



**LAMPIRAN-LAMPIRAN**

## Lampiran 01. Surat Keterangan Melaksanakan



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN, RISET DAN TEKNOLOGI  
UNIVERSITAS PENDIDIKAN GANESHA  
FAKULTAS OLAHRAGA DAN KESEHATAN

Alamat: Kampus FOK UNDIKSHA Jinengdalem, Jalan Raya Desa Jinengdalem, Buleleng

Nomor : 142/UN48.12/PP/2021

Singaraja, 16 Agustus 2021

Lampiran : -

Prihal : Melakukan Penelitian

Yth. : Kepala MAN 4 Kediri

di

Kediri

Dengan hormat, dalam rangka melengkapi syarat-syarat studi di Prodi Penjaskesrek Fakultas Olahraga dan Kesehatan (FOK) UNDIKSHA diwajibkan untuk menyusun skripsi. sehubungan dengan prihal tersebut kami mohon bantuan Bapak/Ibu agar mengijinkan mahasiswa di bawah ini untuk menggunakan siswa SMP Masehi Berastagi sebagai subyek penelitian

Nama : Anggis Adianca  
Nomor Induk Mahasiswa : 1616011009  
Prodi : Pendidikan Jasmani Kesehatan dan Rekreasi  
Fakultas : Olahraga dan Kesehatan  
Judul Skripsi : Survei tentang Pemahaman Covid-19 pada Peserta Didik kelas X MAN 4 Kediri Jawa Timur Tahun Pelajaran 2020/2021

Demikian disampaikan. atas perhatian dan kerjasama yang baik, diucapkan terimakasih

an Dekan  
Wakil Dekan I,

Dr. Ketut Yoda, S.Pd., M.Or  
NIP. 196805172001121001

## Lampiran 02. Surat Balasan Telah Melaksanakan Observasi



KEMENTERIAN AGAMA REPUBLIK INDONESIA  
KANTOR KEMENTERIAN AGAMA KAB. KEDIRI  
MADRASAH ALIYAH NEGERI 4 KEDIRI  
Alamat: Jl. Melati 14 ☎ (0354) 395260-396933 Fax.( 0354 ) 396933 Kode Pos 64218  
Web Site: [www.man4kediri.sch.id.sch.id](http://www.man4kediri.sch.id.sch.id) Email: [man4kediri@gmail.com](mailto:man4kediri@gmail.com)  
NSM: 131135060004 NPSN: 20580017

Nomor : B- 211 /Ma.13.33.06/PP.00.5/08/2021  
Hal : Izin Penelitian

Kepada  
An. Dekan Wakil Dekan I UNDIKSHA

Di Singaraja

Menindaklanjuti surat saudara perihal :Ijin Penelitian Kementerian Pendidikan Kebudayaan, Riset dan Teknologi Universitas Pendidikan Ganesha Fakultas Olahraga dan Kesehatan : Nomor, 142/UN48.12/2021,tanggal 16 Agustus 2021, maka kami memberikan Izin kepada peserta tersebut di bawah ini untuk melakukan Penelitian di MAN 4 Kediri pada bulan Agustus:

NO	NAMA	NIM	Prodi
1	Anggis Adianca	16160110009	Pendidikan Jasmani Kesehatan dan Rekreasi

Demikian surat keterangan ini dibuat, untuk dapat digunakan sebagaimana mestinya.

Kediri, 23 Agustus 2021  
Kepala



Slamet Hariyanto

**Lampiran 03. Daftar Nama Siswa Populasi Penelitian**

<b>NO</b>	<b>NAMA SISWA</b>	<b>P/L</b>	<b>JURUSAN</b>
1	A. Shokhibul Ulumminafi'a	L	X IBB
2	Ainun Al Faizah	P	X IBB
3	Aisyi Nafaza Vinorica	P	X IBB
4	Amelia Novita Dewi	P	X IBB
5	Ananda Fissilmi Kaafah	P	X IBB
6	Annisa Putri Apriliya	P	X IBB
7	Arnum Salma Rahayu	P	X IBB
8	Dhani Rahma Adinata	L	X IBB
9	Dimas Satria Ari Putra	L	X IBB
10	Dina Binti Zahratul Auliya'	P	X IBB
11	Dinda Weny Octavio	P	X IBB
12	Dwi Aulia Febrianti	P	X IBB
13	Ema Juliani	P	X IBB
14	Erka Nur Rahmawati	P	X IBB
15	Fatimatuz Zahro	P	X IBB
16	Fitriyah Wulandari	P	X IBB
17	Khoirul Roqimin	L	X IBB
18	Mamba'ul Hikmah	P	X IBB
19	Mega Mustika Sari	P	X IBB
20	Mira Ma'rufah	P	X IBB
21	Moh Fatkhul Mukminin	L	X IBB
22	Nadia Aulia Rahman	P	X IBB
23	Nisa'ul Faidah	P	X IBB
24	Nurlaela	P	X IBB
25	Nurma Izzati	P	X IBB
26	Putri Rahmawati	P	X IBB
27	Rifan Saifulloh	L	X IBB
28	Rokfatin Habibah	P	X IBB
29	Sintia Wulan Sari	P	X IBB
30	Sonang Muhammad Ridwan	L	X IBB
31	Vidia Kusumaning Ayu	L	X IBB
32	Zeni Eka Purnamasari	P	X IBB
33	Abiyyu Hilmi Alwan	L	X IIS 1
34	Afifah Dwi Febrianti	P	X IIS 1
35	Ahmad Farhan	L	X IIS 1
36	Ahmad Miftakhul Darvianto	L	X IIS 1
37	Amar Asykira	L	X IIS 1
38	Arina Salsabila	P	X IIS 1
39	Barka Moh.Ramzi	L	X IIS 1
40	Binti Lailatul Azizah	P	X IIS 1
41	Devin Satria Dwi Arifan	L	X IIS 1
42	Dewi Muthofiah	P	X IIS 1
43	Endang Mayang Sari	P	X IIS 1
44	Farah Radhwa Safina	P	X IIS 1

45	Faulina Nur Fidrianti	P	X IIS 1
46	Hanifiatul Farida	P	X IIS 1
47	Izzatul Syahda Elsa Vareta	P	X IIS 1
48	Krisna Adi Putra	L	X IIS 1
49	Linda Zusiana	P	X IIS 1
50	Mochamad Iqbal Rian Ferdiansyah	L	X IIS 1
51	Moh. Khirzuddin	L	X IIS 1
52	Moh.Syahrur Ramadhon	L	X IIS 1
53	Muhamad Roy Alwi Syabana	L	X IIS 1
54	Muhammad Anugrah Azka Himalilla Suhadak	L	X IIS 1
55	Muhammad Ziad	L	X IIS 1
56	Nadia Nur Faiza	P	X IIS 1
57	Nur Afifah	P	X IIS 1
58	Nuril Mustofiyah	P	X IIS 1
59	Putri Silviana	P	X IIS 1
60	Restu Yoga Dwi Anwari	L	X IIS 1
61	Risa Irwanda Fitriyani	P	X IIS 1
62	Sanggra Linggar Pratiwi	P	X IIS 1
63	Siti Aisah	P	X IIS 1
64	Sovica Khoirun Nisa	P	X IIS 1
65	Untsa Alfi Darojatin	P	X IIS 1
66	Wahyu Novita	P	X IIS 1
67	Zahro Nikmatul Khusna	P	X IIS 1
68	Zunita Anggraini	P	X IIS 1
69	Ahmad Suryo Saputro	L	X IIS 2
70	Ahmad Zubaidi Al Ansori	L	X IIS 2
71	Aljasia Salsabila	P	X IIS 2
72	Arya Happy Valentino	L	X IIS 2
73	Aulia Asti Dea Ananta	P	X IIS 2
74	Della Novita Sari	P	X IIS 2
75	Dewi Nurfatika Sari	P	X IIS 2
76	Dita Ayu Pratama	P	X IIS 2
77	Fahimmatul Faizah	P	X IIS 2
78	Fajar Wahyudi	L	X IIS 2
79	Faridatul Muroqqobah	P	X IIS 2
80	Fidiya Astutik	P	X IIS 2
81	Indah Oktavia Chayaningtyas	P	X IIS 2
82	Khamilatunnisa'	P	X IIS 2
83	M. Lutfi Aza	L	X IIS 2
84	Moch. Agus Chanifuddin Sul Khan	L	X IIS 2
85	Moh. Nashir Kamaluddin	L	X IIS 2
86	Muhammad Abdul Ghofar Ardiansyah	L	X IIS 2
87	Muhammad Abdurrahman Faiz	L	X IIS 2
88	Muhammad Bahrul Ilmi	L	X IIS 2
89	Muhammad Zidan Ramadani	L	X IIS 2
90	Nadya Ratu Sholihah	P	X IIS 2

91	Nia Ulya Sari	P	X IIS 2
92	Nur Aliya Kosasih	P	X IIS 2
93	Nurin Salisanti 'Na	P	X IIS 2
94	Rahma Ayu Agustina	P	X IIS 2
95	Rico Febriyanto	L	X IIS 2
96	Riska Fara Dila	P	X IIS 2
97	Sheilla Syakira	P	X IIS 2
98	Silvi Novika Sari	P	X IIS 2
99	Ahmad Yusuf	L	X IIS 3
100	Antin Kusumaningrum	P	X IIS 3
101	Ayu Agustina	P	X IIS 3
102	Azriel Akbar Brilliant Putra	L	X IIS 3
103	Desti Anggi Putri Pratiwi	P	X IIS 3
104	Dewi Nuriya Putri Khananda	P	X IIS 3
105	Divana Septi Nurmadhotillah	P	X IIS 3
106	Famella Ajeng Lestari	P	X IIS 3
107	Farihatul Ainida	P	X IIS 3
108	Fiina Mayan Fa'una	P	X IIS 3
109	Galih Erwan Putra P	L	X IIS 3
110	Isnaini Nur Fitrianingtyas	P	X IIS 3
111	Lailatus Sifa	P	X IIS 3
112	M. Zabid Salaffudin Al Ayubi	L	X IIS 3
113	Maylan Agustina Pristaning Samudra	P	X IIS 3
114	Moch. Aji Maulana Akbar	L	X IIS 3
115	Mohammad Irvan Baggowi Nasa	L	X IIS 3
116	Muhammad Aditya Alfa Rizky	L	X IIS 3
117	Muhammad Lutfi Nur Fajri	L	X IIS 3
118	Mustofa Akmal	L	X IIS 3
119	Najwa Alya Zulfia	P	X IIS 3
120	Nia Ramadani	P	X IIS 3
121	Nida'ul Fithroh	P	X IIS 3
122	Nur Ifayanti	P	X IIS 3
123	Okta Vina Puspita Sari	P	X IIS 3
124	Rahmania Azura	P	X IIS 3
125	Riza Qulaili Niswatul Karimah	P	X IIS 3
126	Rizki Ananda Putra	L	X IIS 3
127	Shella Dwi Indah Lestari	P	X IIS 3
128	Sindi Sri Mulyati	P	X IIS 3
129	Tarissa Rizky Febriana	P	X IIS 3
130	Vivi Dwi Aprilia	P	X IIS 3
131	Yahya Alfi Sahlia	P	X IIS 3
132	Zida Salisa Aulia	P	X IIS 3
133	Ahmat Feni Febrian	L	X IIS 4
134	Arina Bintang Mahbhubah	P	X IIS 4
135	Ayu Anggraini	P	X IIS 4
136	Bagas Iman	L	X IIS 4

137	Devi Elfira Monicha	P	X IIS 4
138	Dewi Rosalia Anjani	P	X IIS 4
139	Dika Maharani	P	X IIS 4
140	Dwi Susana Emilia	P	X IIS 4
141	Fani Fadhila	P	X IIS 4
142	Fariza Cahyati	P	X IIS 4
143	Galuh Pramudinta	P	X IIS 4
144	Isnanto Bayu Susilo	L	X IIS 4
145	Ita Desira Ekwiantari	P	X IIS 4
146	Leni Ulifah	P	X IIS 4
147	Miftakhul Rojikhoh	P	X IIS 4
158	Mochamad Agus Setiawan	L	X IIS 4
159	Mohammad Reza	L	X IIS 4
160	Muhammad Amiruddin Zuhri	L	X IIS 4
161	Muhammad Muslichudin	L	X IIS 4
162	Muhammad Zainul A'rifin	L	X IIS 4
163	Nanda Wina Widiyanti	P	X IIS 4
164	Nazarudin Usman	L	X IIS 4
165	Novelina Happyza Putri	P	X IIS 4
166	Nur Isnaini Fitri	P	X IIS 4
167	Putri Noviasari	P	X IIS 4
168	Risa Aulia Natarina	P	X IIS 4
169	Salwa Fadhilah Bilqis	P	X IIS 4
170	Shinta Nur	P	X IIS 4
171	Siska Indah Ramadhani	P	X IIS 4
172	Syahrul Romadlon	L	X IIS 4
173	Ulfa Nurhayati	P	X IIS 4
174	Vivi Nurhidayanti	P	X IIS 4
175	Yessinta Febrianti	P	X IIS 4
176	Zidna Niswata Fahira	P	X IIS 4
177	Abdul Qudus Mi'roj Prasetyo	L	X MIPA 1
178	Adinda Nuzulul Ismawardani	P	X MIPA 1
179	Ali Erlangga Setiabudi	L	X MIPA 1
180	Aliya Wahyu Kirana	P	X MIPA 1
181	Ananda Refi Medinta	P	X MIPA 1
182	Ardela Novianti Muhlis	P	X MIPA 1
183	Berlian Crasida Ramadan	L	X MIPA 1
184	Binti Rohmiatul Islamiyah	P	X MIPA 1
185	Diana Rizki Saputri	P	X MIPA 1
186	Eka Nur Yuliana	P	X MIPA 1
187	Fara Nidia Sari	P	X MIPA 1
188	Fuadhi Wijaya Hessel Rafino	L	X MIPA 1
189	Gissella Fatmanda Maharani	P	X MIPA 1
190	Indah Zulianti	P	X MIPA 1
191	Juvanka Citra Vernanda	P	X MIPA 1
191	Laelatul Maghfiroh	P	X MIPA 1

192	Laora Rosa Anisa Ninis Fitria	P	X MIPA 1
193	M. Nadhif Firmansyah	L	X MIPA 1
194	Melati Sofie Andhini	P	X MIPA 1
195	Moch Fauzen Ikbal	L	X MIPA 1
196	Moh. Jauhar Firman Assidiqin	L	X MIPA 1
197	Mohammad Dimas Deny Maulana	L	X MIPA 1
198	Muhammad Ali Muthohar	L	X MIPA 1
199	Muhammad Khilmi Lutfan Albab	L	X MIPA 1
200	Naila Kurnia Husna	P	X MIPA 1
201	Nanik Nur Hidayah	P	X MIPA 1
202	Nova Qurrotul A'yunin	P	X MIPA 1
203	Pinkky Rosita Dewi	P	X MIPA 1
204	Rendy Arry Kusuma	L	X MIPA 1
205	Riska Nur Fitriana	P	X MIPA 1
206	Salma Rahma Hidayati	P	X MIPA 1
207	Shinta Mauritsa Fazira	P	X MIPA 1
208	Siti Zuliana (Mipa 1)	P	X MIPA 1
209	Syukron Muzadiansyah	L	X MIPA 1
210	Tsania Mufidatul Asna	P	X MIPA 1
211	Wasilatul Hidayah	P	X MIPA 1
212	Adib Nur Yahya	L	X MIPA 2
213	Afni Nurmasitah	P	X MIPA 2
214	Aliyya Putri Sabrina Az-Zahra	P	X MIPA 2
215	Andini Wahyu Utami	P	X MIPA 2
216	Argia Inggar Wiratama	L	X MIPA 2
217	Ari Yanti	P	X MIPA 2
218	Candra Dedi Saputra	L	X MIPA 2
219	Chesica Styo Helena	P	X MIPA 2
220	Dilfa Widyatanti	P	X MIPA 2
221	Eka Rohimatur Rofiqoh	P	X MIPA 2
222	Faricha Ramadhani	P	X MIPA 2
223	Hariz Maulana Atha Aufa	L	X MIPA 2
224	Hera Yulia Putri	P	X MIPA 2
225	Ismya Nurul Fitria	P	X MIPA 2
226	Khaliza Khumaira	P	X MIPA 2
227	Lilik Nuer Cholidhah	P	X MIPA 2
228	M. Putra Andika Maulana	L	X MIPA 2
229	Melda Ayu Iswandari	P	X MIPA 2
230	Moh. Dani	L	X MIPA 2
231	Mohamad Feri Ardiansyah	L	X MIPA 2
232	Muhamad Nafis Zakhi	L	X MIPA 2
233	Muhammad Ashfin Eka Saputra	L	X MIPA 2
234	Muhammad Zidanaim Ashari	L	X MIPA 2
235	Najwa Nur Olivia Putri	P	X MIPA 2
236	Nasywa Almaulidini Nuril Aini	P	X MIPA 2
237	Novita Rodhotul Janah	P	X MIPA 2



238	Rahma Dwi Alfita Sari	P	X MIPA 2
239	Ristina Ayu Rositasari	P	X MIPA 2
240	Salma Sania Mirza	P	X MIPA 2
241	Satria Wahyu Perdana	L	X MIPA 2
242	Shinta Rahmawati	P	X MIPA 2
243	Siti Aisyah (Mipa 2)	P	X MIPA 2
244	Siti Zuliani (Mipa 2)	P	X MIPA 2
245	Ulil Hidayah	P	X MIPA 2
246	Yuda Dwi Saputra	L	X MIPA 2
247	Yuliana Wulan Aprilia	P	X MIPA 2
248	Aditya Galih Prasetyo	L	X MIPA 3
249	Alfiatus Zahro'	P	X MIPA 3
250	Alvani Dharis Shofa	P	X MIPA 3
251	Anggun Erlina Sari	P	X MIPA 3
252	Arya Rahaman Setya Pandega	L	X MIPA 3
253	Aulia Puja Dwi Lestari	P	X MIPA 3
254	Chusnul Khotimah	P	X MIPA 3
255	Dimas Maulana	L	X MIPA 3
256	Dinda Tsaqifah	P	X MIPA 3
257	Fadea Rizqy Oktavia	P	X MIPA 3
258	Farichatun Nisa' Aulina	P	X MIPA 3
259	Herlin Maharani Putri	P	X MIPA 3
260	Ilham Dzil Kirom Moh.Ahsan	L	X MIPA 3
261	Istna Latifah	P	X MIPA 3
262	Kharisma Ni'matul Ulva	P	X MIPA 3
263	Lilik Nur Khumaidah	P	X MIPA 3
263	Maulana Ferdiansyah	L	X MIPA 3
264	Moh. Dimas Sholihuddin	L	X MIPA 3
265	Mohamad Ilyas Ichsanudin	L	X MIPA 3
266	Muhamad Zaenal Arifin	L	X MIPA 3
267	Muhammad Faisal Aditia	L	X MIPA 3
268	Nadya Ilma Hafsa Azzahra	P	X MIPA 3
269	Najwa Artika Sari	P	X MIPA 3
270	Najwa Shaninnabila	P	X MIPA 3
271	Nazilatul Muyasaroh	P	X MIPA 3
272	Nur Achmad Dardiri	L	X MIPA 3
273	Nur Aini Lutfiah	P	X MIPA 3
274	Resta Vallensa	L	X MIPA 3
275	Rohmatul Ainin	P	X MIPA 3
276	Rosy Aisyiah	P	X MIPA 3
278	Salsabila Putri Zumna Aurora	P	X MIPA 3
279	Satrio Faris Al Akbar	L	X MIPA 3
280	Sofi Rodliyatus Solihah	P	X MIPA 3
281	Uus Syarifatul Khoimah	P	X MIPA 3
282	Yudha Tri Hidayat	L	X MIPA 3
283	Zakiatus Shalichah	P	X MIPA 3

284	Ahmad Agi Setiawan	L	X MIPA 4
285	Alfina Dwi Yanti	P	X MIPA 4
286	Alvina Silvia Nafasari	P	X MIPA 4
287	Annisau Fillah	P	X MIPA 4
288	Ayu Nanda Khoirunnisa	P	X MIPA 4
289	Aziz Ilham Maulana	L	X MIPA 4
290	Dian Wulandari	P	X MIPA 4
291	Disma Citra Nurhaliza	P	X MIPA 4
292	Dwi Cahyono	L	X MIPA 4
293	Fani Lutfiana	P	X MIPA 4
294	Findasa Almaira Vaiva Zahra	P	X MIPA 4
295	Hilda Septia Ningrum	P	X MIPA 4
296	Ita Laili Farida	P	X MIPA 4
297	Kama Avila Prin Takizawa	L	X MIPA 4
298	Liya Nafilatul Ima	P	X MIPA 4
299	Moch Amirul Mustofa	L	X MIPA 4
300	Moh. Fachril Riyantoro Dwi Putra	L	X MIPA 4
301	Mohamad Rizky Mauladana	L	X MIPA 4
302	Muhammad Adhittya Triatmojo	L	X MIPA 4
303	Muhammad Iqbal Zuhri	L	X MIPA 4
304	Nafisa Salsabila	P	X MIPA 4
305	Nandita Deviyati	P	X MIPA 4
306	Niken Ayu Widura	P	X MIPA 4
307	Nur Rohmatul Laili	P	X MIPA 4
308	Rendi Andreansyah	L	X MIPA 4
309	Reva Auliya Febrianti	P	X MIPA 4
310	Safira Eka Wati Putri	P	X MIPA 4
311	Sefti Qurrota A'yun	P	X MIPA 4
312	Septian Dwi Cahyo	L	X MIPA 4
313	Siti Nurul Maqhfiroh	P	X MIPA 4
314	Tiara Safira Anggraini	P	X MIPA 4
315	Victoria Syavarani	P	X MIPA 4
316	Zulva Syahrani	P	X MIPA 4
317	Zuni Nur Shela	P	X MIPA 4
318	Abdulloh Kafabih	L	X IIK 1
319	Adi Lukman Hakim	L	X IIK 1
320	Agis Ahlullia	P	X IIK 1
321	Ahmad An'im Abdillah	L	X IIK 1
322	Ahmad Jauharul Muhsin	L	X IIK 1
323	Aida Fitriani	P	X IIK 1
324	Ali Mahfuzh	L	X IIK 1
325	Amanda Anyelir Achmad	P	X IIK 1
326	Amelia Putri Azzahro	P	X IIK 1
327	Arin Fitria Novalianing Firdaus	P	X IIK 1
328	Diana Helmalia Putri	P	X IIK 1
329	Fitri A'rofatul Habibah	P	X IIK 1

330	Gusnajib M. Annurtsalissalim	L	X IIK 1
331	Hilmi Hidayatul Maula	P	X IIK 1
332	Lailatul Mahmudah	P	X IIK 1
333	Leni Nur Aini	P	X IIK 1
334	Marsella Salsabilla	P	X IIK 1
335	Min Amrina Rosyada	P	X IIK 1
336	Moch. Haffana Rohman	L	X IIK 1
337	Moch. Yoga Pratama	L	X IIK 1
338	Mochammad Khusnul Khuluq	L	X IIK 1
339	Mohammad Zidane Syah Putra	L	X IIK 1
341	Muhammad Fikri Ali Mustofa	L	X IIK 1
342	Muhammad Mukhson Al Faridl	L	X IIK 1
343	Nizatu Najwa Laili	P	X IIK 1
344	Putri Mufarrichatul Ummah	P	X IIK 1
345	Salma Zabrina Siswoyo	P	X IIK 1
346	Sasmita Dwi Febila	P	X IIK 1
347	Shela Afrilia Dwi Wahyu	P	X IIK 1
348	Shofiaminatuz Zunaidah	P	X IIK 1
349	Siti Nur Kholifah	P	X IIK 1
350	Siti Nurriyah	P	X IIK 1
351	Syarifah Adhila Zauza	P	X IIK 1
352	Wakhidatus Zahro'	P	X IIK 1
353	Zolanda Dwi Lestari	P	X IIK 1

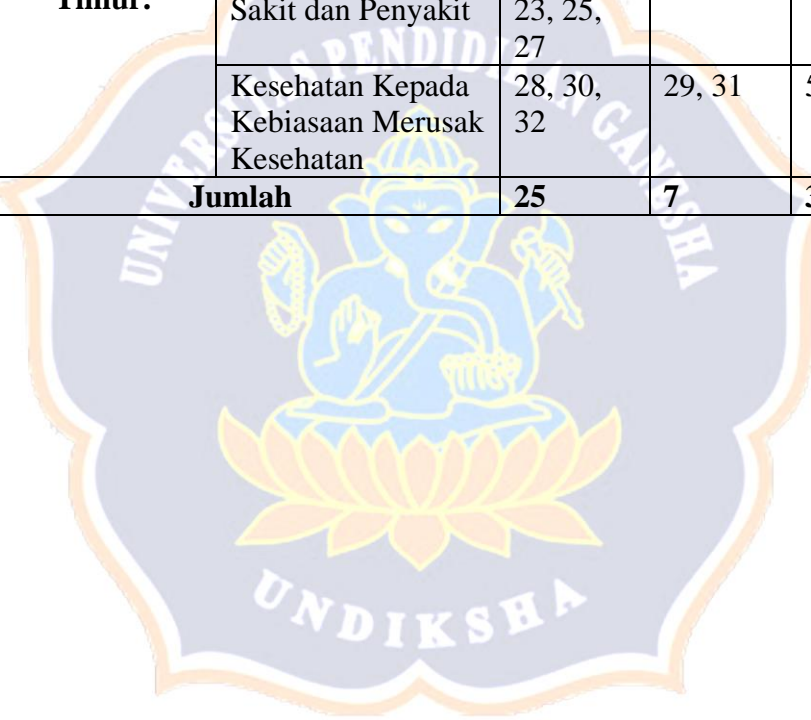


**Lampiran 04. Daftar Nama Siswa Uji Coba Instrumen Penelitian**

<b>NO</b>	<b>NAMA SISWA</b>	<b>P/L</b>	<b>JURUSAN</b>
1	A. Shokhibul Ulumminafi'a	L	X IBB
2	Ainun Al Faizah	P	X IBB
3	Aisyi Nafaza Vinorica	P	X IBB
4	Amelia Novita Dewi	P	X IBB
5	Ananda Fissilmi Kaafah	P	X IBB
6	Annisa Putri Apriliya	P	X IBB
7	Arnun Salma Rahayu	P	X IBB
8	Dhani Rahma Adinata	L	X IBB
9	Dimas Satria Ari Putra	L	X IBB
10	Dina Binti Zahratul Auliya'	P	X IBB
11	Dinda Weny Octavio	P	X IBB
12	Dwi Aulia Febrianti	P	X IBB
13	Ema Juliani	P	X IBB
14	Erka Nur Rahmawati	P	X IBB
15	Fatimatuz Zahro	P	X IBB
16	Fitriyah Wulandari	P	X IBB
17	Khoirul Roqimin	L	X IBB
18	Mamba'ul Hikmah	P	X IBB
19	Mega Mustika Sari	P	X IBB
20	Mira Ma'rufah	P	X IBB
21	Moh Fatkhul Mukminin	L	X IBB
22	Nadia Aulia Rahman	P	X IBB
23	Nisa'ul Faidah	P	X IBB
24	Nurlaela	P	X IBB
25	Nurma Izzati	P	X IBB
26	Putri Rahmawati	P	X IBB
27	Rifan Saifulloh	L	X IBB
28	Rokfatin Habibah	P	X IBB
29	Sintia Wulan Sari	P	X IBB
30	Sonang Muhammad Ridwan	L	X IBB
31	Vidia Kusumaning Ayu	L	X IBB
32	Zeni Eka Purnamasari	P	X IBB

Lampiran 05. Lembar Kisi-kisi Angket Pola Hidup Sehat Sebelum Uji Coba

Variabel	Faktor	Nomor Butir Soal		Jumlah
		Positif	Negatif	
<b>Pola Hidup Sehat DiMasa COVID-19 Pada Peserta Didik Kelas X MAN 4 Kediri Jawa Timur.</b>	Kesehatan Kepada Makanan dan Minuman	1, 2, 3, 4, 5	6	6
	Kesehatan Kepada Diri Sendiri	7, 8, 9, 10, 11, 13, 14	12	8
	Kesehatan Kepada Lingkungan	15, 16, 17, 19, 20	18	6
	Kesehatan Kepada Sakit dan Penyakit	21, 22, 23, 25, 27	24, 26	7
	Kesehatan Kepada Kebiasaan Merusak Kesehatan	28, 30, 32	29, 31	5
<b>Jumlah</b>		<b>25</b>	<b>7</b>	<b>32</b>



**Lampiran 06. Lembar Kisi-kisi Angket Pola Hidup Sehat Setelah Uji Coba**

Variabel	Faktor	Nomor Butir Soal		Jumlah
		Positif	Negatif	
<b>Pola Hidup Sehat Di Masa COVID-19 Pada Peserta Didik Kelas X MAN 4 Kediri Jawa Timur.</b>	Kesehatan Kepada Makanan dan Minuman	1, 2, 3, 4, 5	6	6
	Kesehatan Kepada Diri Sendiri	7, 8, 11, 13, 14	-	5
	Kesehatan Kepada Lingkungan	15, 16, 17, 19, 20	18	6
	Kesehatan Kepada Sakit dan Penyakit	21, 22, 23, 25	26	5
	Kesehatan Kepada Kebiasaan Merusak Kesehatan	28, 30, 32	29, 31	5
<b>Jumlah</b>		<b>22</b>	<b>5</b>	<b>27</b>



**Lampiran 07. Lembar Angket Sebelum Uji Coba Tentang Pola Hidup Sehat**

**ANGKET PENELITIAN POLA HIDUP SEHAT  
DI MASA PANDEMI COVID-19 PADA PESERTA DIDIK  
KELAS X MAN 4 KEDIRI JAWA TIMUR**

**(UJI COBA)**

---

**Nama** : .....

**No. Absen** : .....

**Alamat** : .....

**Pengantar:**

- 1) Angket ini digunakan untuk mengetahui kebiasaan belajar siswa
- 2) Pengisian angket ini tidak mempengaruhi nilai pada mata pelajaran apapun
- 3) Isilah angket dengan sejujur-jujurnya sesuai dengan keadaan
- 4) Periksa kembali sebelum angket dikumpulkan

**Petunjuk Pengisian Angket:**

- 1) Bacalah baik-baik pernyataan dan setiap alternatif jawaban
- 2) Beri tanda centang pada salah satu alternatif jawaban yang Anda anggap paling tepat dan sesuai dengan keadaan diri Anda!

Keterangan:

SL : selalu dilakukan

SR : sering dilakukan

KD : kadang-kadang dilakukan

TP : tidak pernah dilakukan

- 3) Setelah semua isi segera klik icon selesai

A. Kesehatan Kepada Makanan dan Minuman

No	Pernyataan	Alternatif Jawaban			
		SL	SR	KD	TP
1	Saya makan 3 kali sehari				
2	Saya mencuci buah-buahan yang akan saya makan dengan air bersih				
3	Saya memperhatikan kebersihan makanan yang akan dimakan				
4	Saya minum air putih 6-8 gelas sehari				
5	Saya makan dengan lauk dan sayur-sayuran				
6	Saya membiarkan makanan saya terbuka tanpa ditutup dengan waktu yang lama (2 jam)				

B. Kesehatan Kepada Diri Sendiri

No	Pernyataan	Alternatif Jawaban			
		SL	SR	KD	TP
7	Saya mandi 2 kali sehari				
8	Saya mandi sebelum pembelajaran Daring di mulai				
9	Sabun mandi yang saya gunakan adalah sabun pribadi				
10	Saya mencuci rambut dengan shampo 2 kali dalam seminggu				
11	Saya menggosok gigi setelah selesai makan				
12	Saya tidak menggosok gigi sebelum tidur				
13	Saya mengganti sikat gigi 3 bulan sekali				
14	Saya mengganti pakaian setelah selesai berolahraga				

C. Kesehatan Kepada Lingkungan

No	Pernyataan	Alternatif Jawaban			
		SL	SR	KD	TP
15	Saya membuang sampah di tempat sampah				
16	Saya membedakan sampah sesuai dengan pembuatan				
17	Saya membersihkan kamar tidur setelah bangun tidur				
18	Saya membiarkan bak mandi saat kotor				
19	Saya tidak meludah disembarang tempat				
20	Saya menyimpan sampah terlebih dahulu ketika tidak terdapat tempat sampah				



D. Kesehatan Kepada Sakit dan Penyakit

No	Pernyataan	Alternatif Jawaban			
		SL	SR	KD	TP
21	Saya berusaha menjaga kesehatan tubuh saya				
22	Saya melakukan olahraga 3 kali dalam seminggu				
23	Saya langsung memeriksakan tubuh saya ketika sedang sakit				
24	Saya tidak berolahraga secara rutin ( 3 kali dalam seminggu)				
25	Saya menggunakan masker ketika terkena flu				
26	Saya tidak melakukan olahraga selama seminggu				
27	Saya pergi ke dokter ketika sakit				

E. Kesehatan Kepada Kebiasaan Merusak Kesehatan

No	Pernyataan	Alternatif Jawaban			
		SL	SR	KD	TP
28	Saya tidur selama 8 jam perhari				
29	Saya mengerjakan tugas sampai lebih dari jam 11 malam				
30	Saya menonton tv tidak lewat dari jam 9 malam				
31	Saya mengonsumsi rokok dilingkungan rumah				
32	Saya tidak mengonsumsi minuman beralkohol (minuman keras)				

*\_ SELAMAT MENGERJAKAN \_*

**Lampiran 08. Lembar Angket Setelah Uji Coba Tentang Pola Hidup Sehat**

**ANGKET PENELITIAN POLA HIDUP SEHAT  
DI MASA PANDEMI COVID-19 PADA PESERTA DIDIK  
KELAS X MAN 4 KEDIRI JAWA TIMUR**

**(SETELAH UJI COBA)**

---

**Nama** : .....

**No. Absen** : .....

**Alamat** : .....

**Pengantar:**

- 1) Angket ini digunakan untuk mengetahui kebiasaan belajar siswa
- 2) Pengisian angket ini tidak mempengaruhi nilai pada mata pelajaran apapun
- 3) Isilah angket dengan sejujur-jujurnya sesuai dengan keadaan
- 4) Periksa kembali sebelum angket dikumpulkan

**Petunjuk Pengisian Angket:**

- 1) Bacalah baik-baik pernyataan dan setiap alternatif jawaban
- 2) Beri tanda centang pada salah satu alternatif jawaban yang Anda anggap paling tepat dan sesuai dengan keadaan diri Anda!

Keterangan:

SL : selalu dilakukan

SR : sering dilakukan

KD : kadang-kadang dilakukan

TP : tidak pernah dilakukan

- 3) Setelah semua isi segera klik icon selesai

A. Kesehatan Kepada Makanan dan Minuman

No	Pernyataan	Alternatif Jawaban			
		SL	SR	KD	TP
1	Saya makan 3 kali sehari				
2	Saya mencuci buah-buahan yang akan saya makan dengan air bersih				
3	Saya memperhatikan kebersihan makanan yang akan dimakan				
4	Saya minum air putih 6-8 gelas sehari				
5	Saya makan dengan lauk dan sayur-sayuran				
6	Saya membiarkan makanan saya terbuka tanpa ditutup dengan waktu yang lama (2 jam)				

B. Kesehatan Kepada Diri Sendiri

No	Pernyataan	Alternatif Jawaban			
		SL	SR	KD	TP
7	Saya mandi 2 kali sehari				
8	Saya mandi sebelum pembelajaran Daring di mulai				
9	Saya menggosok gigi setelah selesai makan				
10	Saya mengganti sikat gigi 3 bulan sekali				
11	Saya mengganti pakaian setelah selesai berolahraga				

C. Kesehatan Kepada Lingkungan

No	Pernyataan	Alternatif Jawaban			
		SL	SR	KD	TP
12	Saya membuang sampah di tempat sampah				
13	Saya membedakan sampah sesuai dengan pembuatan				
14	Saya membersihkan kamar tidur setelah bangun tidur				
15	Saya membiarkan bak mandi saat kotor				
16	Saya tidak meludah disembarang tempat				
17	Saya menyimpan sampah terlebih dahulu ketika tidak terdapat tempat sampah				

D. Kesehatan Kepada Sakit dan Penyakit

No	Pernyataan	Alternatif Jawaban			
		SL	SR	KD	TP
18	Saya berusaha menjaga kesehatan tubuh saya				

19	Saya melakukan olahraga 3 kali dalam seminggu				
20	Saya langsung memeriksakan tubuh saya ketika sedang sakit				
21	Saya menggunakan masker ketika terkena flu				
22	Saya tidak melakukan olahraga selama seminggu				

E. Kesehatan Kepada Kebiasaan Merusak Kesehatan

No	Pernyataan	Alternatif Jawaban			
		SL	SR	KD	TP
23	Saya tidur selama 8 jam perhari				
24	Saya mengerjakan tugas sampai lebih dari jam 11 malam				
25	Saya menonton tv tidak lewat dari jam 9 malam				
26	Saya mengonsumsi rokok dilingkungan rumah				
27	Saya tidak mengonsumsi minuman beralkohol (minuman keras)				



## Lampiran 09. Rekapitulasi Validasi Uji Coba Angket Pola Hidup Sehat

### Correlations

		Item_1	Item_2	Item_3	Item_4	Item_5	Item_6
Item_1	Pearson Correlation	1	.103	-.053	-.095	-.031	-.125*
	Sig. (2-tailed)		.055	.319	.076	.562	.020
	N	349	349	349	349	349	349
Item_2	Pearson Correlation	.103	1	.023	-.001	-.118*	.030
	Sig. (2-tailed)	.055		.662	.983	.028	.581
	N	349	349	349	349	349	349
Item_3	Pearson Correlation	-.053	.023	1	.030	.035	-.037
	Sig. (2-tailed)	.319	.662		.575	.519	.494
	N	349	349	349	349	349	349
Item_4	Pearson Correlation	-.095	-.001	.030	1	-.094	-.106*
	Sig. (2-tailed)	.076	.983	.575		.079	.049
	N	349	349	349	349	349	349
Item_5	Pearson Correlation	-.031	-.118*	.035	-.094	1	.000
	Sig. (2-tailed)	.562	.028	.519	.079		.996
	N	349	349	349	349	349	349
Item_6	Pearson Correlation	-.125*	.030	-.037	-.106*	.000	1
	Sig. (2-tailed)	.020	.581	.494	.049	.996	
	N	349	349	349	349	349	349
Item_7	Pearson Correlation	.096	-.075	.058	.076	-.005	.018
	Sig. (2-tailed)	.073	.164	.281	.158	.922	.742
	N	349	349	349	349	349	349
Item_8	Pearson Correlation	-.054	.069	-.028	.010	-.060	.004

	Sig. (2-tailed)	.316	.201	.600	.857	.264	.940
	N	349	349	349	349	349	349
	Pearson Correlation	.036	-.004	-.215**	-.147**	-.064	-.027
Item_9	Sig. (2-tailed)	.501	.937	.000	.006	.237	.614
	N	349	349	349	349	349	349
	Pearson Correlation	.004	-.048	-.014	-.009	.006	-.125*
Item_10	Sig. (2-tailed)	.940	.372	.792	.873	.915	.020
	N	349	349	349	349	349	349
	Pearson Correlation	.142**	-.067	.048	-.041	.112*	-.018
Item_11	Sig. (2-tailed)	.008	.214	.376	.449	.036	.740
	N	349	349	349	349	349	349

### Correlations

		Item_7	Item_8	Item_9	Item_10	Item_11	Item_12
	Pearson Correlation	.096	-.054	.036	.004	.142	-.041*
Item_1	Sig. (2-tailed)	.073	.316	.501	.940	.008	.443
	N	349	349	349	349	349	349
	Pearson Correlation	-.075	.069	-.004	-.048	-.067*	-.001
Item_2	Sig. (2-tailed)	.164	.201	.937	.372	.214	.986
	N	349	349	349	349	349	349
	Pearson Correlation	.058	-.028	-.215	-.014	.048	.016
Item_3	Sig. (2-tailed)	.281	.600	.000	.792	.376	.762
	N	349	349	349	349	349	349
Item_4	Pearson Correlation	.076	.010	-.147	-.009	-.041	.118*

	Sig. (2-tailed)	.158	.857	.006	.873	.449	.027
	N	349	349	349	349	349	349
	Pearson Correlation	-.005	-.060*	-.064	.006	.112	-.081
Item_5	Sig. (2-tailed)	.922	.264	.237	.915	.036	.133
	N	349	349	349	349	349	349
	Pearson Correlation	.018*	.004	-.027	-.125*	-.018	-.024
Item_6	Sig. (2-tailed)	.742	.940	.614	.020	.740	.657
	N	349	349	349	349	349	349
	Pearson Correlation	1	-.011	-.050	-.045	.002	-.025
Item_7	Sig. (2-tailed)		.838	.348	.406	.978	.640
	N	349	349	349	349	349	349
	Pearson Correlation	-.011	1	.052	-.105	.025	.008
Item_8	Sig. (2-tailed)		.838	.336	.051	.643	.886
	N	349	349	349	349	349	349
	Pearson Correlation	-.050	.052	1**	-.011**	-.064	-.080
Item_9	Sig. (2-tailed)		.348	.336	.840	.232	.135
	N	349	349	349	349	349	349
	Pearson Correlation	-.045	-.105	-.011	1	.041	-.154*
Item_10	Sig. (2-tailed)		.406	.051	.840	.443	.004
	N	349	349	349	349	349	349
	Pearson Correlation	.002**	.025	-.064	.041	1*	.034
Item_11	Sig. (2-tailed)		.978	.643	.232	.443	.523
	N	349	349	349	349	349	349

**Correlations**

		Item_13	Item_14	Item_1 5	Item_1 6	Item_1 7	Item_18
Item_1	Pearson Correlation	-.044	.047	-.054	.097	-.062	.088*
	Sig. (2-tailed)	.409	.384	.310	.069	.247	.101
	N	349	349	349	349	349	349
Item_2	Pearson Correlation	.086	.015	-.015	-.037	.015*	-.008
	Sig. (2-tailed)	.110	.783	.780	.489	.780	.876
	N	349	349	349	349	349	349
Item_3	Pearson Correlation	.023	.091	.048	-.004	.014	.074
	Sig. (2-tailed)	.665	.089	.367	.942	.796	.167
	N	349	349	349	349	349	349
Item_4	Pearson Correlation	.076	.041	-.032	-.091	.076	.030*
	Sig. (2-tailed)	.157	.446	.552	.091	.156	.582
	N	349	349	349	349	349	349
Item_5	Pearson Correlation	-.058	-.006*	-.058	-.111	.060	-.054
	Sig. (2-tailed)	.280	.911	.278	.038	.262	.310
	N	349	349	349	349	349	349
Item_6	Pearson Correlation	.018*	.010	.082	.099*	.108	.019
	Sig. (2-tailed)	.743	.845	.128	.065	.044	.720
	N	349	349	349	349	349	349
Item_7	Pearson Correlation	.161	.020	.087	.116	.050	.055
	Sig. (2-tailed)	.003	.705	.105	.030	.352	.306
	N	349	349	349	349	349	349
Item_8	Pearson Correlation	.086	.139	.082	.078	-.104	.042



	Sig. (2-tailed)	.110	.009	.124	.146	.052	.431
	N	349	349	349	349	349	349
	Pearson Correlation	-.090	-.035	.010**	-.140**	-.005	-.004
Item_9	Sig. (2-tailed)	.095	.516	.859	.009	.922	.940
	N	349	349	349	349	349	349
	Pearson Correlation	.059	.038	.060	-.172	.053	-.032*
Item_10	Sig. (2-tailed)	.269	.474	.262	.001	.325	.550
	N	349	349	349	349	349	349
	Pearson Correlation	-.079**	-.125	-.040	.139	.060*	-.028
Item_11	Sig. (2-tailed)	.141	.019	.451	.009	.262	.608
	N	349	349	349	349	349	349

### Correlations

		Item_19	Item_20	Item_2 1	Item_2 2	Item_2 3	Item_24
	Pearson Correlation	.031	.061	-.063	.072	-.073	.007*
Item_1	Sig. (2-tailed)	.562	.255	.242	.180	.173	.898
	N	349	349	349	349	349	349
	Pearson Correlation	.064	.010	-.139	.073	.027*	.088
Item_2	Sig. (2-tailed)	.234	.852	.009	.172	.619	.101
	N	349	349	349	349	349	349
	Pearson Correlation	.023	-.064	.081	.062	.111	.007
Item_3	Sig. (2-tailed)	.672	.233	.130	.251	.038	.892
	N	349	349	349	349	349	349
Item_4	Pearson Correlation	-.004	-.025	.100	-.025	-.065	-.064*

	Sig. (2-tailed)	.942	.638	.062	.648	.228	.233
	N	349	349	349	349	349	349
	Pearson Correlation	.015	.029*	.186	.045	.115	-.105
Item_5	Sig. (2-tailed)	.780	.589	.000	.402	.032	.050
	N	349	349	349	349	349	349
	Pearson Correlation	.040*	-.009	-.085	.042*	-.068	.045
Item_6	Sig. (2-tailed)	.458	.869	.112	.433	.207	.406
	N	349	349	349	349	349	349
	Pearson Correlation	.011	-.054	.181	.064	.051	-.058
Item_7	Sig. (2-tailed)	.835	.317	.001	.233	.345	.284
	N	349	349	349	349	349	349
	Pearson Correlation	.010	.057	-.039	-.011	.050	.015
Item_8	Sig. (2-tailed)	.854	.284	.468	.844	.349	.774
	N	349	349	349	349	349	349
	Pearson Correlation	-.032	.076	-.004**	.009**	-.017	.085
Item_9	Sig. (2-tailed)	.557	.156	.941	.865	.754	.112
	N	349	349	349	349	349	349
	Pearson Correlation	.080	-.082	-.088	-.013	.147	-.065*
Item_10	Sig. (2-tailed)	.138	.126	.101	.813	.006	.223
	N	349	349	349	349	349	349
	Pearson Correlation	-.049**	-.048	.159	.153	-.042*	-.058
Item_11	Sig. (2-tailed)	.359	.375	.003	.004	.433	.280
	N	349	349	349	349	349	349

**Correlations**

		Item_25	Item_26	Item_2 7	Item_2 8	Item_2 9	Item_30
Item_1	Pearson Correlation	.048	-.003	-.082	-.027	.107	-.044*
	Sig. (2-tailed)	.374	.961	.126	.618	.047	.418
	N	349	349	349	349	349	349
Item_2	Pearson Correlation	.083	.093	-.057	.070	.007*	-.068
	Sig. (2-tailed)	.123	.083	.291	.192	.890	.208
	N	349	349	349	349	349	349
Item_3	Pearson Correlation	.038	.021	-.014	.012	.049	-.080
	Sig. (2-tailed)	.474	.693	.792	.826	.362	.134
	N	349	349	349	349	349	349
Item_4	Pearson Correlation	.108	.102	.006	.017	-.008	.073*
	Sig. (2-tailed)	.044	.058	.914	.750	.884	.176
	N	349	349	349	349	349	349
Item_5	Pearson Correlation	.080	.030*	.035	.057	.006	-.104
	Sig. (2-tailed)	.135	.577	.509	.292	.904	.053
	N	349	349	349	349	349	349
Item_6	Pearson Correlation	.019*	.025	.031	.058*	-.040	-.067
	Sig. (2-tailed)	.729	.645	.568	.280	.458	.211
	N	349	349	349	349	349	349
Item_7	Pearson Correlation	.079	.133	.085	.065	.029	-.017
	Sig. (2-tailed)	.141	.013	.113	.224	.589	.748
	N	349	349	349	349	349	349
Item_8	Pearson Correlation	-.048	-.004	-.019	.067	.033	.098

	Sig. (2-tailed)	.367	.946	.721	.213	.537	.068
	N	349	349	349	349	349	349
	Pearson Correlation	-.045	-.047	.062**	.044**	-.059	.129
Item_9	Sig. (2-tailed)	.404	.383	.249	.408	.270	.016
	N	349	349	349	349	349	349
	Pearson Correlation	.113	-.045	.019	.112	-.072	.037*
Item_10	Sig. (2-tailed)	.035	.407	.725	.037	.179	.486
	N	349	349	349	349	349	349
	Pearson Correlation	.017**	.013	-.136	.041	-.042*	.072
Item_11	Sig. (2-tailed)	.747	.803	.011	.442	.435	.179
	N	349	349	349	349	349	349

### Correlations

		Item_31	Item_32	Skor_Total
Item_1	Pearson Correlation	.079	-.081	.159
	Sig. (2-tailed)	.141	.129	.003
	N	348	349	349
Item_2	Pearson Correlation	.021	.079	.199
	Sig. (2-tailed)	.698	.141	.000
	N	348	349	349
Item_3	Pearson Correlation	-.031	-.054	.210
	Sig. (2-tailed)	.562	.312	.000
	N	348	349	349

Item_4	Pearson Correlation	-.017	.062	.184
	Sig. (2-tailed)	.756	.245	.001
	N	348	349	349
Item_5	Pearson Correlation	.089	.107*	.183
	Sig. (2-tailed)	.097	.046	.001
	N	348	349	349
Item_6	Pearson Correlation	.010*	-.045	.161
	Sig. (2-tailed)	.852	.405	.003
	N	348	349	349
Item_7	Pearson Correlation	.019	.059	.361
	Sig. (2-tailed)	.730	.275	.000
	N	348	349	349
Item_8	Pearson Correlation	-.071	.044	.230
	Sig. (2-tailed)	.183	.409	.000
	N	348	349	349
Item_9	Pearson Correlation	.098	.059	.079**
	Sig. (2-tailed)	.068	.269	.138
	N	348	349	349
Item_10	Pearson Correlation	-.004	-.037	.079
	Sig. (2-tailed)	.944	.489	.143
	N	348	349	349

Item_11	Pearson Correlation	-.032**	.066	.211
	Sig. (2-tailed)	.553	.222	.000
	N	348	349	349

**Correlations**

		Item_1	Item_2	Item_3	Item_4	Item_5	Item_6
Item_12	Pearson Correlation	-.041	-.001	.016	.118	-.081	-.024*
	Sig. (2-tailed)	.443	.986	.762	.027	.133	.657
	N	349	349	349	349	349	349
Item_13	Pearson Correlation	-.044	.086	.023	.076	-.058*	.018
	Sig. (2-tailed)	.409	.110	.665	.157	.280	.743
	N	349	349	349	349	349	349
Item_14	Pearson Correlation	.047	.015	.091	.041	-.006	.010
	Sig. (2-tailed)	.384	.783	.089	.446	.911	.845
	N	349	349	349	349	349	349
Item_15	Pearson Correlation	-.054	-.015	.048	-.032	-.058	.082*
	Sig. (2-tailed)	.310	.780	.367	.552	.278	.128
	N	349	349	349	349	349	349
Item_16	Pearson Correlation	.097	-.037*	-.004	-.091	-.111	.099
	Sig. (2-tailed)	.069	.489	.942	.091	.038	.065
	N	349	349	349	349	349	349
Item_17	Pearson Correlation	-.062*	.015	.014	.076*	.060	.108
	Sig. (2-tailed)	.247	.780	.796	.156	.262	.044
	N	349	349	349	349	349	349

Item_18	Pearson Correlation	.088	-.008	.074	.030	-.054	.019
	Sig. (2-tailed)	.101	.876	.167	.582	.310	.720
	N	349	349	349	349	349	349
Item_19	Pearson Correlation	.031	.064	.023	-.004	.015	.040
	Sig. (2-tailed)	.562	.234	.672	.942	.780	.458
	N	349	349	349	349	349	349
Item_20	Pearson Correlation	.061	.010	-.064**	-.025**	.029	-.009
	Sig. (2-tailed)	.255	.852	.233	.638	.589	.869
	N	349	349	349	349	349	349
Item_21	Pearson Correlation	-.063	-.139	.081	.100	.186	-.085*
	Sig. (2-tailed)	.242	.009	.130	.062	.000	.112
	N	349	349	349	349	349	349
Item_22	Pearson Correlation	.072**	.073	.062	-.025	.045*	.042
	Sig. (2-tailed)	.180	.172	.251	.648	.402	.433
	N	349	349	349	349	349	349

### Correlations

		Item_7	Item_8	Item_9	Item_10	Item_11	Item_12
Item_12	Pearson Correlation	-.025	.008	-.080	-.154	.034	1*
	Sig. (2-tailed)	.640	.886	.135	.004	.523	
	N	349	349	349	349	349	349
Item_13	Pearson Correlation	.161	.086	-.090	.059	-.079*	.164
	Sig. (2-tailed)	.003	.110	.095	.269	.141	.002
	N	349	349	349	349	349	349

	Pearson Correlation	.020	.139	-.035	.038	-.125	.026
Item_14	Sig. (2-tailed)	.705	.009	.516	.474	.019	.623
	N	349	349	349	349	349	349
	Pearson Correlation	.087	.082	.010	.060	-.040	-.172*
Item_15	Sig. (2-tailed)	.105	.124	.859	.262	.451	.001
	N	349	349	349	349	349	349
	Pearson Correlation	.116	.078*	-.140	-.172	.139	-.024
Item_16	Sig. (2-tailed)	.030	.146	.009	.001	.009	.659
	N	349	349	349	349	349	349
	Pearson Correlation	.050*	-.104	-.005	.053*	.060	-.102
Item_17	Sig. (2-tailed)	.352	.052	.922	.325	.262	.056
	N	349	349	349	349	349	349
	Pearson Correlation	.055	.042	-.004	-.032	-.028	.051
Item_18	Sig. (2-tailed)	.306	.431	.940	.550	.608	.345
	N	349	349	349	349	349	349
	Pearson Correlation	.011	.010	-.032	.080	-.049	.094
Item_19	Sig. (2-tailed)	.835	.854	.557	.138	.359	.080
	N	349	349	349	349	349	349
	Pearson Correlation	-.054	.057	.076**	-.082**	-.048	-.042
Item_20	Sig. (2-tailed)	.317	.284	.156	.126	.375	.432
	N	349	349	349	349	349	349
	Pearson Correlation	.181	-.039	-.004	-.088	.159	-.035*
Item_21	Sig. (2-tailed)	.001	.468	.941	.101	.003	.512
	N	349	349	349	349	349	349
Item_22	Pearson Correlation	.064**	-.011	.009	-.013	.153*	.013



Sig. (2-tailed)	.233	.844	.865	.813	.004	.808
N	349	349	349	349	349	349

**Correlations**

		Item_13	Item_14	Item_15	Item_16	Item_17	Item_18
Item_12	Pearson Correlation	.164	.026	-.172	-.024	-.102	.051*
	Sig. (2-tailed)	.002	.623	.001	.659	.056	.345
	N	349	349	349	349	349	349
Item_13	Pearson Correlation	1	.149	.016	.017	-.182*	.038
	Sig. (2-tailed)		.005	.765	.757	.001	.485
	N	349	349	349	349	349	349
Item_14	Pearson Correlation	.149	1	.138	-.028	-.119	.015
	Sig. (2-tailed)	.005		.010	.607	.027	.780
	N	349	349	349	349	349	349
Item_15	Pearson Correlation	.016	.138	1	-.100	.018	-.110*
	Sig. (2-tailed)	.765	.010		.061	.732	.039
	N	349	349	349	349	349	349
Item_16	Pearson Correlation	.017	-.028*	-.100	1	.007	.062
	Sig. (2-tailed)	.757	.607	.061		.890	.245
	N	349	349	349	349	349	349
Item_17	Pearson Correlation	-.182*	-.119	.018	.007*	1	.002
	Sig. (2-tailed)	.001	.027	.732	.890		.973
	N	349	349	349	349	349	349
Item_18	Pearson Correlation	.038	.015	-.110	.062	.002	1

	Sig. (2-tailed)	.485	.780	.039	.245	.973	
	N	349	349	349	349	349	349
	Pearson Correlation	.216	-.006	.132	-.083	.031	-.035
Item_19	Sig. (2-tailed)	.000	.918	.014	.121	.567	.518
	N	349	349	349	349	349	349
	Pearson Correlation	.046	.013	.017**	.040**	-.088	-.093
Item_20	Sig. (2-tailed)	.391	.804	.747	.460	.102	.082
	N	349	349	349	349	349	349
	Pearson Correlation	-.020	-.027	-.051	.069	-.011	-.171*
Item_21	Sig. (2-tailed)	.707	.617	.338	.198	.843	.001
	N	349	349	349	349	349	349
	Pearson Correlation	.116**	.010	-.108	.022	.058*	-.050
Item_22	Sig. (2-tailed)	.030	.851	.043	.685	.276	.347
	N	349	349	349	349	349	349

### Correlations

		Item_19	Item_20	Item_21	Item_22	Item_23	Item_24
	Pearson Correlation	.094	-.042	-.035	.013	.017	.005*
Item_12	Sig. (2-tailed)	.080	.432	.512	.808	.746	.923
	N	349	349	349	349	349	349
	Pearson Correlation	.216	.046	-.020	.116	.091*	-.080
Item_13	Sig. (2-tailed)	.000	.391	.707	.030	.090	.136
	N	349	349	349	349	349	349
Item_14	Pearson Correlation	-.006	.013	-.027	.010	.123	.064

	Sig. (2-tailed)	.918	.804	.617	.851	.022	.230
	N	349	349	349	349	349	349
	Pearson Correlation	.132	.017	-.051	-.108	.013	-.023*
Item_15	Sig. (2-tailed)	.014	.747	.338	.043	.804	.673
	N	349	349	349	349	349	349
	Pearson Correlation	-.083	.040*	.069	.022	-.077	-.111
Item_16	Sig. (2-tailed)	.121	.460	.198	.685	.152	.038
	N	349	349	349	349	349	349
	Pearson Correlation	.031*	-.088	-.011	.058*	-.054	.070
Item_17	Sig. (2-tailed)	.567	.102	.843	.276	.314	.193
	N	349	349	349	349	349	349
	Pearson Correlation	-.035	-.093	-.171	-.050	-.025	.066
Item_18	Sig. (2-tailed)	.518	.082	.001	.347	.644	.220
	N	349	349	349	349	349	349
	Pearson Correlation	1	.024	-.143	.066	-.040	-.014
Item_19	Sig. (2-tailed)		.662	.008	.219	.461	.801
	N	349	349	349	349	349	349
	Pearson Correlation	.024	1	.025**	-.022**	-.118	.024
Item_20	Sig. (2-tailed)	.662		.639	.677	.027	.651
	N	349	349	349	349	349	349
	Pearson Correlation	-.143	.025	1	-.041	-.046	-.083*
Item_21	Sig. (2-tailed)	.008	.639		.441	.395	.120
	N	349	349	349	349	349	349
	Pearson Correlation	.066**	-.022	-.041	1	.047*	-.035
Item_22	Sig. (2-tailed)	.219	.677	.441		.377	.513

N	349	349	349	349	349	349
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**Correlations**

		Item_25	Item_26	Item_27	Item_28	Item_29	Item_30
Item_12	Pearson Correlation	-.014	.020	-.006	-.104	.016	.007*
	Sig. (2-tailed)	.800	.710	.905	.052	.773	.901
	N	349	349	349	349	349	349
Item_13	Pearson Correlation	.046	.161	.060	.005	-.035*	.014
	Sig. (2-tailed)	.394	.003	.263	.922	.519	.801
	N	349	349	349	349	349	349
Item_14	Pearson Correlation	.060	-.031	.064	.049	-.062	-.039
	Sig. (2-tailed)	.262	.560	.233	.364	.248	.469
	N	349	349	349	349	349	349
Item_15	Pearson Correlation	.022	-.011	.036	.090	-.067	-.051*
	Sig. (2-tailed)	.684	.835	.507	.095	.211	.339
	N	349	349	349	349	349	349
Item_16	Pearson Correlation	-.126	.136*	-.091	-.084	.064	.023
	Sig. (2-tailed)	.019	.011	.091	.118	.236	.665
	N	349	349	349	349	349	349
Item_17	Pearson Correlation	-.011*	-.060	.019	.000*	.026	.032
	Sig. (2-tailed)	.837	.264	.728	.999	.627	.553
	N	349	349	349	349	349	349
Item_18	Pearson Correlation	.030	-.051	-.050	-.111	.061	.063
	Sig. (2-tailed)	.574	.342	.350	.038	.255	.241

	N	349	349	349	349	349	349
Item_19	Pearson Correlation	.116	-.051	-.026	.049	.028	.080
	Sig. (2-tailed)	.030	.344	.630	.362	.603	.138
	N	349	349	349	349	349	349
Item_20	Pearson Correlation	-.022	.024	-.012**	-.009**	.006	-.037
	Sig. (2-tailed)	.686	.654	.821	.860	.906	.494
	N	349	349	349	349	349	349
Item_21	Pearson Correlation	-.060	.095	.026	.020	-.078	-.032*
	Sig. (2-tailed)	.260	.077	.626	.714	.148	.555
	N	349	349	349	349	349	349
Item_22	Pearson Correlation	.058**	.117	.021	.083	-.067*	.017
	Sig. (2-tailed)	.281	.029	.691	.123	.212	.752
	N	349	349	349	349	349	349

### Correlations

		Item_31	Item_32	Skor_Total
Item_12	Pearson Correlation	-.173	-.102	.064
	Sig. (2-tailed)	.001	.058	.232
	N	348	349	349
Item_13	Pearson Correlation	-.043	-.084	.320
	Sig. (2-tailed)	.426	.119	.000
	N	348	349	349
Item_14	Pearson Correlation	-.081	-.171	.220

Item_15	Sig. (2-tailed)	.131	.001	.000
	N	348	349	349
	Pearson Correlation	-.049	.079	.149
Item_16	Sig. (2-tailed)	.359	.140	.005
	N	348	349	349
	Pearson Correlation	.017	-.024*	.161
Item_17	Sig. (2-tailed)	.751	.652	.003
	N	348	349	349
	Pearson Correlation	-.114*	.185	.155
Item_18	Sig. (2-tailed)	.033	.001	.004
	N	348	349	349
	Pearson Correlation	.023	.001	.144
Item_19	Sig. (2-tailed)	.672	.987	.007
	N	348	349	349
	Pearson Correlation	-.046	-.002	.248
Item_20	Sig. (2-tailed)	.391	.972	.000
	N	348	349	349
	Pearson Correlation	.087	-.035	.169**
Item_21	Sig. (2-tailed)	.105	.514	.002
	N	348	349	349
	Pearson Correlation	.083	.157	.176

Item_22	Sig. (2-tailed)	.124	.003	.001
	N	348	349	349
	Pearson Correlation	-.050**	-.020	.278
	Sig. (2-tailed)	.351	.709	.000
	N	348	349	349

### Correlations

		Item_1	Item_2	Item_3	Item_4	Item_5	Item_6
Item_23	Pearson Correlation	-.073	.027	.111	-.065	.115	-.068*
	Sig. (2-tailed)	.173	.619	.038	.228	.032	.207
	N	349	349	349	349	349	349
Item_24	Pearson Correlation	.007	.088	.007	-.064	-.105*	.045
	Sig. (2-tailed)	.898	.101	.892	.233	.050	.406
	N	349	349	349	349	349	349
Item_25	Pearson Correlation	.048	.083	.038	.108	.080	.019
	Sig. (2-tailed)	.374	.123	.474	.044	.135	.729
	N	349	349	349	349	349	349
Item_26	Pearson Correlation	-.003	.093	.021	.102	.030	.025*
	Sig. (2-tailed)	.961	.083	.693	.058	.577	.645
	N	349	349	349	349	349	349
Item_27	Pearson Correlation	-.082	-.057*	-.014	.006	.035	.031
	Sig. (2-tailed)	.126	.291	.792	.914	.509	.568
	N	349	349	349	349	349	349
Item_28	Pearson Correlation	-.027*	.070	.012	.017*	.057	.058

	Sig. (2-tailed)	.618	.192	.826	.750	.292	.280
	N	349	349	349	349	349	349
	Pearson Correlation	.107	.007	.049	-.008	.006	-.040
Item_29	Sig. (2-tailed)	.047	.890	.362	.884	.904	.458
	N	349	349	349	349	349	349
	Pearson Correlation	-.044	-.068	-.080	.073	-.104	-.067
Item_30	Sig. (2-tailed)	.418	.208	.134	.176	.053	.211
	N	349	349	349	349	349	349
	Pearson Correlation	.079	.021	-.031**	-.017**	.089	.010
Item_31	Sig. (2-tailed)	.141	.698	.562	.756	.097	.852
	N	348	348	348	348	348	348
	Pearson Correlation	-.081	.079	-.054	.062	.107	-.045*
Item_32	Sig. (2-tailed)	.129	.141	.312	.245	.046	.405
	N	349	349	349	349	349	349
	Pearson Correlation	.159**	.199	.210	.184	.183*	.161
Skor_Total	Sig. (2-tailed)	.003	.000	.000	.001	.001	.003
	N	349	349	349	349	349	349

**Correlations**

		Item_7	Item_8	Item_9	Item_10	Item_1 1	Item_1 2
	Pearson Correlation	.051	.050	-.017	.147	-.042	.017*
Item_23	Sig. (2-tailed)	.345	.349	.754	.006	.433	.746
	N	349	349	349	349	349	349
Item_24	Pearson Correlation	-.058	.015	.085	-.065	-.058*	.005



	Sig. (2-tailed)	.284	.774	.112	.223	.280	.923
	N	349	349	349	349	349	349
	Pearson Correlation	.079	-.048	-.045	.113	.017	-.014
Item_25	Sig. (2-tailed)	.141	.367	.404	.035	.747	.800
	N	349	349	349	349	349	349
	Pearson Correlation	.133	-.004	-.047	-.045	.013	.020*
Item_26	Sig. (2-tailed)	.013	.946	.383	.407	.803	.710
	N	349	349	349	349	349	349
	Pearson Correlation	.085	-.019*	.062	.019	-.136	-.006
Item_27	Sig. (2-tailed)	.113	.721	.249	.725	.011	.905
	N	349	349	349	349	349	349
	Pearson Correlation	.065*	.067	.044	.112*	.041	-.104
Item_28	Sig. (2-tailed)	.224	.213	.408	.037	.442	.052
	N	349	349	349	349	349	349
	Pearson Correlation	.029	.033	-.059	-.072	-.042	.016
Item_29	Sig. (2-tailed)	.589	.537	.270	.179	.435	.773
	N	349	349	349	349	349	349
	Pearson Correlation	-.017	.098	.129	.037	.072	.007
Item_30	Sig. (2-tailed)	.748	.068	.016	.486	.179	.901
	N	349	349	349	349	349	349
	Pearson Correlation	.019	-.071	.098**	-.004**	-.032	-.173
Item_31	Sig. (2-tailed)	.730	.183	.068	.944	.553	.001
	N	348	348	348	348	348	348
	Pearson Correlation	.059	.044	.059	-.037	.066	-.102*
Item_32	Sig. (2-tailed)	.275	.409	.269	.489	.222	.058

	N	349	349	349	349	349	349
Skor_Total	Pearson Correlation	.361**	.230	.079	.079	.211*	.064
	Sig. (2-tailed)	.000	.000	.138	.143	.000	.232
	N	349	349	349	349	349	349

### Correlations

		Item_13	Item_14	Item_1 5	Item_16	Item_1 7	Item_1 8
Item_23	Pearson Correlation	.091	.123	.013	-.077	-.054	-.025*
	Sig. (2-tailed)	.090	.022	.804	.152	.314	.644
	N	349	349	349	349	349	349
Item_24	Pearson Correlation	-.080	.064	-.023	-.111	.070*	.066
	Sig. (2-tailed)	.136	.230	.673	.038	.193	.220
	N	349	349	349	349	349	349
Item_25	Pearson Correlation	.046	.060	.022	-.126	-.011	.030
	Sig. (2-tailed)	.394	.262	.684	.019	.837	.574
	N	349	349	349	349	349	349
Item_26	Pearson Correlation	.161	-.031	-.011	.136	-.060	-.051*
	Sig. (2-tailed)	.003	.560	.835	.011	.264	.342
	N	349	349	349	349	349	349
Item_27	Pearson Correlation	.060	.064*	.036	-.091	.019	-.050
	Sig. (2-tailed)	.263	.233	.507	.091	.728	.350
	N	349	349	349	349	349	349
Item_28	Pearson Correlation	.005*	.049	.090	-.084*	.000	-.111
	Sig. (2-tailed)	.922	.364	.095	.118	.999	.038
	N	349	349	349	349	349	349

	N	349	349	349	349	349	349
	Pearson Correlation	-.035	-.062	-.067	.064	.026	.061
Item_29	Sig. (2-tailed)	.519	.248	.211	.236	.627	.255
	N	349	349	349	349	349	349
	Pearson Correlation	.014	-.039	-.051	.023	.032	.063
Item_30	Sig. (2-tailed)	.801	.469	.339	.665	.553	.241
	N	349	349	349	349	349	349
	Pearson Correlation	-.043	-.081	-.049**	.017**	-.114	.023
Item_31	Sig. (2-tailed)	.426	.131	.359	.751	.033	.672
	N	348	348	348	348	348	348
	Pearson Correlation	-.084	-.171	.079	-.024	.185	.001*
Item_32	Sig. (2-tailed)	.119	.001	.140	.652	.001	.987
	N	349	349	349	349	349	349
	Pearson Correlation	.320**	.220	.149	.161	.155*	.144
Skor_Total	Sig. (2-tailed)	.000	.000	.005	.003	.004	.007
	N	349	349	349	349	349	349

### Correlations

		Item_19	Item_20	Item_21	Item_22	Item_23	Item_24
				1			
	Pearson Correlation	-.040	-.118	-.046	.047	1	.059*
Item_23	Sig. (2-tailed)	.461	.027	.395	.377		.268
	N	349	349	349	349	349	349
	Pearson Correlation	-.014	.024	-.083	-.035	.059*	1
Item_24	Sig. (2-tailed)	.801	.651	.120	.513	.268	

	N	349	349	349	349	349	349
	Pearson Correlation	.116	-.022	-.060	.058	-.080	.030
Item_25	Sig. (2-tailed)	.030	.686	.260	.281	.135	.578
	N	349	349	349	349	349	349
	Pearson Correlation	-.051	.024	.095	.117	.039	-.140*
Item_26	Sig. (2-tailed)	.344	.654	.077	.029	.464	.009
	N	349	349	349	349	349	349
	Pearson Correlation	-.026	-.012*	.026	.021	.018	-.031
Item_27	Sig. (2-tailed)	.630	.821	.626	.691	.743	.561
	N	349	349	349	349	349	349
	Pearson Correlation	.049*	-.009	.020	.083*	-.029	.133
Item_28	Sig. (2-tailed)	.362	.860	.714	.123	.590	.013
	N	349	349	349	349	349	349
	Pearson Correlation	.028	.006	-.078	-.067	-.023	.038
Item_29	Sig. (2-tailed)	.603	.906	.148	.212	.675	.481
	N	349	349	349	349	349	349
	Pearson Correlation	.080	-.037	-.032	.017	.009	-.012
Item_30	Sig. (2-tailed)	.138	.494	.555	.752	.864	.827
	N	349	349	349	349	349	349
	Pearson Correlation	-.046	.087	.083**	-.050**	-.089	-.064
Item_31	Sig. (2-tailed)	.391	.105	.124	.351	.098	.232
	N	348	348	348	348	348	348
	Pearson Correlation	-.002	-.035	.157	-.020	-.071	-.130*
Item_32	Sig. (2-tailed)	.972	.514	.003	.709	.188	.015
	N	349	349	349	349	349	349

Skor_Total	Pearson Correlation	.248**	.169	.176	.278	.155*	.104
	Sig. (2-tailed)	.000	.002	.001	.000	.004	.052
	N	349	349	349	349	349	349

### Correlations

		Item_25	Item_26	Item_27	Item_28	Item_29	Item_30
Item_23	Pearson Correlation	-.080	.039	.018	-.029	-.023	.009*
	Sig. (2-tailed)	.135	.464	.743	.590	.675	.864
	N	349	349	349	349	349	349
Item_24	Pearson Correlation	.030	-.140	-.031	.133	.038*	-.012
	Sig. (2-tailed)	.578	.009	.561	.013	.481	.827
	N	349	349	349	349	349	349
Item_25	Pearson Correlation	1	.022	.008	-.062	.018	.072
	Sig. (2-tailed)		.680	.884	.245	.737	.178
	N	349	349	349	349	349	349
Item_26	Pearson Correlation	.022	1	.041	-.073	-.015	.075*
	Sig. (2-tailed)	.680		.446	.176	.778	.160
	N	349	349	349	349	349	349
Item_27	Pearson Correlation	.008	.041*	1	-.007	-.160	.013
	Sig. (2-tailed)	.884	.446		.902	.003	.811
	N	349	349	349	349	349	349
Item_28	Pearson Correlation	-.062*	-.073	-.007	1*	-.171	-.075
	Sig. (2-tailed)	.245	.176	.902		.001	.162
	N	349	349	349	349	349	349

Item_29	Pearson Correlation	.018	-.015	-.160	-.171	1	.079
	Sig. (2-tailed)	.737	.778	.003	.001		.143
	N	349	349	349	349	349	349
Item_30	Pearson Correlation	.072	.075	.013	-.075	.079	1
	Sig. (2-tailed)	.178	.160	.811	.162	.143	
	N	349	349	349	349	349	349
Item_31	Pearson Correlation	.073	.109	-.142**	.035**	.070	-.002
	Sig. (2-tailed)	.175	.042	.008	.518	.193	.965
	N	348	348	348	348	348	348
Item_32	Pearson Correlation	-.047	.019	-.089	.002	-.062	-.042*
	Sig. (2-tailed)	.378	.725	.098	.965	.252	.439
	N	349	349	349	349	349	349
Skor_Total	Pearson Correlation	.271**	.303	.082	.196	.142*	.203
	Sig. (2-tailed)	.000	.000	.127	.000	.008	.000
	N	349	349	349	349	349	349

### Correlations

		Item_31	Item_32	Skor_Total
Item_23	Pearson Correlation	-.089	-.071	.155
	Sig. (2-tailed)	.098	.188	.004
	N	348	349	349
Item_24	Pearson Correlation	-.064	-.130	.104
	Sig. (2-tailed)	.232	.015	.052
	N	348	349	349

Item_25	Pearson Correlation	.073	-.047	.271
	Sig. (2-tailed)	.175	.378	.000
	N	348	349	349
Item_26	Pearson Correlation	.109	.019	.303
	Sig. (2-tailed)	.042	.725	.000
	N	348	349	349
Item_27	Pearson Correlation	-.142	-.089 <sup>*</sup>	.082
	Sig. (2-tailed)	.008	.098	.127
	N	348	349	349
Item_28	Pearson Correlation	.035 <sup>*</sup>	.002	.196
	Sig. (2-tailed)	.518	.965	.000
	N	348	349	349
Item_29	Pearson Correlation	.070	-.062	.142
	Sig. (2-tailed)	.193	.252	.008
	N	348	349	349
Item_30	Pearson Correlation	-.002	-.042	.203
	Sig. (2-tailed)	.965	.439	.000
	N	348	349	349
Item_31	Pearson Correlation	1	.130	.197 <sup>**</sup>
	Sig. (2-tailed)		.015	.000
	N	348	348	348

Item_32	Pearson Correlation	.130	1	.159
	Sig. (2-tailed)	.015		.003
	N	348	349	349
Skor_Total	Pearson Correlation	.197**	.159	1
	Sig. (2-tailed)	.000	.003	
	N	348	349	349





## Lampiran 10. Rekapitulasi Validasi Uji Coba Angket Pola Hidup Sehat

### Reliability Statistics

Cronbach's Alpha	N of Items
.221	27

### Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
Item_1	70.06	33.062	.039	.217
Item_2	70.24	32.712	.056	.213
Item_3	70.37	32.199	.083	.205
Item_4	70.44	32.737	.030	.220
Item_5	70.51	32.522	.049	.214
Item_6	70.61	33.028	.001	.228
Item_7	70.41	30.783	.226	.165
Item_8	70.31	32.340	.082	.206
Item_9	70.58	32.261	.075	.207
Item_10	70.37	31.537	.138	.189
Item_11	70.41	32.824	.030	.220
Item_12	70.23	33.167	.004	.226
Item_13	70.60	31.964	.042	.217
Item_14	70.54	33.269	-.014	.232
Item_15	70.77	33.365	-.020	.233
Item_16	70.39	32.405	.075	.208
Item_17	71.22	33.069	-.030	.241
Item_18	70.41	32.669	.035	.219
Item_19	70.47	31.812	.118	.195

Item_20	70.39	33.605	-.046	.241
Item_21	71.38	32.024	.084	.204
Item_22	70.71	31.211	.171	.179
Item_23	70.34	33.080	.004	.227
Item_24	71.33	32.896	-.008	.233
Item_25	70.36	32.922	.017	.223
Item_26	70.96	32.076	.043	.217
Item_27	70.41	32.640	.044	.216



**Lampiran 11. Rekapitulasi Hasil Nilai Angket Pola Hidup Sehat**

NO. RES	NO ITEM SOAL														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
R1	2	4	3	4	3	3	1	4	4	4	2	4	4	3	1
R2	4	4	4	1	3	3	4	2	2	4	3	4	3	2	3
R3	4	4	3	4	2	3	2	1	4	2	3	3	1	4	3
R4	2	3	1	4	1	3	3	4	2	4	2	3	1	2	1
R5	3	4	3	4	1	1	2	3	4	4	4	2	4	3	1
R6	2	3	4	3	2	3	4	3	2	3	2	4	3	4	1
R7	3	3	3	3	3	4	3	3	3	3	3	3	3	3	2
R8	2	4	4	3	2	3	4	2	2	2	2	4	4	4	2
R9	3	4	3	3	3	4	4	3	3	3	3	4	4	4	3
R10	4	2	4	3	4	3	4	4	4	4	2	4	4	4	3
R11	3	1	4	4	3	2	3	3	3	3	1	3	1	4	4
R12	2	3	3	4	3	3	2	4	2	3	2	2	1	4	4
R13	2	3	4	4	3	4	3	3	2	2	3	2	3	4	3
R14	1	4	3	3	1	3	2	4	1	3	4	2	3	4	4
R15	2	4	4	4	3	3	3	3	2	4	3	3	1	3	3
R16	2	3	4	3	1	3	2	2	2	3	4	4	3	2	2
R17	3	2	4	4	4	4	3	3	3	4	3	3	3	3	1
R18	2	3	4	3	1	3	3	4	3	4	4	4	2	3	2
R19	3	2	4	4	2	1	2	4	4	3	3	3	3	2	3
R20	4	3	4	3	1	1	2	4	3	4	2	3	4	2	3
R21	3	2	4	4	2	1	2	4	2	3	3	2	1	1	4
R22	3	3	4	3	1	1	2	4	1	2	4	3	4	2	4
R23	2	2	3	4	1	3	2	3	2	3	3	4	1	3	3
R24	3	2	3	3	1	3	3	4	3	3	2	3	4	2	4
R25	4	3	3	2	1	1	3	3	2	4	3	2	4	3	3
R26	3	2	3	2	1	3	4	2	1	4	4	3	4	3	2
R27	2	3	2	3	2	1	3	3	2	4	3	4	4	3	3
R28	1	3	2	4	3	3	4	4	4	4	2	3	4	3	4
R29	2	4	2	3	3	2	3	3	3	4	1	4	4	2	3
R30	2	3	1	2	2	2	4	4	1	4	2	3	1	3	2
R31	3	3	2	3	3	3	3	3	3	4	3	4	4	4	3
R32	3	3	4	4	4	3	4	4	4	4	4	3	4	3	4
R33	3	2	3	3	4	2	3	3	3	4	3	4	4	2	3
R34	4	2	2	2	4	2	4	2	3	4	3	3	4	3	2
R35	3	1	3	2	4	3	3	3	3	3	3	4	1	4	2
R36	2	2	3	3	4	4	4	4	3	4	3	3	4	3	3

R37	1	2	4	4	4	3	3	3	3	3	3	4	1	3	1
R38	2	3	3	3	3	2	3	2	2	4	3	3	1	2	1
R39	3	4	1	2	2	3	2	3	2	3	4	3	3	3	1
R40	4	3	4	2	3	1	2	4	4	4	4	4	3	3	1
R41	3	4	3	3	4	2	1	4	4	3	4	3	3	3	1
R42	3	4	2	2	3	2	2	4	4	4	4	3	3	3	2
R43	3	3	3	1	2	2	3	4	4	3	3	2	4	1	3
R44	3	2	4	1	3	3	4	4	4	4	2	2	1	1	2
R45	2	3	3	2	4	4	1	4	3	4	3	3	4	1	3
R46	4	3	3	1	3	3	3	3	4	4	4	4	4	1	2
R47	4	4	2	4	3	4	3	4	3	4	3	4	3	2	1
R48	4	4	3	3	2	3	4	3	4	3	2	4	3	2	2
R49	4	4	4	4	3	4	3	4	3	2	1	3	1	3	3
R50	4	3	3	4	4	3	2	3	3	1	2	3	3	4	2
R51	4	2	2	3	4	1	3	4	4	2	1	4	3	4	1
R52	4	3	3	1	4	3	4	2	3	3	1	3	4	3	2
R53	4	2	4	4	4	3	3	1	3	4	1	2	1	4	3
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R56	4	1	2	3	3	3	4	2	1	3	2	3	3	3	2
R57	3	1	2	4	3	1	3	1	2	2	1	4	1	4	1
R58	4	1	3	3	3	3	3	2	3	1	2	4	1	3	3
R59	3	1	4	2	3	1	2	1	4	2	3	3	4	2	1
R60	3	1	3	3	2	3	3	2	3	1	2	4	4	3	3
R61	2	1	3	4	1	4	3	1	4	2	1	3	1	4	1
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R63	4	3	3	2	3	1	2	3	4	1	4	3	3	3	3
R64	4	2	3	3	4	3	2	4	3	2	4	2	1	3	3
R65	4	3	3	2	3	2	1	4	4	1	3	3	1	3	3
R66	4	3	4	3	2	3	1	4	3	1	3	2	1	2	3
R67	4	4	3	3	3	4	1	4	2	1	2	3	3	3	1
R68	3	3	3	4	2	3	1	4	3	1	2	4	3	4	3
R69	2	3	2	1	3	3	1	3	3	1	3	3	3	3	1
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R71	4	3	1	3	3	1	2	3	2	2	1	1	1	1	3
R72	3	2	2	4	2	2	2	4	2	3	2	2	4	2	2
R73	4	3	2	4	3	2	4	3	2	4	3	3	1	3	3
R74	3	4	1	3	4	3	2	4	3	4	4	4	4	2	4
R75	4	3	2	2	3	3	3	4	4	4	3	3	4	3	3
R76	3	2	3	3	3	4	4	4	3	4	2	4	4	4	4

R77	2	3	2	3	2	3	3	4	3	4	3	3	3	3	3
R78	3	4	1	3	3	2	4	4	2	4	2	2	3	3	2
R79	4	3	1	4	2	3	4	4	2	3	3	3	3	2	3
R80	3	2	1	3	2	3	4	3	1	4	2	4	3	1	4
R81	2	4	1	4	2	3	4	3	1	3	3	3	4	3	3
R82	3	3	2	4	3	1	4	2	1	4	2	4	4	3	1
R83	4	4	3	4	4	3	3	4	1	3	3	3	1	2	3
R84	2	3	4	3	3	3	2	3	2	4	2	4	4	1	2
R85	3	4	3	2	3	3	3	3	3	4	2	3	3	2	3
R86	2	3	4	2	4	1	4	4	4	4	3	4	3	3	1
R87	3	4	3	3	3	3	3	3	3	4	3	3	3	4	3
R88	4	3	2	3	4	3	2	4	2	3	3	4	3	3	1
R89	3	4	3	4	4	1	3	3	3	3	3	3	4	2	2
R90	3	4	4	3	3	3	4	2	4	3	3	4	1	3	3
R91	3	3	3	2	4	3	3	3	3	2	4	3	4	4	2
R92	3	2	2	2	3	3	4	3	4	2	4	4	4	3	1
R93	4	2	3	3	4	3	4	3	3	2	4	3	4	4	2
R94	3	2	4	3	3	3	4	3	4	2	4	4	1	4	3
R95	4	1	3	1	4	3	4	3	3	3	4	4	4	4	2
R96	4	1	3	1	3	3	3	4	3	4	4	4	4	4	1
R97	3	4	4	4	2	1	4	3	1	3	3	3	1	3	2
R98	4	3	3	4	3	3	4	2	2	2	3	2	4	3	3
R99	3	2	2	4	4	2	3	2	3	3	2	3	3	4	3
R100	4	2	3	4	3	3	4	2	2	2	2	4	3	3	2
R101	3	4	2	4	4	3	2	1	4	2	4	3	3	4	1
R102	4	4	4	3	2	3	4	2	3	4	2	1	3	4	3
R103	4	4	3	3	4	2	3	4	1	3	4	3	3	2	2
R104	4	3	2	4	3	1	1	1	4	2	1	4	3	2	1
R105	3	5	4	3	2	4	4	4	1	1	3	4	3	3	4
R106	1	4	4	3	3	3	3	3	2	4	4	1	4	2	2
R107	2	2	2	3	3	3	2	2	4	1	2	3	1	4	1
R108	2	2	2	3	4	3	2	4	3	2	3	1	4	3	3
R109	3	4	2	4	1	3	2	4	4	2	1	1	4	2	2
R110	4	4	4	3	2	1	3	2	2	4	1	2	4	2	4
R111	4	3	3	4	2	2	4	3	4	3	3	3	3	3	3
R112	3	3	4	3	2	4	3	1	3	3	4	4	4	2	3
R113	4	4	4	4	1	1	3	2	4	1	2	4	1	3	4
R114	2	2	4	4	4	3	2	4	3	1	3	4	1	3	4
R115	2	4	3	2	4	3	1	2	2	2	3	4	1	2	4
R116	4	3	2	3	1	3	4	1	3	2	4	3	2	1	3

R117	4	3	2	2	3	4	2	2	2	1	3	4	4	3	2
R118	3	4	2	4	2	3	1	2	2	3	2	4	1	3	2
R119	4	3	2	2	2	4	4	4	2	3	2	3	4	1	2
R120	4	4	3	1	2	3	1	1	4	2	1	1	3	4	2
R121	3	3	1	1	1	4	2	1	2	4	2	1	2	3	1
R122	3	3	3	4	2	3	4	2	3	2	1	1	2	2	3
R123	2	2	3	4	4	4	2	1	2	2	1	1	2	3	4
R124	4	4	4	3	3	2	4	2	1	2	3	1	4	2	3
R125	4	4	4	3	2	4	2	3	2	3	2	4	1	2	3
R126	3	3	4	2	4	3	1	4	1	3	4	2	1	4	3
R127	4	4	4	3	3	2	1	3	1	4	3	2	1	1	1
R128	4	4	3	1	2	4	2	4	2	4	4	4	1	1	2
R129	1	3	4	3	2	3	4	5	4	2	1	2	4	3	2
R130	2	3	4	4	3	2	1	4	1	2	4	3	1	1	2
R131	4	4	2	2	3	1	3	4	2	4	2	3	4	1	2
R132	3	3	4	3	2	4	2	1	4	3	4	4	3	3	3
R133	4	4	2	3	1	2	3	4	1	3	4	4	3	2	2
R134	3	3	1	2	4	3	2	3	2	1	1	4	1	3	2
R135	3	3	4	4	1	2	4	3	4	3	1	2	4	2	3
R136	3	3	4	3	2	1	4	3	3	2	3	4	4	3	4
R137	3	3	4	2	3	4	2	1	1	3	4	3	1	2	3
R138	1	1	2	4	3	3	4	2	1	3	4	2	4	1	3
R139	1	1	1	4	3	4	2	3	2	2	4	3	4	2	4
R140	4	4	3	2	4	3	2	1	3	1	4	2	3	4	1
R141	4	4	2	1	4	3	2	1	4	3	2	4	3	2	3
R142	4	4	4	3	2	2	3	4	2	1	3	4	3	3	1
R143	3	3	1	4	3	2	4	1	2	1	2	3	1	4	2
R144	2	2	4	2	3	4	1	2	3	2	2	4	3	3	2
R145	3	3	2	4	2	1	4	3	3	3	4	4	3	2	4
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R147	4	4	3	2	3	4	1	2	2	1	4	2	3	1	1
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R155	3	3	4	4	4	1	3	2	2	1	1	1	4	4	2
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R159	4	3	4	4	4	2	2	2	4	3	3	1	3	3	4
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R161	4	2	3	2	1	4	4	4	4	1	2	4	3	2	2
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R167	3	4	4	2	3	4	2	3	2	4	3	2	4	2	3
R168	3	3	4	2	1	4	3	2	4	2	2	3	4	4	2
R169	3	3	4	1	3	2	4	2	4	4	2	3	4	1	2
R170	4	4	1	1	3	4	2	3	3	1	3	4	4	3	3
R171	3	3	2	4	4	4	4	4	3	2	3	4	4	3	3
R172	3	2	4	4	4	4	4	3	2	2	3	3	2	1	1
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R174	3	4	3	1	2	4	3	2	3	2	1	3	4	4	2
R175	4	4	1	3	2	2	2	4	4	4	4	2	4	4	4
R176	4	4	2	3	4	5	2	3	4	1	4	2	3	4	2
R177	4	4	3	3	3	3	3	3	3	3	2	1	1	3	3
R178	3	4	4	1	1	3	2	4	2	1	1	4	3	2	1
R179	3	2	4	3	2	3	1	4	1	3	4	1	2	3	3
R180	3	4	3	2	1	2	3	4	4	1	2	3	3	2	2
R181	4	2	3	4	1	2	3	2	4	1	4	2	3	2	4
R182	4	3	2	1	2	3	4	3	3	1	2	3	4	4	3
R183	4	2	1	3	4	2	3	1	4	2	1	3	1	2	4
R184	3	4	4	2	3	1	2	3	3	2	2	1	4	4	1
R185	4	2	3	1	3	4	3	2	1	3	4	4	4	2	4
R186	3	4	1	4	4	4	2	2	1	3	2	2	4	4	3
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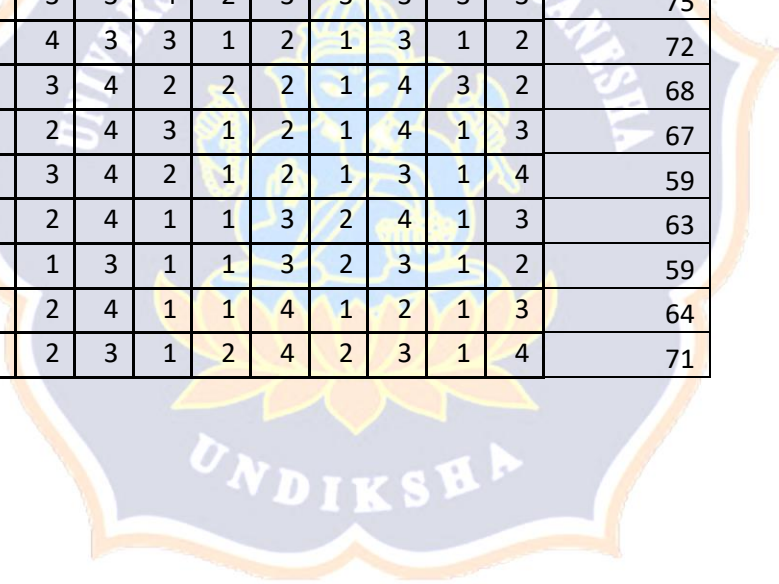


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**Lampiran 12. Dokumentasi**



## RIWAYAT HIDUP



Anggis Ardianca lahir di Kediri pada tanggal 28 Januari 1998 dari pasangan suami istri Bapak Sunarto dan Ibu Sholikah. Penulis berkebangsaan Indonesia dan beragama Islam. Kini penulis beralamat di Desa Lamong, Kecamatan Badas, Kabupaten Kediri, Jawa Timur.

Penulis menyelesaikan pendidikan dasar di SD Miftahul Huda dan lulus pada tahun 2010. Kemudian melanjutkan di MTS N Jombang Kauman dan lulus pada tahun 2013. Penulis menyelesaikan SMA di MAN 4 Kediri dan menyelesaikan pada tahun 2016. Dan pada tahun 2022 penulis menyelesaikan pendidikan S1 Program studi Pendidikan Jasmani Kesehatan dan Rekreasi di Universitas Pendidikan Ganesha dengan Skripsi yang berjudul “Survei Tentang Pola hidup Sehat Di Masa Pandemi Covid-19 Pada Peserta Didik Kelas X MAN 4 Kediri Jawa Timur Tahun Pelajaran 2020/2021”.

