Null hypothesis:-

No significant difference.

Hypothesis:-

Variable View

Name	Type	Width	Decimal	Label	Value	Colum	Align	Measure
Before	Numeric	8	2		None	8	Right	
After	Numeri	8	2		None	8	Right	

Data View

Before 145 116 120 133 130 119 133 125 126 140

After 143 120 117 130 125 119 132 128 123 141

Analyze → Compare means → Paired Samples Test

Before
After

Pair	Variable 1	Variable 2
1	Before	After
2		

T-Test

Paired samples statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Before	28.7000	10	9.33393	2.95165
	After	28.0000	10	9.03081	2.85579

Paired samples correlations

		N	Correlation	Sig.
Pair 1	Before & After	10	.949	.000

Paired samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% confidence interval of the difference Lower	Upper			
Pair 1 Before - After	.70000	2.94581	.93155	-1.40730	2.80730	.751	9	.472

Paired Difference

Conclusion Answer:

* If 'P' value greater than significance (0.05) level we accept the null hypothesis Ho

* If P value less than significance level (0.05), we reject the null hypothesis Ho from the table.

P value is 0.472

(0.472) p value is greater than significance level (0.05) we accept the null hypothesis H_0.

∴ There is no significance differ between before and after training on fitness program.

IQ test was administred to 5 person before and after they were trained.

Before	110	120	122	132	125
After	120	118	125	136	121

Test weather their is any change in IQ after the training programe.

Variable view

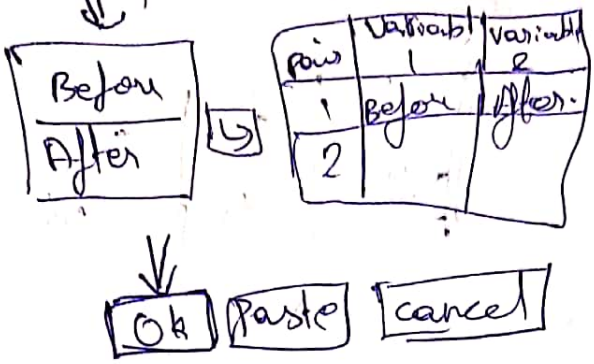
Name	Type	width	Decimal	Label	Value	Missing	Columns
Before	Numeric	8	2		None	None	8
After	Numeric	8	2		None	None	8

Steps involved

Analyze

Compare means

Paired samples Test



null Hypothesis:-

there is no significant difference before and after IQ training.

Alternative Hypothesis:

there is significant differ before and after IQ training.

T-Test

Paired Sample statistics

		Mean	N	Std. Deviation	Std. Error mean
Pair 1	Before	121.8000	5	8.01249	3.58329
	After	124.0000	5	7.17635	3.20936

Paired samples correlation.

	N	Correlation	Sig. (2-tailed)
Pair 1 Before & After	5	.743	.150

Paired samples test:

	Mean	Std. Deviation	Std. Error mean	95% confidence interval of the Difference	
				Lower	Upper
Pair 1 Before-after	-2.20000	2.20000	2.46762	-9.02351	4.62351

t	df	Sig. (2-tailed)
-.895	4	.421

Conclusion:-

* If P value is greater than significance (0.05) level we accept the null Hypothesis Ho.

* If P value is less than significance (0.05 level we reject null Hypothesis Ho

from the table:-

P value is 0.421

0.421 P value is greater than significance (0.05) level we accept the null hypothesis and after training.