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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No** | **Nama** | **Umur** | **Angkatan** | **Jenis Kelamin** | **SKOR PRE-TEST** | **SKOR POST-TEST** | **DELTA** | **Besar nyeri leher (PRE-TEST)** | **Besar nyeri bahu (PRE-TEST)** | **Besar nyeri punggung (PRE-TEST)** | **Besar nyeri leher (POST-TEST)** | **Besar nyeri bahu (POST-TEST)** | **Besar nyeri punggung (POST-TEST)** | **Kelompok** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | Aufa | 20 | 17 | L | 8 | 4 | 4 | 9 | 9 | 9 | 2 | 0 | 0 | SENAM |
| 2 | Vynda Ulvyana | 19 | 17 | P | 9 | 5 | 4 | 4 | 2 | 2 | 3 | 2 | 1 | SENAM |
| 3 | Almayang Diaz | 20 | 17 | P | 7 | 4 | 3 | 2 | 0 | 0 | 0 | 0 | 0 | SENAM |
| 4 | Aulia Arinindya Sabila | 21 | 17 | P | 9 | 4 | 5 | 4 | 4 | 4 | 2 | 1 | 1 | SENAM |
| 5 | Hayyu | 20 | 18 | P | 8 | 2 | 6 | 0 | 0 | 2 | 0 | 0 | 0 | SENAM |
| 6 | Nuke Rizqi Rahmawati | 20 | 18 | P | 6 | 3 | 3 | 4 | 0 | 0 | 0 | 0 | 1 | SENAM |
| 7 | Ziki | 20 | 18 | L | 14 | 2 | 12 | 5 | 5 | 5 | 0 | 0 | 0 | SENAM |
| 8 | Margareta | 20 | 18 | P | 8 | 1 | 7 | 3 | 3 | 6 | 0 | 0 | 1 | SENAM |
| 9 | Tsamara Nurwina Nugroho | 19 | 18 | P | 8 | 5 | 3 | 1 | 3 | 6 | 0 | 1 | 1 | SENAM |
| 10 | M Rafly | 19 | 18 | L | 14 | 4 | 10 | 3 | 3 | 3 | 0 | 0 | 0 | SENAM |
| 11 | Arminta Adlina S | 19 | 18 | P | 8 | 5 | 3 | 3 | 6 | 5 | 0 | 5 | 3 | SENAM |
| 12 | Ifan Nugroho | 19 | 19 | L | 13 | 3 | 10 | 6 | 6 | 6 | 1 | 1 | 1 | SENAM |
| 13 | Nurul Puspitasari | 17 | 19 | P | 8 | 3 | 5 | 6 | 6 | 7 | 1 | 1 | 1 | SENAM |
| 14 | Jodie S | 19 | 19 | L | 9 | 6 | 3 | 4 | 0 | 3 | 2 | 0 | 3 | SENAM |
| 15 | Raihan Dhia | 18 | 19 | L | 8 | 0 | 8 | 5 | 1 | 0 | 0 | 5 | 2 | SENAM |
| 16 | Rahma Khusnul Khotimah | 21 | 17 | P | 7 | 8 | -1 | 8 | 6 | 10 | 9 | 1 | 1 | KONTROL |
| 17 | Arfianty NA | 21 | 17 | P | 6 | 10 | -4 | 5 | 0 | 8 | 7 | 1 | 9 | KONTROL |
| 18 | Aulia Salwa Alfaina | 20 | 17 | P | 6 | 1 | 5 | 4 | 2 | 3 | 3 | 0 | 0 | KONTROL |
| 19 | Airiza Fatma Yossineura | 21 | 17 | P | 9 | 7 | 2 | 3 | 4 | 0 | 0 | 0 | 0 | KONTROL |
| 20 | Aulika Alya Paramesti | 20 | 17 | P | 8 | 2 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | KONTROL |
| 21 | Timothy Jordan | 20 | 17 | L | 6 | 3 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | KONTROL |
| 22 | Putri Lenggo Geany | 20 | 17 | P | 8 | 7 | 1 | 1 | 4 | 0 | 5 | 7 | 6 | KONTROL |
| 23 | Daffa Naufal Baihaqi | 20 | 18 | L | 10 | 5 | 5 | 4 | 4 | 6 | 4 | 3 | 4 | KONTROL |
| 24 | Dinda Anita Septiana | 20 | 18 | P | 9 | 5 | 4 | 7 | 7 | 7 | 6 | 6 | 7 | KONTROL |
| 25 | Vinka Dwi Anggita | 20 | 18 | P | 6 | 3 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | KONTROL |
| 26 | Husain Junaedi | 20 | 18 | L | 12 | 9 | 3 | 9 | 3 | 0 | 2 | 2 | 2 | KONTROL |
| 27 | Likha Malikhatul Khusna | 19 | 19 | P | 9 | 2 | 7 | 3 | 1 | 5 | 1 | 4 | 2 | KONTROL |
| 28 | Alya Azkaa Adawya | 18 | 19 | P | 7 | 6 | 1 | 5 | 6 | 6 | 5 | 6 | 2 | KONTROL |
| 29 | George | 19 | 19 | L | 7 | 7 | 0 | 4 | 4 | 7 | 6 | 5 | 5 | KONTROL |
| 30 | Dzaky Edo Bahauddin | 18 | 19 | L | 9 | 8 | 1 | 7 | 2 | 7 | 8 | 5 | 3 | KONTROL |