

## 7. LAMPIRAN

### 7.1. Kuesioner

**Kepada Yth.**

**Mahasiswa/i**

**Unika Soegijapranata Semarang**

Dengan Hormat,

Sehubungan dengan penelitian skripsi saya yang berjudul **“Perilaku Konsumsi Minuman dalam Kemasan di Kalangan Mahasiswa Unika Soegijapranata”** maka saya hendak memohon kesediaan anda untuk turut berpartisipasi sebagai subyek penelitian.

Untuk itu saya mohon anda mengisi beberapa pertanyaan yang tercantum dalam kuesioner ini.

Demikian, terimakasih atas keterlibatan anda dalam penelitian ini.

Peneliti,

Regina Septie N.

**PERNYATAAN KESEDIAAN**

Dengan ini saya menyatakan bahwa saya bersedia berpartisipasi dalam penelitian ini.

(.....)

Nama Lengkap

### IDENTITAS DIRI

Nama	:	
Fakultas / Program Studi	:	
Angkatan	:	
No HP / No Telp.	:	
Alamat E-mail	:	
Jenis Kelamin	:	Laki-laki / Perempuan
Usia	:	
Latar Belakang Sosial		
Asal Kota	:	
Tempat tinggal di Semarang	:	Kos / Tinggal bersama keluarga inti / Ikut saudara
Kegiatan yang diikuti (jika ada) (Contoh : UKM, BEM, HMJ, kegiatan keagamaan, kerja, dll)	:	

#### INSTRUKSI UMUM

1. Jawablah dengan sebenar-benarnya sesuai dengan kondisi diri anda sendiri.
2. Semua jawaban adalah benar.

**BAGIAN A**

Berilah tanda silang (X) pada pilihan jawaban anda. Jika ingin mengganti jawaban maka berilah tanda “-“

Contoh :

<input checked="" type="checkbox"/>	A	<input type="checkbox"/>	C
<input checked="" type="checkbox"/>	B	<input type="checkbox"/>	D

1. Dalam sehari, berapa lama Anda menghabiskan waktu untuk berkegiatan di luar rumah atau kos?

<input type="checkbox"/> 0 – 2 jam	<input type="checkbox"/> 6 – 8 jam	<input type="checkbox"/> 12 – 14 jam
<input type="checkbox"/> 3 – 5 jam	<input type="checkbox"/> 9 – 11 jam	

2. Intensitas kegiatan yang Anda lakukan secara harian :

- Aktivitas Sangat Ringan (Contoh : tidur)

<input type="checkbox"/> 0 – 2 jam	<input type="checkbox"/> 6 – 8 jam	<input type="checkbox"/> 12 – 14 jam
<input type="checkbox"/> 3 – 5 jam	<input type="checkbox"/> 9 – 11 jam	

- Aktivitas Ringan (Contoh : berjalan kaki, menyapu lantai, mencuci, berdandan, kegiatan belajar, menonton televisi, bermain *gadget*, nongkrong)

<input type="checkbox"/> 0 – 2 jam	<input type="checkbox"/> 6 – 8 jam	<input type="checkbox"/> 12 – 14 jam
<input type="checkbox"/> 3 – 5 jam	<input type="checkbox"/> 9 – 11 jam	

- Aktivitas Sedang (Contoh : berlari kecil, jalan cepat, bermain dengan hewan peliharaan, bersepeda, bermain tenis meja, berenang, bermain musik)

<input type="checkbox"/> 0 – 2 jam	<input type="checkbox"/> 6 – 8 jam	<input type="checkbox"/> 12 – 14 jam
<input type="checkbox"/> 3 – 5 jam	<input type="checkbox"/> 9 – 11 jam	

3. Intensitas kegiatan yang Anda lakukan secara mingguan :

- Aktivitas Berat (Contoh : Contoh : bermain sepakbola, aerobik, berlari, bela diri dan *outbond*)

<input type="checkbox"/> 0 – 30 menit	<input type="checkbox"/> 60 – 90 menit	<input type="checkbox"/> >120 menit
<input type="checkbox"/> 30 – 60 menit	<input type="checkbox"/> 90 – 120 menit	

4. Jenis minuman dalam kemasan apa saja yang **pernah** Anda konsumsi? (Jawaban boleh lebih dari 1)

- Minuman Bersoda (Contoh : Coca cola, Sprite, Fanta, Big Cola, Pepsi, dll)
- Jus (Contoh : Buavita, Country Choice, Golden Circle, ABC, Love Juice, dll)
- Teh dalam kemasan (Contoh : Mountea, Nestea, Teh Kotak, Sosro, dll)
- Kopi dalam kemasan (Contoh : Nescafe, Kopiko 78<sup>0</sup>C, De'Koffie, Good Day, dll)
- Minuman Berenergi (Contoh : Kratingdaeng, Proman, Hemaviton, dll)
- Air Mineral (Contoh : Aqua, Ades, Aguarita, Club, dll)
- Minuman Isotonik (Contoh : Pocari Sweat, Mizone, Hydrococo, dll)

### **BAGIAN B**

Berilah tanda centang (✓) pada pilihan jawaban anda. Berilah tanda “-“ jika ingin mengganti jawaban. **Jawaban HANYA 1 untuk setiap jenis minuman yang pernah dikonsumsi.**

A	B	C	D
✓		✓	





5. Kapan Anda **paling sering mengkonsumsi** minuman di bawah ini?




No		Setiap kali haus	Saat makan harian	Ketika makan di luar (café, restoran)	Saat Olahraga
a	Minuman Bersoda				
b	Jus				
c	Teh				
d	Kopi				
e	Minuman Berenergi				
f	Air Mineral				
g	Minuman Isotonik				

6. Seberapa sering Anda mengkonsumsi minuman di bawah ini?

No		Tidak Pernah	Setiap Hari	1-2 kali seminggu	1-2 kali sebulan
a	Minuman Bersoda				
b	Jus				
c	Teh				
d	Kopi				
e	Minuman Berenergi				
f	Air Mineral				
g	Minuman Isotonik				




## 7. Seberapa banyak yang dikonsumsi untuk sekali minum?





				
	Kaleng (± 250 mL)	Kaleng (± 330 mL)	Botol kecil (± 450 mL)	Botol sedang (± 535 mL)
Minuman Bersoda				

			
	Kotak-lapis- jamak kecil (± 125 mL)	Kotak-lapis- jamak sedang (±240 mL)	Botol kecil (± 330 mL)
Jus			

					
	Gelas (± 200 mL)	Kotak-lapis- jamak (± 250 mL)	Kaleng (± 318 mL)	Botol kecil (± 350 mL)	Botol besar (± 500 mL)
Teh					

			
	Kaleng (± 240 mL)	Kotak-lapis-jamak (± 250 mL)	Botol (± 240 mL)
Kopi			

			
	Botol Kecil (± 150 mL)	Botol Besar (± 200 mL)	Kaleng (± 250 mL)
Minuman Berenergi			

				
	Gelas (± 240 mL)	Botol kecil (± 330 mL)	Botol sedang (± 600 mL)	Botol besar (± 750 mL)
Air Mineral				

					
	Kotak-lapis-jamak kecil (± 250 mL)	Kaleng (± 330 mL)	Botol kecil (± 350 mL)	Botol besar (± 500 mL)	Kotak-lapis-jamak besar (± 500 mL)
Minuman Isotonik					

## 7.2. Analisis Statistik

### 7.2.1. Korelasi antara Jenis Kelamin, Tempat Tinggal, Aktivitas Fisik, dan Perilaku Konsumsi Minuman Bersoda

#### Correlations

		JENIS_KELAMIN	TEMPAT_TINGGAL	AKTIVITAS_SEDANG	AKTIVITAS_BERAT	SAAT_KONSUMSI_MINUMANBERSODA	FREKUENSI_KONSUMSI_MINUMANBERSODA	JENISKEMASAN_MINUMANBERSODA
Spearman's rho	JENIS_KELAMIN	Correlation Coefficient	1.000	.061	-.148**	-.324**	-.048	-.231**
		Sig. (2-tailed)	.	.222	.003	.000	.341	.000
		N	403	403	403	403	403	403
TEMPAT_TINGGAL		Correlation Coefficient	.061	1.000	-.075	-.009	-.080	-.052
		Sig. (2-tailed)	.222	.	.134	.863	.107	.298
		N	403	403	403	403	403	403
AKTIVITAS_SEDANG		Correlation Coefficient	-.148**	-.075	1.000	.338**	.018	.021
		Sig. (2-tailed)	.003	.134	.	.000	.724	.671
		N	403	403	403	403	403	403
AKTIVITAS_BERAT		Correlation Coefficient	-.324**	-.009	.338**	1.000	.048	.107*
		Sig. (2-tailed)	.000	.863	.000	.	.339	.031
		N	403	403	403	403	403	403
SAAT_KONSUMSI_MINUMANBERSODA		Correlation Coefficient	-.048	-.080	.018	.048	1.000	.400**
		Sig. (2-tailed)	.341	.107	.724	.339	.	.000
		N	403	403	403	403	403	403
FREKUENSI_KONSUMSI_MINUMANBERSODA		Correlation Coefficient	-.244**	-.052	.021	.107*	.400**	1.000
		Sig. (2-tailed)	.000	.298	.671	.031	.000	.
		N	403	403	403	403	403	403
JENISKEMASAN_MINUMANBERSODA		Correlation Coefficient	-.231**	-.045	.082	.121*	.370**	.368**
		Sig. (2-tailed)	.000	.368	.099	.015	.000	.000
		N	403	403	403	403	403	403

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

### 7.2.2. Korelasi antara Jenis Kelamin, Tempat Tinggal, Aktivitas Fisik, dan Perilaku Konsumsi Jus

**Correlations**

			JENIS_KELAMIN	TEMPAT_TINGGAL	AKTIVITAS_SEDANG	AKTIVITAS_BERAT	SAAT_KONSUMSI_JUS	FREKUENSI_KONSUMSI_JUS	JENISKEMASAN_JUS
Spearman's rho	JENIS_KELAMIN	Correlation Coefficient	1.000	.061	-.148**	-.324**	.029	-.092	-.144**
		Sig. (2-tailed)	.	.222	.003	.000	.567	.066	.004
		N	403	403	403	403	403	403	403
	TEMPAT_TINGGAL	Correlation Coefficient	.061	1.000	-.075	-.009	.070	-.107*	.001
		Sig. (2-tailed)	.222	.	.134	.863	.162	.032	.990
		N	403	403	403	403	403	403	
	AKTIVITAS_SEDANG	Correlation Coefficient	-.148**	-.075	1.000	.338**	-.010	.018	.036
		Sig. (2-tailed)	.003	.134	.	.000	.848	.719	.466
		N	403	403	403	403	403	403	
	AKTIVITAS_BERAT	Correlation Coefficient	-.324**	-.009	.338**	1.000	.037	.050	.174**
		Sig. (2-tailed)	.000	.863	.000	.	.460	.316	.000
		N	403	403	403	403	403	403	
	SAAT_KONSUMSI_JUS	Correlation Coefficient	.029	.070	-.010	.037	1.000	.008	.143**
		Sig. (2-tailed)	.567	.162	.848	.460	.	.871	.004
		N	403	403	403	403	403	403	
	FREKUENSI_KONSUMSI_JUS	Correlation Coefficient	-.092	-.107*	.018	.050	.008	1.000	.030
		Sig. (2-tailed)	.066	.032	.719	.316	.871	.	.550
		N	403	403	403	403	403	403	
	JENISKEMASAN_JUS	Correlation Coefficient	-.144**	.001	.036	.174**	.143**	.030	1.000
		Sig. (2-tailed)	.004	.990	.466	.000	.004	.550	.
		N	403	403	403	403	403	403	

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

### 7.2.3. Korelasi antara Jenis Kelamin, Tempat Tinggal, Aktivitas Fisik, dan Perilaku Konsumsi Teh Dalam Kemasan

**Correlations**

			JENIS_KELAMIN	TEMPAT_TINGGAL	AKTIVITAS_SEDANG	AKTIVITAS_BERAT	SAAT_KONSUMSI_TEH_DLM_KEMASAN	FREKUENSI_KONSUMSI_TEH_DLM_KEMASAN	JENISKEMASAN_TEH_DLM_KEMASAN
Spearman's rho	JENIS_KELAMIN	Correlation Coefficient	1.000	.061	-.148**	-.324**	.171**	-.227**	-.169**
		Sig. (2-tailed)	.	.222	.003	.000	.001	.000	.001
		N	403	403	403	403	403	403	
	TEMPAT_TINGGAL	Correlation Coefficient	.061	1.000	-.075	-.009	-.033	-.014	.016
		Sig. (2-tailed)	.222	.	.134	.863	.504	.776	.756
		N	403	403	403	403	403	403	
	AKTIVITAS_SEDANG	Correlation Coefficient	-.148**	-.075	1.000	.338**	-.060	.082	.045
		Sig. (2-tailed)	.003	.134	.	.000	.231	.102	.367
		N	403	403	403	403	403	403	
	AKTIVITAS_BERAT	Correlation Coefficient	-.324**	-.009	.338**	1.000	-.084	.121*	.122*
		Sig. (2-tailed)	.000	.863	.000	.	.091	.015	.015
		N	403	403	403	403	403	403	
	SAAT_KONSUMSI_TEH_DLM_KEMASAN	Correlation Coefficient	.171**	-.033	-.060	-.084	1.000	-.388**	-.038
		Sig. (2-tailed)	.001	.504	.231	.091	.	.000	.449
		N	403	403	403	403	403	403	
	FREKUENSI_KONSUMSI_TEH_DLM_KEMASAN	Correlation Coefficient	-.227**	-.014	.082	.121*	-.388**	1.000	.112*
		Sig. (2-tailed)	.000	.776	.102	.015	.000	.	.025
		N	403	403	403	403	403	403	
	JENISKEMASAN_TEH_DLM_KEMASAN	Correlation Coefficient	-.169**	.016	.045	.122*	-.038	.112*	1.000
		Sig. (2-tailed)	.001	.756	.367	.015	.449	.025	.
		N	403	403	403	403	403	403	

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).



### 7.2.4. Korelasi antara Jenis Kelamin, Tempat Tinggal, Aktivitas Fisik, dan Perilaku Konsumsi Kopi Dalam Kemasan

**Correlations**

		JENIS_KELAMIN	TEMPAT_TINGGAL	AKTIVITAS_SEDANG	AKTIVITAS_BERAT	SAAT_KONSUMSI_KOPIDLMKEMASAN	FREKUENSI_KONSUMSI_KOPIDLMKEMASAN	JENISKEMASAN_KOPIDLMKEMASAN	
Spearman's rho	JENIS_KELAMIN	Correlation Coefficient	1.000	.061	-.148**	-.324**	.047	-.225**	-.157**
		Sig. (2-tailed)	.	.222	.003	.000	.351	.000	.002
		N	403	403	403	403	403	403	403
TEMPAT_TINGGAL		Correlation Coefficient	.061	1.000	-.075	-.009	.027	-.058	-.020
		Sig. (2-tailed)	.222	.	.134	.863	.588	.247	.696
		N	403	403	403	403	403	403	403
AKTIVITAS_SEDANG		Correlation Coefficient	-.148**	-.075	1.000	.338**	-.018	.010	.042
		Sig. (2-tailed)	.003	.134	.	.000	.723	.842	.401
		N	403	403	403	403	403	403	403
AKTIVITAS_BERAT		Correlation Coefficient	-.324**	-.009	.338**	1.000	-.045	.076	.080
		Sig. (2-tailed)	.000	.863	.000	.	.368	.126	.108
		N	403	403	403	403	403	403	403
SAAT_KONSUMSI_KOPIDLMKEMASAN		Correlation Coefficient	.047	.027	-.018	-.045	1.000	.350**	.424**
		Sig. (2-tailed)	.351	.588	.723	.368	.	.000	.000
		N	403	403	403	403	403	403	403
FREKUENSI_KONSUMSI_KOPIDLMKEMASAN		Correlation Coefficient	-.225**	-.058	.010	.076	.350**	1.000	.421**
		Sig. (2-tailed)	.000	.247	.842	.126	.000	.	.000
		N	403	403	403	403	403	403	403
JENISKEMASAN_KOPIDLMKEMASAN		Correlation Coefficient	-.157**	-.020	.042	.080	.424**	.421**	1.000
		Sig. (2-tailed)	.002	.696	.401	.108	.000	.000	.
		N	403	403	403	403	403	403	403

\*\* Correlation is significant at the 0.01 level (2-tailed).

### 7.2.5. Korelasi antara Jenis Kelamin, Tempat Tinggal, Aktivitas Fisik, dan Perilaku Konsumsi Minuman Berenergi

**Correlations**

		JENIS_KELAMIN	TEMPAT_TINGGAL	AKTIVITAS_SEDANG	AKTIVITAS_BERAT	SAAT_KONSUMSI_MINUMANBERENERGI	FREKUENSI_KONSUMSI_MINUMANBERENERGI	JENISKEMASAN_MINUMANBERENERGI	
Spearman's rho	JENIS_KELAMIN	Correlation Coefficient	1.000	.061	-.148**	-.324**	-.392**	-.411**	-.372**
		Sig. (2-tailed)	.	.222	.003	.000	.000	.000	.000
		N	403	403	403	403	403	403	403
TEMPAT_TINGGAL		Correlation Coefficient	.061	1.000	-.075	-.009	-.032	-.027	-.019
		Sig. (2-tailed)	.222	.	.134	.863	.525	.590	.707
		N	403	403	403	403	403	403	403
AKTIVITAS_SEDANG		Correlation Coefficient	-.148**	-.075	1.000	.338**	.133**	.135**	.152**
		Sig. (2-tailed)	.003	.134	.	.000	.008	.006	.002
		N	403	403	403	403	403	403	403
AKTIVITAS_BERAT		Correlation Coefficient	-.324**	-.009	.338**	1.000	.171**	.194**	.168**
		Sig. (2-tailed)	.000	.863	.000	.	.001	.000	.001
		N	403	403	403	403	403	403	403
SAAT_KONSUMSI_MINUMANBERENERGI		Correlation Coefficient	-.392**	-.032	.133**	.171**	1.000	.937**	.937**
		Sig. (2-tailed)	.000	.525	.008	.001	.	.000	.000
		N	403	403	403	403	403	403	403
FREKUENSI_KONSUMSI_MINUMANBERENERGI		Correlation Coefficient	-.411**	-.027	.135**	.194**	.937**	1.000	.939**
		Sig. (2-tailed)	.000	.590	.006	.000	.000	.	.000
		N	403	403	403	403	403	403	403
JENISKEMASAN_MINUMANBERENERGI		Correlation Coefficient	-.372**	-.019	.152**	.168**	.937**	.939**	1.000
		Sig. (2-tailed)	.000	.707	.002	.001	.000	.000	.
		N	403	403	403	403	403	403	403

\*\* Correlation is significant at the 0.01 level (2-tailed).

### 7.2.6. Korelasi antara Jenis Kelamin, Tempat Tinggal, Aktivitas Fisik, dan Perilaku Konsumsi Air Mineral

			Correlations						
			JENIS_KELAMIN	TEMPAT_TINGGAL	AKTIVITAS_SEDANG	AKTIVITAS_BERAT	SAAT_KONSUMSI_AIRMINERAL	FREKUENSI_KONSUMSI_AIRMINERAL	JENISKEMASAN_AIRMINERAL
Spearman's rho	JENIS_KELAMIN	Correlation Coefficient	1.000	.061	-.148**	-.324**	-.153**	.110*	.007
		Sig. (2-tailed)	.	.222	.003	.000	.002	.027	.891
		N	403	403	403	403	403	403	403
	TEMPAT_TINGGAL	Correlation Coefficient	.061	1.000	-.075	-.009	-.006	.093	.099*
		Sig. (2-tailed)	.222	.	.134	.863	.898	.062	.047
		N	403	403	403	403	403	403	403
	AKTIVITAS_SEDANG	Correlation Coefficient	-.148**	-.075	1.000	.338**	-.021	-.056	.097
		Sig. (2-tailed)	.003	.134	.	.000	.673	.263	.053
		N	403	403	403	403	403	403	403
	AKTIVITAS_BERAT	Correlation Coefficient	-.324**	-.009	.338**	1.000	.015	.085	.049
		Sig. (2-tailed)	.000	.863	.000	.	.762	.090	.328
		N	403	403	403	403	403	403	403
	SAAT_KONSUMSI_AIRMINERAL	Correlation Coefficient	-.153**	-.006	-.021	.015	1.000	-.220**	-.017
		Sig. (2-tailed)	.002	.898	.673	.762	.	.000	.739
		N	403	403	403	403	403	403	403
	FREKUENSI_KONSUMSI_AIRMINERAL	Correlation Coefficient	.110*	.093	-.056	.085	-.220**	1.000	.058
		Sig. (2-tailed)	.027	.062	.263	.090	.000	.	.249
		N	403	403	403	403	403	403	403
	JENISKEMASAN_AIRMINERAL	Correlation Coefficient	.007	.099*	.097	.049	-.017	.058	1.000
		Sig. (2-tailed)	.891	.047	.053	.328	.739	.249	.
		N	403	403	403	403	403	403	403

\*\* Correlation is significant at the 0.01 level (2-tailed).

\* Correlation is significant at the 0.05 level (2-tailed).

### 7.2.7. Korelasi antara Jenis Kelamin, Tempat Tinggal, Aktivitas Fisik, dan Perilaku Konsumsi Minuman Isotonik

			Correlations						
			JENIS_KELAMIN	TEMPAT_TINGGAL	AKTIVITAS_SEDANG	AKTIVITAS_BERAT	SAAT_KONSUMSI_MINUMANISOTONIK	FREKUENSI_KONSUMSI_MINUMANISOTONIK	JENISKEMASAN_MINUMANISOTONIK
Spearman's rho	JENIS_KELAMIN	Correlation Coefficient	1.000	.061	-.148**	-.324**	.062	-.100*	-.036
		Sig. (2-tailed)	.	.222	.003	.000	.217	.044	.470
		N	403	403	403	403	403	403	403
	TEMPAT_TINGGAL	Correlation Coefficient	.061	1.000	-.075	-.009	-.078	-.044	.012
		Sig. (2-tailed)	.222	.	.134	.863	.116	.373	.815
		N	403	403	403	403	403	403	403
	AKTIVITAS_SEDANG	Correlation Coefficient	-.148**	-.075	1.000	.338**	-.007	.011	-.010
		Sig. (2-tailed)	.003	.134	.	.000	.890	.824	.841
		N	403	403	403	403	403	403	403
	AKTIVITAS_BERAT	Correlation Coefficient	-.324**	-.009	.338**	1.000	.049	.161**	.001
		Sig. (2-tailed)	.000	.863	.000	.	.323	.001	.977
		N	403	403	403	403	403	403	403
	SAAT_KONSUMSI_MINUMANISOTONIK	Correlation Coefficient	.062	-.078	-.007	.049	1.000	.308**	.339**
		Sig. (2-tailed)	.217	.116	.890	.323	.	.000	.000
		N	403	403	403	403	403	403	403
	FREKUENSI_KONSUMSI_MINUMANISOTONIK	Correlation Coefficient	-.100*	-.044	.011	.161**	.308**	1.000	.356**
		Sig. (2-tailed)	.044	.373	.824	.001	.000	.	.000
		N	403	403	403	403	403	403	403
	JENISKEMASAN_MINUMANISOTONIK	Correlation Coefficient	-.036	.012	-.010	.001	.339**	.356**	1.000
		Sig. (2-tailed)	.470	.815	.841	.977	.000	.000	.
		N	403	403	403	403	403	403	403

\*\* Correlation is significant at the 0.01 level (2-tailed).

\* Correlation is significant at the 0.05 level (2-tailed).

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- ✓ [2] (13 matches, **1.4%**) from [warungbidan.blogspot.com/2016/08/konsep-dasar-aktifitas-fisik-sehari-hari.html](http://warungbidan.blogspot.com/2016/08/konsep-dasar-aktifitas-fisik-sehari-hari.html)
- ✓ [3] (14 matches, **1.2%**) from your PlagScan document "Kevin\_Cahya...KIMIA\_MINUMA.docx" dated 2017-07-18
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Regina Septie Nugraheni

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