
| | 419,0 | 1,5 | 1,5 | 59,7 |
| | 424,2 | 1,5 | 1,5 | 61,2 |
| | 446,6 | 1,5 | 1,5 | 62,7 |
| | 483,0 | 1,5 | 1,5 | 64,2 |
| | 486,8 | 1,5 | 1,5 | 65,7 |
| | 489,0 | 1,5 | 1,5 | 67,2 |
| | 501,6 | 1,5 | 1,5 | 68,7 |
| | 509,4 | 1,5 | 1,5 | 70,1 |
| | 511,2 | 1,5 | 1,5 | 71,6 |
| | 518,4 | 1,5 | 1,5 | 73,1 |
| | 522,4 | 1,5 | 1,5 | 74,6 |
| | 526,8 | 1,5 | 1,5 | 76,1 |
| | 540,4 | 1,5 | 1,5 | 77,6 |
| | 545,4 | 1,5 | 1,5 | 79,1 |
| | 547,0 | 1,5 | 1,5 | 80,6 |
| | 555,2 | 1,5 | 1,5 | 82,1 |
| | 563,8 | 1,5 | 1,5 | 83,6 |
| | 581,1 | 1,5 | 1,5 | 85,1 |
| | 614,0 | 1,5 | 1,5 | 86,6 |
| | 614,8 | 1,5 | 1,5 | 88,1 |

| | | | | |
|---|---|---|---|---|
| | 635,3 | 1,5 | 1,5 | 89,6 |
| | 681,6 | 1,5 | 1,5 | 91,0 |
| | 759,4 | 1,5 | 1,5 | 92,5 |
| | 764,6 | 1,5 | 1,5 | 94,0 |
| | 772,2 | 1,5 | 1,5 | 95,5 |
| | 785,4 | 1,5 | 1,5 | 97,0 |
| | 793,2 | 1,5 | 1,5 | 98,5 |
| | 1552,8 | 1,5 | 1,5 | 100,0 |
| | Total | 100,0 | 100,0 | |

**kolesterol * pola_makan Crosstabulation**

Count

| | | pola_makan | | |
|---|---|---|---|---|
| | | Baik | Tidak Baik | Total |
| Kolesterol | Normal | 29 | 9 | 38 |
| | Tinggi | 10 | 19 | 29 |
| Total | | 39 | 28 | 67 |

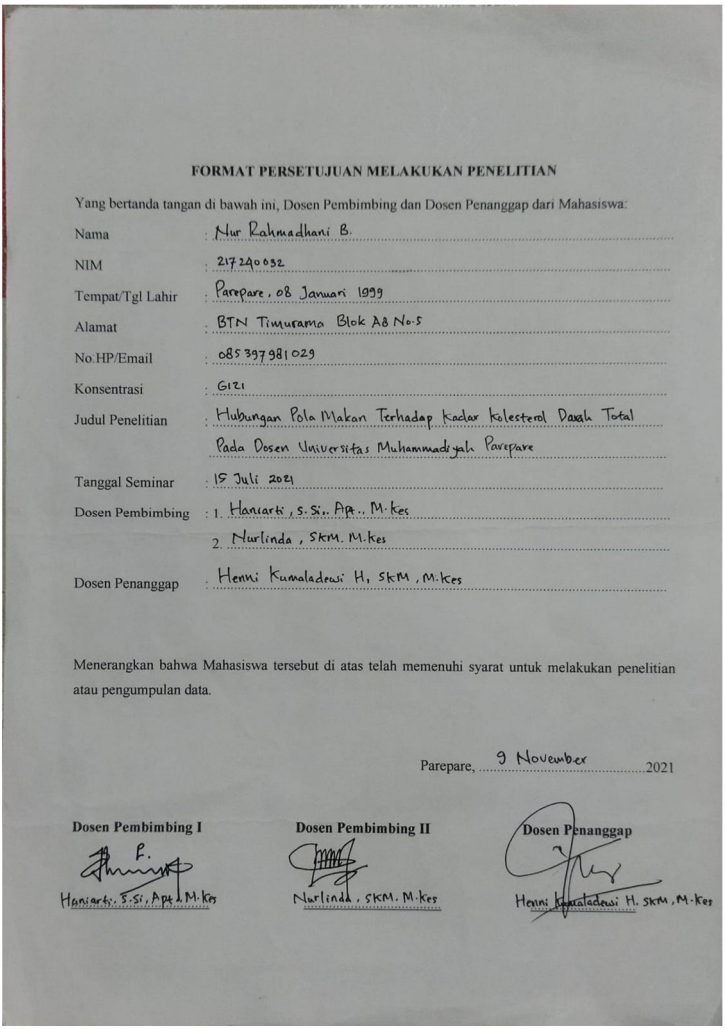
**Chi-Square Tests**

| | Value | Df | Asymptotic Significance (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 11,832[a] | 1 | ,001 | | |
| Continuity Correction[b] | 10,175 | 1 | ,001 | | |
| Likelihood Ratio | 12,101 | 1 | ,001 | | |
| Fisher's Exact Test | | | | ,001 | ,001 |
| Linear-by-Linear Association | 11,656 | 1 | ,001 | | |
| N of Valid Cases | 67 | | | | |

a. 0 cells (0,0%) have expected count less than 5. The minimum expected count is 12,12.

b. Computed only for a 2x2 table

## Lampiran 4 Surat Persetujuan Melakukan Penelitian



**FORMAT PERSETUJUAN MELAKUKAN PENELITIAN**

Yang bertanda tangan di bawah ini, Dosen Pembimbing dan Dosen Penanggap dari Mahasiswa:

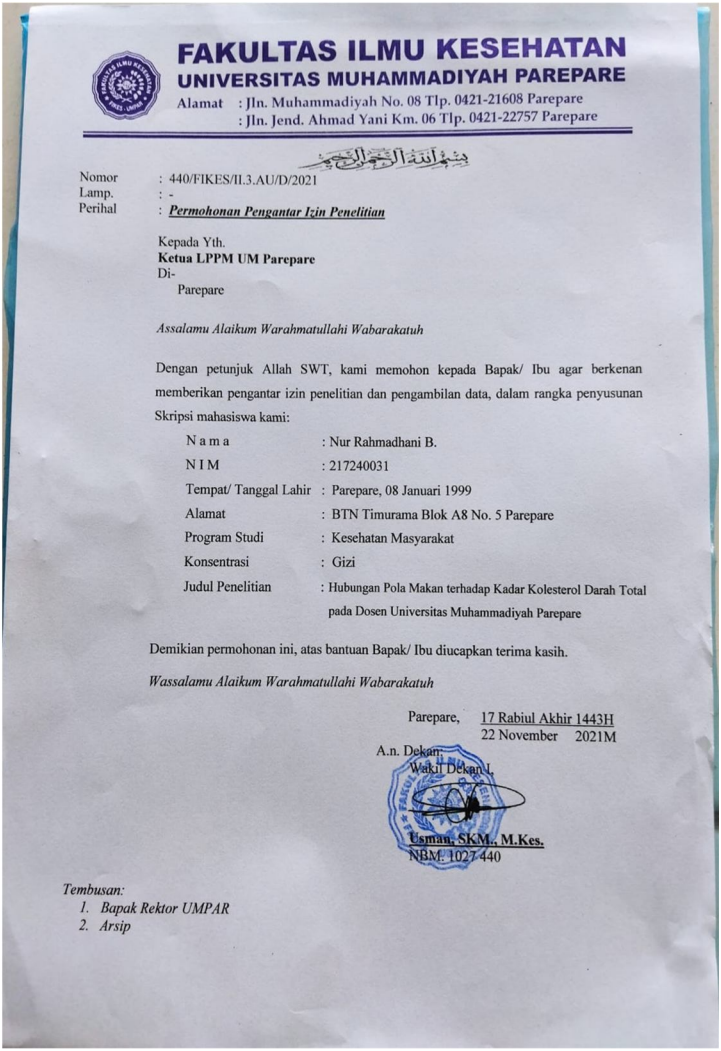
| | | |
|---|---|---|
| Nama | : | Nur Rahmadhani B. |
| NIM | : | 21729032 |
| Tempat/Tgl Lahir | : | Parepare, 08 Januari 1999 |
| Alamat | : | BTN Timurama Blok A8 No.5 |
| No.HP/Email | : | 085397981029 |
| Konsentrasi | : | Gizi |
| Judul Penelitian | : | Hubungan Pola Makan Terhadap Kadar Kolesterol Darah Total Pada Dosen Universitas Muhammadiyah Parepare |
| Tanggal Seminar | : | 15 Juli 2021 |
| Dosen Pembimbing | : | 1. Haniarti, S.Si., Apt., M.Kes |
| | | 2. Nurlinda, SKM. M.Kes |
| Dosen Penanggap | : | Henni Kumaladewi H, SKM, M.Kes |

Menerangkan bahwa Mahasiswa tersebut di atas telah memenuhi syarat untuk melakukan penelitian atau pengumpulan data.

Parepare, 9 November 2021

| Dosen Pembimbing I | Dosen Pembimbing II | Dosen Penanggap |
|---|---|---|
| Haniarti, S.Si, Apt, M.Kes | Nurlinda, SKM. M.Kes | Henni Kumaladewi H. SKM, M.Kes |

## Lampiran 5 Permohonan Pengantar Izin Penelitian



**FAKULTAS ILMU KESEHATAN**
**UNIVERSITAS MUHAMMADIYAH PAREPARE**
Alamat : Jln. Muhammadiyah No. 08 Tlp. 0421-21608 Parepare
: Jln. Jend. Ahmad Yani Km. 06 Tlp. 0421-22757 Parepare

بسم الله الرحمن الرحيم

Nomor : 440/FIKES/II.3.AU/D/2021
Lamp. : -
Perihal : ***Permohonan Pengantar Izin Penelitian***

Kepada Yth.
**Ketua LPPM UM Parepare**
Di-
Parepare

*Assalamu Alaikum Warahmatullahi Wabarakatuh*

Dengan petunjuk Allah SWT, kami memohon kepada Bapak/ Ibu agar berkenan memberikan pengantar izin penelitian dan pengambilan data, dalam rangka penyusunan Skripsi mahasiswa kami:

| | |
|---|---|
| N a m a | : Nur Rahmadhani B. |
| N I M | : 217240031 |
| Tempat/ Tanggal Lahir | : Parepare, 08 Januari 1999 |
| Alamat | : BTN Timurama Blok A8 No. 5 Parepare |
| Program Studi | : Kesehatan Masyarakat |
| Konsentrasi | : Gizi |
| Judul Penelitian | : Hubungan Pola Makan terhadap Kadar Kolesterol Darah Total pada Dosen Universitas Muhammadiyah Parepare |

Demikian permohonan ini, atas bantuan Bapak/ Ibu diucapkan terima kasih.

*Wassalamu Alaikum Warahmatullahi Wabarakatuh*

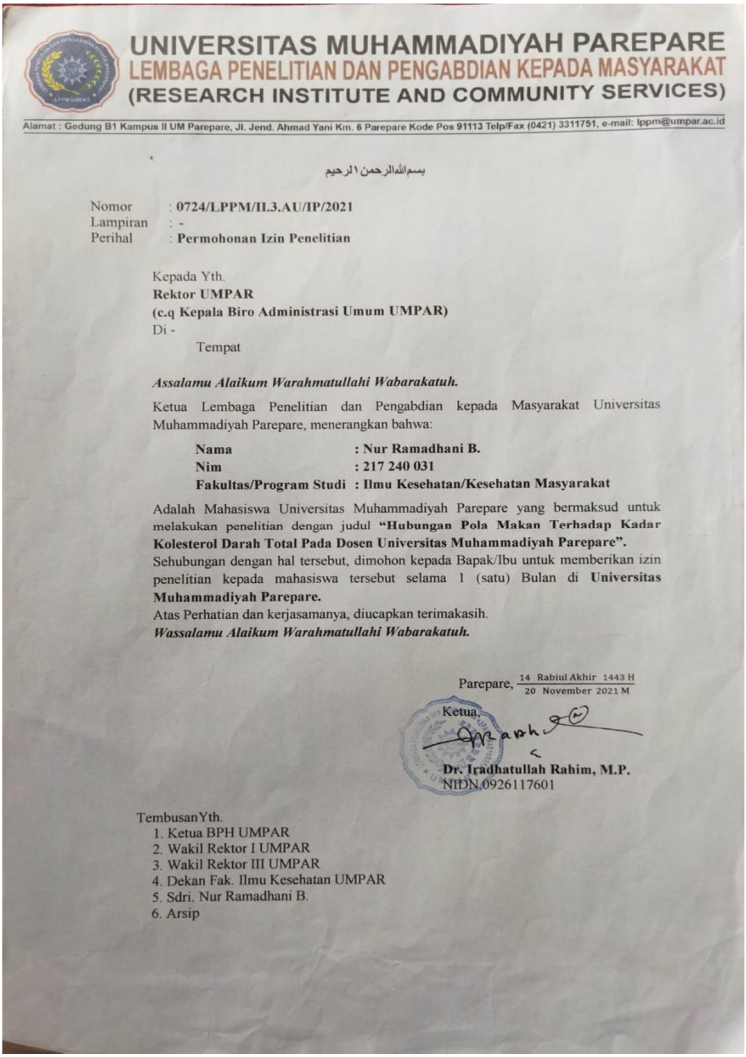
Parepare, 17 Rabiul Akhir 1443H
22 November 2021M

A.n. Dekan,
Wakil Dekan I,

**Usman, SKM., M.Kes.**
NBM. 1027 440

*Tembusan:*
1. *Bapak Rektor UMPAR*
2. *Arsip*

## Lampiran 6 Surat Permohonan Izin Penelitian dari LPPM



**UNIVERSITAS MUHAMMADIYAH PAREPARE**
**LEMBAGA PENELITIAN DAN PENGABDIAN KEPADA MASYARAKAT**
**(RESEARCH INSTITUTE AND COMMUNITY SERVICES)**

Alamat : Gedung B1 Kampus II UM Parepare, Jl. Jend. Ahmad Yani Km. 6 Parepare Kode Pos 91113 Telp/Fax (0421) 3311751, e-mail: lppm@umpar.ac.id

بسم الله الرحمن الرحيم

Nomor : **0724/LPPM/IL3.AU/IP/2021**
Lampiran : -
Perihal : **Permohonan Izin Penelitian**

Kepada Yth.
**Rektor UMPAR**
**(c.q Kepala Biro Administrasi Umum UMPAR)**
Di -
Tempat

***Assalamu Alaikum Warahmatullahi Wabarakatuh.***

Ketua Lembaga Penelitian dan Pengabdian kepada Masyarakat Universitas Muhammadiyah Parepare, menerangkan bahwa:

**Nama : Nur Ramadhani B.**
**Nim : 217 240 031**
**Fakultas/Program Studi : Ilmu Kesehatan/Kesehatan Masyarakat**

Adalah Mahasiswa Universitas Muhammadiyah Parepare yang bermaksud untuk melakukan penelitian dengan judul **"Hubungan Pola Makan Terhadap Kadar Kolesterol Darah Total Pada Dosen Universitas Muhammadiyah Parepare".** Sehubungan dengan hal tersebut, dimohon kepada Bapak/Ibu untuk memberikan izin penelitian kepada mahasiswa tersebut selama 1 (satu) Bulan di **Universitas Muhammadiyah Parepare.**
Atas Perhatian dan kerjasamanya, diucapkan terimakasih.
***Wassalamu Alaikum Warahmatullahi Wabarakatuh.***

Parepare, 14 Rabiul Akhir 1443 H / 20 November 2021 M
Ketua,

**Dr. Iradhatullah Rahim, M.P.**
NIDN.0926117601

Tembusan Yth.
1. Ketua BPH UMPAR
2. Wakil Rektor I UMPAR
3. Wakil Rektor III UMPAR
4. Dekan Fak. Ilmu Kesehatan UMPAR
5. Sdri. Nur Ramadhani B.
6. Arsip

**Lampiran 7 Surat Izin Penelitian dari Rektor UM Parepare**



**UNIVERSITAS MUHAMMADIYAH PAREPARE**
**(UMPAR)**

Kampus I : Jl. Muhammadiyah No. 8 Tlp. (0421) 21608 Fax. (0421) 21608 Kota Parepare
Kampus II (Kantor Pusat) : Jl. Jend. Ahmad Yani Km. 6 Tlp. (0421) 22757 Fax. (0421) 25524 Kota Parepare
Email : umpar_10mei1999@yahoo.co.id

بسم الله الرحمن الرحيم

**SURAT IZIN PENELITIAN**
Nomor: **1141**/KET/II.3.AU/**F**/2021

*Assalamu'alaikum warahmatullahi wabaraktuh*

Yang bertanda tangan di bawah ini, Rektor Universitas Muhammadiyah Parepare memberikan izin kepada:

**Nama : Nur Ramadhani B**
**NIM : 217240031**
**Fakultas/Prodi : Ilmu Kesehatan/Kesehatan Masyarakat**
**Perguruan Tinggi : Universitas Muhammadiyah Parepare**

Untuk melakukan penelitian di Universitas Muhammadiyah Parepare selama satu bulan dengan judul **Hubungan Pola Makan Terhadap Kadar Kolesterol Darah Total pada Dosen Universitas Muhammadiyah Parepare.**

Demikian izin ini diberikan kepada yang bersangkutan untuk dipergunakan sebagaimana mestinya.

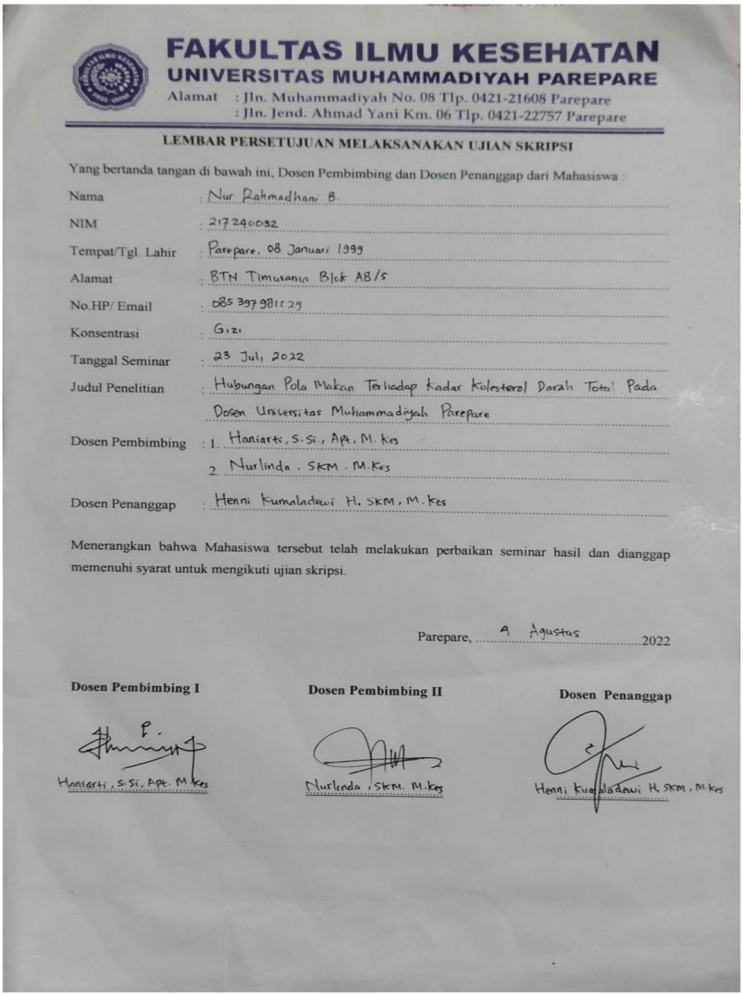
*Nasrumminallahi wafathun qarieeb*
*Wassalamu'alaikum warahmatullahi wabarakatuh*

Parepare, 20 Rabiul Akhir 1443 H
25 November 2021 M
**a.n. Rektor**
**Wakil Rektor I,**

**Asram A.T. Jadda, S.H.I., M.Hum**
NBM. 876731

*Tembusan disampaikan kepada yth:*
1. Ketua BPH UMPAR;
2. Rektor UMPAR (sebagai laporan);
3. Arsip.

## Lampiran 8 Surat Persetujuan Melaksanakan Ujian Skripsi



**FAKULTAS ILMU KESEHATAN**
**UNIVERSITAS MUHAMMADIYAH PAREPARE**
Alamat : Jln. Muhammadiyah No. 08 Tlp. 0421-21608 Parepare
: Jln. Jend. Ahmad Yani Km. 06 Tlp. 0421-22757 Parepare

**LEMBAR PERSETUJUAN MELAKSANAKAN UJIAN SKRIPSI**

Yang bertanda tangan di bawah ini, Dosen Pembimbing dan Dosen Penanggap dari Mahasiswa :

| | | |
|---|---|---|
| Nama | : | Nur Rahmadhani B. |
| NIM | : | 2172400032 |
| Tempat/Tgl. Lahir | : | Parepare, 08 Januari 1999 |
| Alamat | : | BTN Timurano Blok AB/5 |
| No.HP/ Email | : | 085 397 981 029 |
| Konsentrasi | : | Gizi |
| Tanggal Seminar | : | 23 Juli 2022 |
| Judul Penelitian | : | Hubungan Pola Makan Terhadap Kadar Kolesterol Darah Total Pada Dosen Universitas Muhammadiyah Parepare |
| Dosen Pembimbing | : | 1. Haniarti, S.Si, Apt, M.Kes |
| | | 2. Nurlinda . SKM . M.Kes |
| Dosen Penanggap | : | Henni Kumaladewi H. SKM, M.Kes |

Menerangkan bahwa Mahasiswa tersebut telah melakukan perbaikan seminar hasil dan dianggap memenuhi syarat untuk mengikuti ujian skripsi.

Parepare, 4 Agustus 2022

| Dosen Pembimbing I | Dosen Pembimbing II | Dosen Penanggap |
|---|---|---|
| Haniarti, S.Si, Apt. M.Kes | Nurlinda, SKM. M.Kes | Henni Kumaladewi H. SKM, M.Kes |

**Lampiran 9 Dokumentasi**




(Pengisian kuesioner responden)



(Pemeriksaan kadar kolesterol)