

HASIL ANALISIS VALIDITAS INSTRUMEN ISI DAN MEDIA DARI PAKAR AHLI

VALIDITAS INSTRUMEN ISI

Setelah dilakukan penilaian oleh dua orang pakar instrumen isi yakni Dr. I Ketut Yoda, S.Pd.,M.Or dan Dr. IGLA Parwata, S.Pd.,M.Kes., maka dapat disajikan pada Tabel berikut.

Judges 1		Judges 2		Kedua Judges	
Tidak Relevan	Relevan	Tidak Relevan	Relevan	Tidak Relevan	Relevan
	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25		1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25		1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25

Untuk memudahkan perhitungan data di atas, digunakan Tabel berikut.

Judges	Judges I		
	Penilaian Judges	Kurang Relevan	Sangat Relevan
Judges II	Kurang Relevan	A (--)(0 butir)	B (+-)(0 butir)
	Sangat Relevan	C (++) (0 butir)	D (++) (24 butir) 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,20,21,22,23,24,25

Berdasarkan tabel di atas, dapat dicari validitas konten (*content validity*) dengan menggunakan rumus Gregory:

$$vc = \frac{D}{A+B+C+D}$$

Keterangan:

VC = Validitas Konten

D = Kedua Judges setuju

A = Kedua Judges tidak setuju

B = Judges I setuju, Judges II tidak setuju

C = Judges I tidak setuju, Judges II setuju

Diperoleh:

$$D = 25$$

$$C = 0$$

$$B = 0$$

$$A = 0$$

Perhitungan:

$$v_c = \frac{D}{A+B+C+D}$$

$$v_c = \frac{25}{0+0+0+25}$$

$$v_c = 1,00$$

Kriteria Validitas Konten

a. 0,80-1,00 = Sangat tinggi

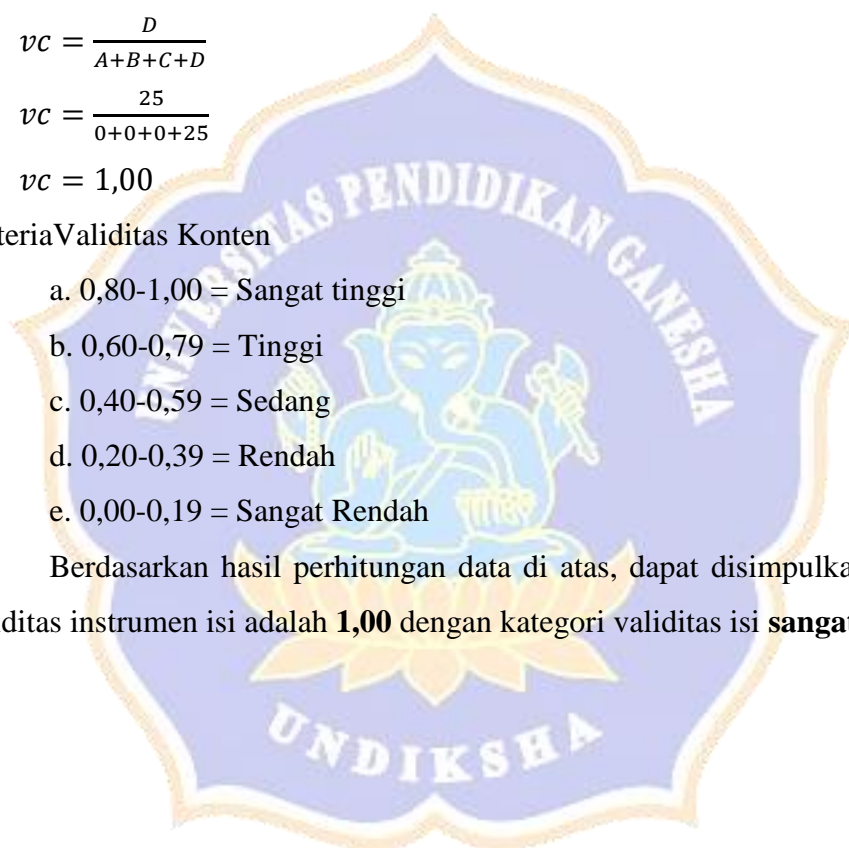
b. 0,60-0,79 = Tinggi

c. 0,40-0,59 = Sedang

d. 0,20-0,39 = Rendah

e. 0,00-0,19 = Sangat Rendah

Berdasarkan hasil perhitungan data di atas, dapat disimpulkan bahwa validitas instrumen isi adalah **1,00** dengan kategori validitas isi **sangat tinggi**.



VALIDITAS INSTRUMEN MEDIA

Setelah dilakukan penilaian oleh dua orang pakar media yakni Dr. I Made Teguh, S.Pd.,M.Pd dan Dr. I Gede Wawan Sudatha, S.Pd.,ST.,M.Pd., maka dapat disajikan pada Tabel berikut.

Judges 1		Judges 2		Kedua Judges	
Tidak Relevan	Relevan	Tidak Relevan	Relevan	Tidak Relevan	Relevan
	1,2,3,4,5,6,7 8,9,10,11,12 13,14,15,16, 17,18,20		1,2,3,4,5,6,7 8,9,10,11,12 13,14,15,16, 17,18,20		1,2,3,4,5,6,7 8,9,10,11,12 13,14,15,16, 17,18,20

Untuk memudahkan perhitungan data di atas, digunakan Tabel berikut.

Judges	Judges I		
	Penilaian Judges	Kurang Relevan	Sangat Relevan
Judges II	Kurang Relevan	A (--) (0 butir)	B (+-) (0 butir)
	Sangat Relevan	C (-+) (0 butir)	D (++) (24 butir) 1,2,3,4,5,6,7,8,9,10,11,12 13,14,15,16,17,18,20

Berdasarkan tabel di atas, dapat dicari validitas konten (*content validity*) dengan menggunakan rumus Gregory:

$$VC = \frac{D}{A+B+C+D}$$

Keterangan:

VC = Validitas Konten

D = Kedua Judges setuju

A = Kedua Judges tidak setuju

B = Judges I setuju, Judges II tidak setuju

C = Judges I tidak setuju, Judges II setuju

Diperoleh:

$$D = 20$$

$$C = 0$$

$$B = 0$$

$$A = 0$$

Perhitungan:

$$vc = \frac{D}{A+B+C+D}$$

$$vc = \frac{20}{0+0+0+20}$$

$$vc = 1,00$$

Kriteria Validitas Konten

a. 0,80-1,00 = Sangat tinggi

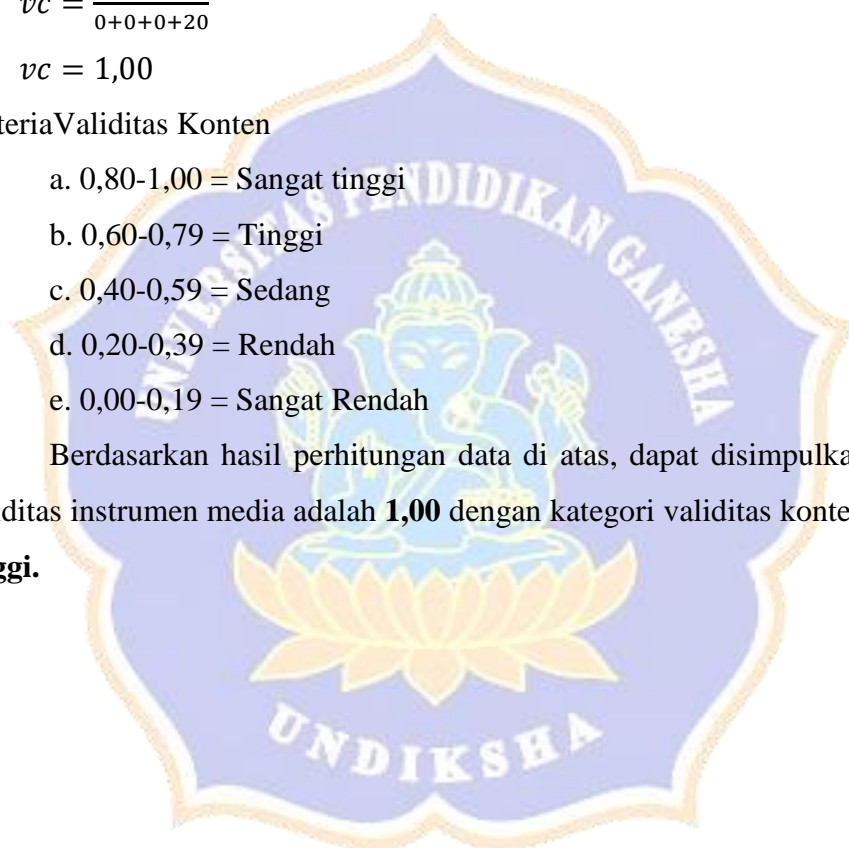
b. 0,60-0,79 = Tinggi

c. 0,40-0,59 = Sedang

d. 0,20-0,39 = Rendah

e. 0,00-0,19 = Sangat Rendah

Berdasarkan hasil perhitungan data di atas, dapat disimpulkan bahwa validitas instrumen media adalah **1,00** dengan kategori validitas konten **sangat tinggi**.



VALIDITAS INSTRUMEN ISI

Setelah dilakukan penilaian oleh dua orang pakar praktisi yakni Dr. Maryoto Subekti, M.For., AIFO dan Nyoman Sumayasa, SE., maka dapat disajikan pada Tabel berikut.

Judges 1		Judges 2		Kedua Judges	
Tidak Relevan	Relevan	Tidak Relevan	Relevan	Tidak Relevan	Relevan
10,14,21	1,2,3,4,5,6,7 8,9,11,12,13, 15,16,17,18, 20,22,23,24, 25	9,20	1,2,3,4,5,6,7 8,9,10,11,12 13,14,15,16, 17,18,19,21, 22,23,24,25	9,20,10, 14,21	1,2,3,4,5,6,7, 8,11,12,13,15, 16,17,18,19,2 2,23,24,25

Untuk memudahkan perhitungan data di atas, digunakan Tabel berikut.

Judges	Judges I		
	Penilaian Judges	Kurang Relevan	Sangat Relevan
Judges II	Kurang Relevan	A (--) (0 butir)	B (+-) (0 butir)
	Sangat Relevan	C (++) (5 butir) 9,20, 10,14,21	D (++) (20 butir) 1,2,3,4,5,6,7,8,11,12,13, 15,16,17,18,19,22,23, 24,25

Berdasarkan tabel di atas, dapat dicari validitas konten (*content validity*) dengan menggunakan rumus Gregory:

$$vc = \frac{D}{A+B+C+D}$$

Keterangan:

VC = Validitas Konten

D = Kedua Judges setuju

A = Kedua Judges tidak setuju

B = Judges I setuju, Judges II tidak setuju

C = Judges I tidak setuju, Judges II setuju

Diperoleh:

$$D = 20$$

$$C = 5$$

$$B = 0$$

$$A = 0$$

Perhitungan:

$$v_c = \frac{D}{A+B+C+D}$$

$$v_c = \frac{20}{0+0+5+20}$$

$$v_c = 0,80$$

Kriteria Validitas Konten

a. 0,80-1,00 = Sangat tinggi

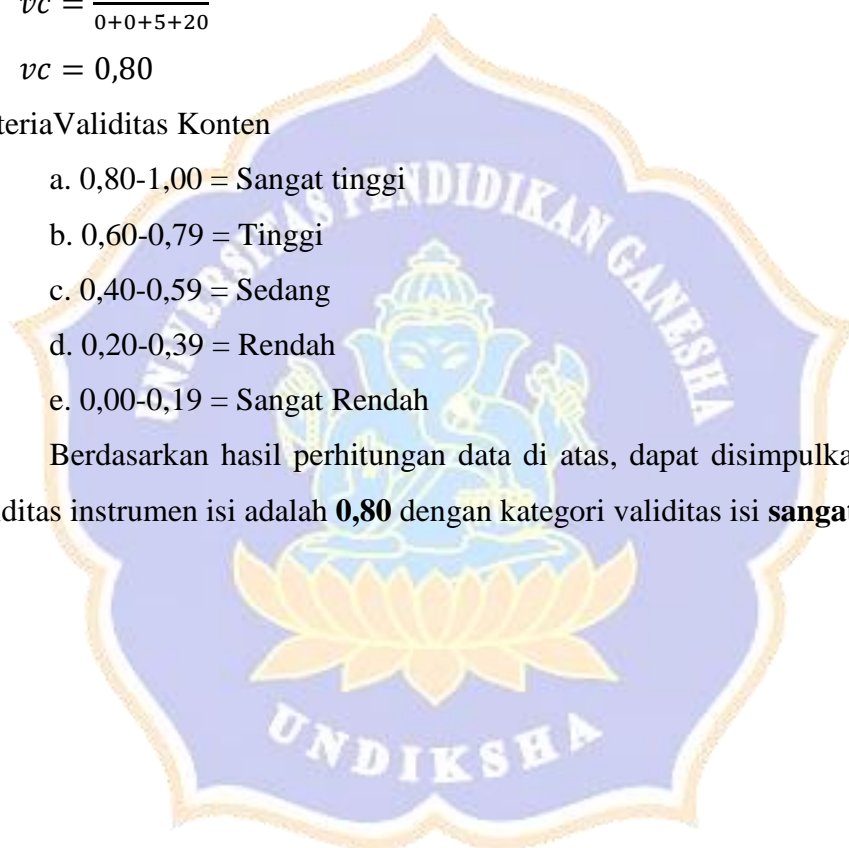
b. 0,60-0,79 = Tinggi

c. 0,40-0,59 = Sedang

d. 0,20-0,39 = Rendah

e. 0,00-0,19 = Sangat Rendah

Berdasarkan hasil perhitungan data di atas, dapat disimpulkan bahwa validitas instrumen isi adalah **0,80** dengan kategori validitas isi **sangat tinggi**.



VALIDITAS ISI

Setelah dilakukan penilaian oleh dua orang pakar validasi terkait dengan isi yakni Dr. I Ketut Yoda, S.Pd.,M.Or dan Dr. IGLA Parwata, S.Pd.,M.Kes., maka dapat disajikan padaTabel berikut.

Judges 1		Judges 2		Kedua Judges	
Tidak Relevan	Relevan	Tidak Relevan	Relevan	Tidak Relevan	Relevan
9,10,13,14,19	1,2,3,4,5,6,7 8,11,12,15,1 6,17,18,20,2 1,22,23,24, 25	5,15,20	1,2,3,4,6,7,8, 9,10,11,12,13 ,14,16,17,18, 21,22,23,24, 25	5,15,20,9, 10,13,14, 19	1,2,3,4,6,7,8, 11,12,16,17, 18,21,22,23, 24,25

Untuk memudahkan perhitungan data di atas, digunakanTabel berikut.

Judges	Judges I		
	Penilaian Judges	Kurang Relevan	Sangat Relevan
Judges II	Kurang Relevan	A (--)(0 butir)	B (+-)(0 butir)
	Sangat Relevan	C (--)(8butir) 5,15,20,9,10,13,14, 19	D(++)(17 butir) 1,2,3,4,6,7,8,11,12,16,17, 18,21,22,23,24,25

Berdasarkan tabel di atas, dapat dicari validitas konten (*content validity*) dengan menggunakan rumus Gregory:

$$vc = \frac{D}{A+B+C+D}$$

Keterangan:

VC = Validitas Konten

D = Kedua Judges setuju

A = Kedua Judges tidak setuju

B = Judges I setuju, Judges II tidak setuju

C = Judges I tidak setuju, Judges II setuju

Diperoleh:

$$D = 17$$

$$C = 8$$

$$B = 0$$

$$A = 0$$

Perhitungan:

$$vc = \frac{D}{A+B+C+D}$$

$$vc = \frac{17}{0+0+8+17}$$

$$vc = 0,68$$

Kriteria Validitas Konten

a. 0,80-1,00 = Sangat tinggi

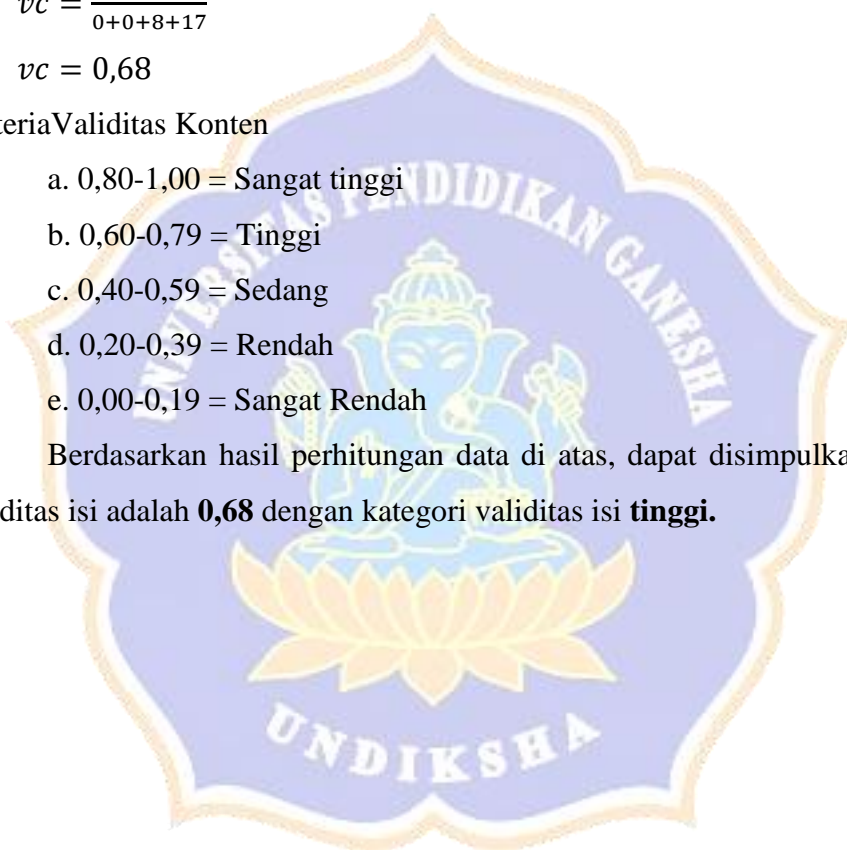
b. 0,60-0,79 = Tinggi

c. 0,40-0,59 = Sedang

d. 0,20-0,39 = Rendah

e. 0,00-0,19 = Sangat Rendah

Berdasarkan hasil perhitungan data di atas, dapat disimpulkan bahwa validitas isi adalah **0,68** dengan kategori validitas isi **tinggi**.



VALIDITAS MEDIA

Setelah dilakukan penilaian oleh dua orang pakar media yakni Dr. I Made Teguh, S.Pd.,M.Pd dan Dr. I Gede Wawan Sudatha, S.Pd.,ST.,M.Pd., maka dapat disajikan pada Tabel berikut.

Judges 1		Judges 2		Kedua Judges	
Tidak Relevan	Relevan	Tidak Relevan	Relevan	Tidak Relevan	Relevan
7,8	1,2,3,4,5,6,9,10,11,12,13,14,15,16,17,18,19,20	8	1,2,3,4,5,6,7,9,10,11,12,13,14,15,16,17,18,19,20	7,8	1,2,3,4,5,6,9,10,11,12,13,14,15,16,17,18,19,20

Untuk memudahkan perhitungan data di atas, digunakan Tabel berikut.

Judges	Judges I		
	Penilaian Judges	Kurang Relevan	Sangat Relevan
Judges II	Kurang Relevan	A (--) (1 butir) 8	B (+-) (0 butir)
	Sangat Relevan	C (++) (2 butir) 7	D (++) (18 butir) 1,2,3,4,5,6,9,10,11,12,13,14,15,16,17,18,19,20

Berdasarkan tabel di atas, dapat dicari validitas konten (*content validity*) dengan menggunakan rumus Gregory:

$$vc = \frac{D}{A+B+C+D}$$

Keterangan:

VC = Validitas Konten

D = Kedua Judges setuju

A = Kedua Judges tidak setuju

B = Judges I setuju, Judges II tidak setuju

C = Judges I tidak setuju, Judges II setuju

Diperoleh:

$$D = 18$$

$$C = 1$$

$$B = 0$$

$$A = 1$$

Perhitungan:

$$v_c = \frac{D}{A+B+C+D}$$

$$v_c = \frac{18}{1+0+1+18}$$

$$v_c = 0,90$$

Kriteria Validitas Konten

a. 0,80-1,00 = Sangat tinggi

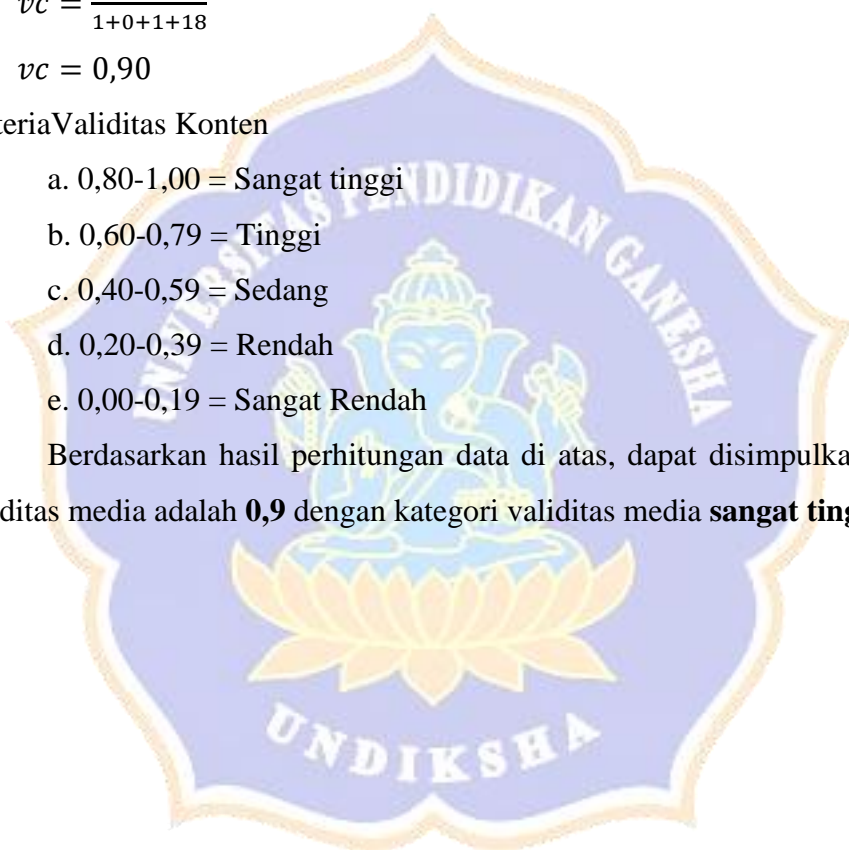
b. 0,60-0,79 = Tinggi

c. 0,40-0,59 = Sedang

d. 0,20-0,39 = Rendah

e. 0,00-0,19 = Sangat Rendah

Berdasarkan hasil perhitungan data di atas, dapat disimpulkan bahwa validitas media adalah **0,9** dengan kategori validitas media **sangat tinggi**.



VALIDITAS PAKAR ISI

Setelah dilakukan penilaian oleh dua orang pakar praktisi yakni Dr. Maryoto Subekti, M.For., AIFO dan Nyoman Sumayasa, SE., maka dapat disajikan pada Tabel berikut.

Judges 1		Judges 2		Kedua Judges	
Tidak Relevan	Relevan	Tidak Relevan	Relevan	Tidak Relevan	Relevan
	1,2,3,4,5,6,7 8,9,10,11,12 13,14,15,16, 17,18,19, 20,21,22,23, 24,25		1,2,3,4,5,6,7 8,9,10,11,12 13,14,15,16, 17,18,19,20, 21,22,23,24, 25		1,2,3,4,5,6,7, 8,9,10,11,12 13,14,15,16, 17,18,19,20, 21,22,23,24, 25

Untuk memudahkan perhitungan data di atas, digunakan Tabel berikut.

Judges	Judges I		
	Penilaian Judges	Kurang Relevan	Sangat Relevan
Judges II	Kurang Relevan	A (--)(0 butir)	B (+-)(0 butir)
	Sangat Relevan	C (-+)(0 butir)	D (++) (24 butir) 1,2,3,4,5,6,7,8,9,10,11,12 13,14,15,16,17,18,19,20,21,22,23,24,25

Berdasarkan tabel di atas, dapat dicari validitas konten (*content validity*) dengan menggunakan rumus Gregory:

$$vc = \frac{D}{A+B+C+D}$$

Keterangan:

VC = Validitas Konten

D = Kedua Judges setuju

A = Kedua Judges tidak setuju

B = Judges I setuju, Judges II tidak setuju

C = Judges I tidak setuju, Judges II setuju

Diperoleh:

$$D = 25$$

$$C = 0$$

$$B = 0$$

$$A = 0$$

Perhitungan:

$$vc = \frac{D}{A+B+C+D}$$

$$vc = \frac{25}{0+0+0+25}$$

$$vc = 1,00$$

Kriteria Validitas Konten

a. 0,80-1,00 = Sangat tinggi

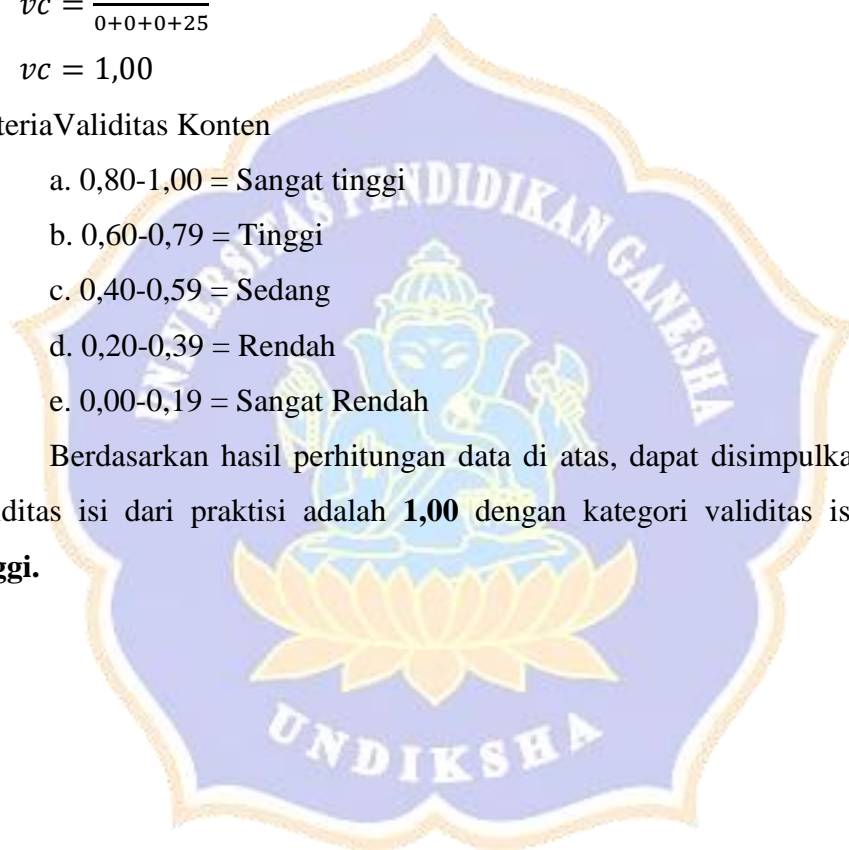
b. 0,60-0,79 = Tinggi

c. 0,40-0,59 = Sedang

d. 0,20-0,39 = Rendah

e. 0,00-0,19 = Sangat Rendah

Berdasarkan hasil perhitungan data di atas, dapat disimpulkan bahwa validitas isi dari praktisi adalah **1,00** dengan kategori validitas isi **sangat tinggi**.



RINGKASAN HASIL ANALISIS INSTRUMEN PENELITIAN

Ringkasan Hasil Analisis Instrumen Isi

No Butir	Konsistensi Internal Butir	Kualifikasi	No Butir	Konsistensi Internal Butir	Kualifikasi	r_{tabel}
1	0,620	Valid	14	0,513	Valid	0,176
2	0,638	Valid	15	0,444	Valid	
3	0,384	Valid	16	0,399	Valid	
4	0,364	Valid	17	0,388	Valid	
5	0,442	Valid	18	0,637	Valid	
6	0,450	Valid	19	0,575	Valid	
7	0,373	Valid	20	0,571	Valid	
8	0,621	Valid	21	0,312	Valid	
9	0,592	Valid	22	0,315	Valid	
10	0,574	Valid	23	0,465	Valid	
11	0,382	Valid	24	0,393	Valid	
12	0,395	Valid	25	0,559	Valid	
13	0,398	Valid				

Ringkasan Hasil Analisis Validasi Isi

No Butir	Konsistensi Internal Butir	Kualifikasi	No Butir	Konsistensi Internal Butir	Kualifikasi	r_{tabel}
1	0,690	Valid	14	0,462	Valid	0,176
2	0,556	Valid	15	0,484	Valid	
3	0,672	Valid	16	0,419	Valid	
4	0,495	Valid	17	0,806	Valid	
5	0,725	Valid	18	0,437	Valid	
6	0,475	Valid	19	0,461	Valid	
7	0,322	Valid	20	0,317	Valid	
8	0,611	Valid	21	0,420	Valid	
9	0,543	Valid	22	0,377	Valid	
10	0,523	Valid	23	0,491	Valid	
11	0,439	Valid	24	0,368	Valid	
12	0,549	Valid	25	0,523	Valid	
13	0,670	Valid				

Ringkasan Hasil Analisis Instrumen Media

No Butir	Konsistensi Internal Butir	Kualifikasi	No Butir	Konsistensi Internal Butir	Kualifikasi	r_{tabel}
1	0,671	Valid	11	0,696	Valid	0,176
2	0,798	Valid	12	0,518	Valid	
3	0,622	Valid	13	0,540	Valid	
4	0,394	Valid	14	0,317	Valid	
5	0,735	Valid	15	0,561	Valid	
6	0,754	Valid	16	0,572	Valid	
7	0,374	Valid	17	0,629	Valid	
8	0,360	Valid	18	0,482	Valid	
9	0,670	Valid	19	0,387	Valid	
10	0,357	Valid	20	0,477	Valid	

Ringkasan Hasil Analisis Validasi Media

No Butir	Konsistensi Internal Butir	Kualifikasi	No Butir	Konsistensi Internal Butir	Kualifikasi	r_{tabel}
1	0,780	Valid	11	0,361	Valid	0,176
2	0,651	Valid	12	0,618	Valid	
3	0,801	Valid	13	0,609	Valid	
4	0,651	Valid	14	0,392	Valid	
5	0,343	Valid	15	0,349	Valid	
6	0,459	Valid	16	0,838	Valid	
7	0,314	Valid	17	0,542	Valid	
8	0,456	Valid	18	0,857	Valid	
9	0,547	Valid	19	0,759	Valid	
10	0,532	Valid	20	0,188	Valid	

HASIL ANALISIS KARAKTER UMUM

Statistics

		KU- EKSPERIMEN	KU-KONTROL
N	Valid	28	28
	Missing	0	0
Mean		86.61	82.43
Median		86.50	83.00
Std. Deviation		1.685	1.501
Variance		2.840	2.254
Range		6	7
Minimum		83	78
Maximum		89	85
Sum		2425	2308

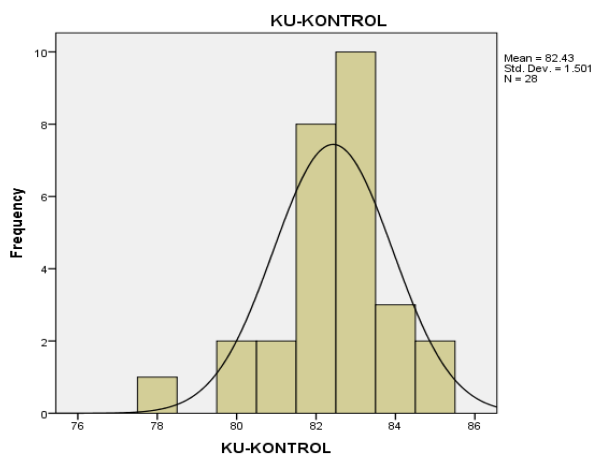
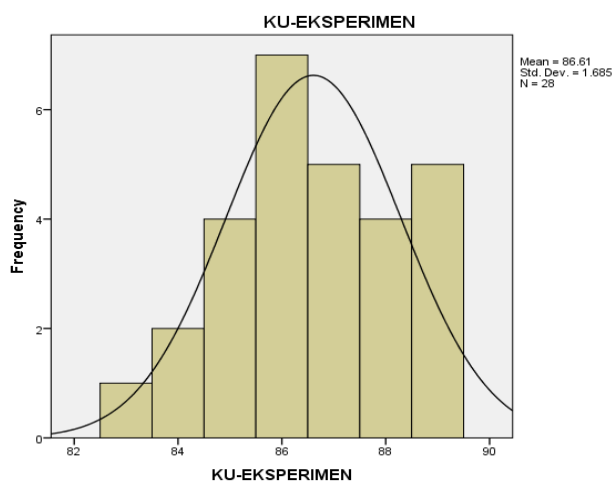
Frequency Table

KU-EKSPERIMEN

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	83	1	3.6	3.6	3.6
	84	2	7.1	7.1	10.7
	85	4	14.3	14.3	25.0
	86	7	25.0	25.0	50.0
	87	5	17.9	17.9	67.9
	88	4	14.3	14.3	82.1
	89	5	17.9	17.9	100.0
	Total	28	100.0	100.0	

KU-KONTROL

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	78	1	3.6	3.6	3.6
	80	2	7.1	7.1	10.7
	81	2	7.1	7.1	17.9
	82	8	28.6	28.6	46.4
	83	10	35.7	35.7	82.1
	84	3	10.7	10.7	92.9
	85	2	7.1	7.1	100.0
	Total	28	100.0	100.0	



HASIL ANALISIS KARAKTER KHUSUS

Frequencies

Statistics

		KKHUSUS- EKSPERIM EN	KKHUSUS- KONTROL
N	Valid	28	28
	Missing	0	0
Mean		78.39	73.71
Median		77.00	73.50
Std. Deviation		3.784	2.432
Variance		14.321	5.915
Range		14	10
Minimum		72	70
Maximum		86	80
Sum		2195	2064

Frequency Table

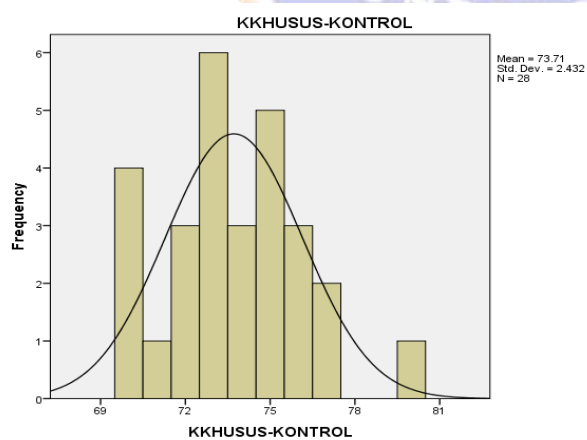
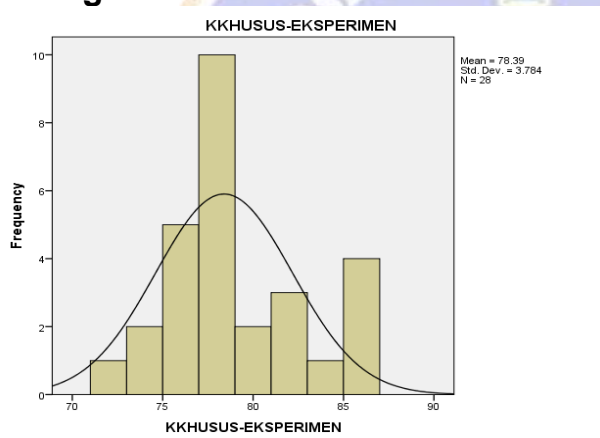
KKHUSUS-EKSPERIMEN

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	72	1	3.6	3.6	3.6
	73	1	3.6	3.6	7.1
	74	1	3.6	3.6	10.7
	75	2	7.1	7.1	17.9
	76	3	10.7	10.7	28.6
	77	9	32.1	32.1	60.7
	78	1	3.6	3.6	64.3
	79	1	3.6	3.6	67.9
	80	1	3.6	3.6	71.4
	81	2	7.1	7.1	78.6
	82	1	3.6	3.6	82.1
	83	1	3.6	3.6	85.7
	85	3	10.7	10.7	96.4
	86	1	3.6	3.6	100.0
	Total	28	100.0	100.0	

KKHUSUS-KONTROL

	Frekuensi	Persentase	Valid Persentase	Cumulatif Persentase
Valid 70	4	14.3	14.3	14.3
71	1	3.6	3.6	17.9
72	3	10.7	10.7	28.6
73	6	21.4	21.4	50.0
74	3	10.7	10.7	60.7
75	5	17.9	17.9	78.6
76	3	10.7	10.7	89.3
77	2	7.1	7.1	96.4
80	1	3.6	3.6	100.0
Total	28	100.0	100.0	

Histogram



**HASIL ANALISIS KELOMPOK EKSPERIMEN TIAP
INDIKATOR KARAKTER UMUM**

Frequencies

	KE- RELIGIUS	KE- JUJUR	KE- TOLERANSI	KE- DISIPLIN	KE- KERJAKERAS
N Valid	28	28	28	28	28
Missing	7	7	7	7	7
Mean	89.11	72.46	85.11	84.61	88.71
Median	89.00	69.00	84.00	84.00	88.00
Std. Deviation	3.166	10.076	3.957	5.166	3.065
Variance	10.025	101.517	15.655	26.692	9.397
Range	11	44	13	19	13
Minimum	84	50	78	75	81
Maximum	95	94	91	94	94
Sum	2495	2029	2383	2369	2484

	KE- SEMANGAT	KE- MENGHARGAIPRESTASI	KE- BERSAHABAT	KE- CINTADAMAI	KE- TANGGUNGJAWAB
N Valid	28	28	28	28	28
Missing	7	7	7	7	7
Mean	88.04	87.86	86.43	85.96	87.46
Median	88.00	88.00	88.00	88.00	88.00
Std. Deviation	3.967	3.875	3.736	4.376	5.699
Variance	15.739	15.016	13.958	19.147	32.480
Range	13	16	13	19	19
Minimum	81	78	78	75	75
Maximum	94	94	91	94	94
Sum	2465	2460	2420	2407	2449

Frequency Table

KE-RELIGIUS

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	84	1	2.9	3.6	3.6
	85	3	8.6	10.7	14.3
	86	4	11.4	14.3	28.6
	88	5	14.3	17.9	46.4
	89	4	11.4	14.3	60.7
	90	3	8.6	10.7	71.4
	91	1	2.9	3.6	75.0
	93	4	11.4	14.3	89.3
	94	2	5.7	7.1	96.4
	95	1	2.9	3.6	100.0
	Total	28	80.0	100.0	
Missing	System	7	20.0		
Total		35	100.0		

KE-TOLERANSI

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	78	1	2.9	3.6	3.6
	81	7	20.0	25.0	28.6
	84	10	28.6	35.7	64.3
	88	4	11.4	14.3	78.6
	91	6	17.1	21.4	100.0
	Total	28	80.0	100.0	
Missing	System	7	20.0		
Total		35	100.0		

KE-DISIPLIN

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	75	2	5.7	7.1	7.1
	78	3	8.6	10.7	17.9
	81	4	11.4	14.3	32.1
	84	8	22.9	28.6	60.7
	88	5	14.3	17.9	78.6
	91	5	14.3	17.9	96.4
	94	1	2.9	3.6	100.0
	Total	28	80.0	100.0	
Missing	System	7	20.0		
Total		35	100.0		

KE-KERJAKERAS

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	81	1	2.9	3.6	3.6
	84	3	8.6	10.7	14.3
	88	14	40.0	50.0	64.3
	91	7	20.0	25.0	89.3
	94	3	8.6	10.7	100.0
	Total	28	80.0	100.0	
Missing	System	7	20.0		
Total		35	100.0		

KE-SEMANGAT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	81	1	2.9	3.6	3.6
	84	10	28.6	35.7	39.3
	88	5	14.3	17.9	57.1
	91	8	22.9	28.6	85.7
	94	4	11.4	14.3	100.0
	Total	28	80.0	100.0	
Missing	System	7	20.0		
Total		35	100.0		

KE-MENGHARGAIPRESTASI

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	78	1	2.9	3.6	3.6
	81	2	5.7	7.1	10.7
	84	4	11.4	14.3	25.0
	88	11	31.4	39.3	64.3
	91	8	22.9	28.6	92.9
	94	2	5.7	7.1	100.0
	Total	28	80.0	100.0	
Missing	System	7	20.0		
Total		35	100.0		

KE-BERSAHABAT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	78	1	2.9	3.6	3.6
	81	4	11.4	14.3	17.9
	84	6	17.1	21.4	39.3
	88	11	31.4	39.3	78.6
	91	6	17.1	21.4	100.0
	Total	28	80.0	100.0	
Missing	System	7	20.0		
Total		35	100.0		

KE-CINTADAMAI

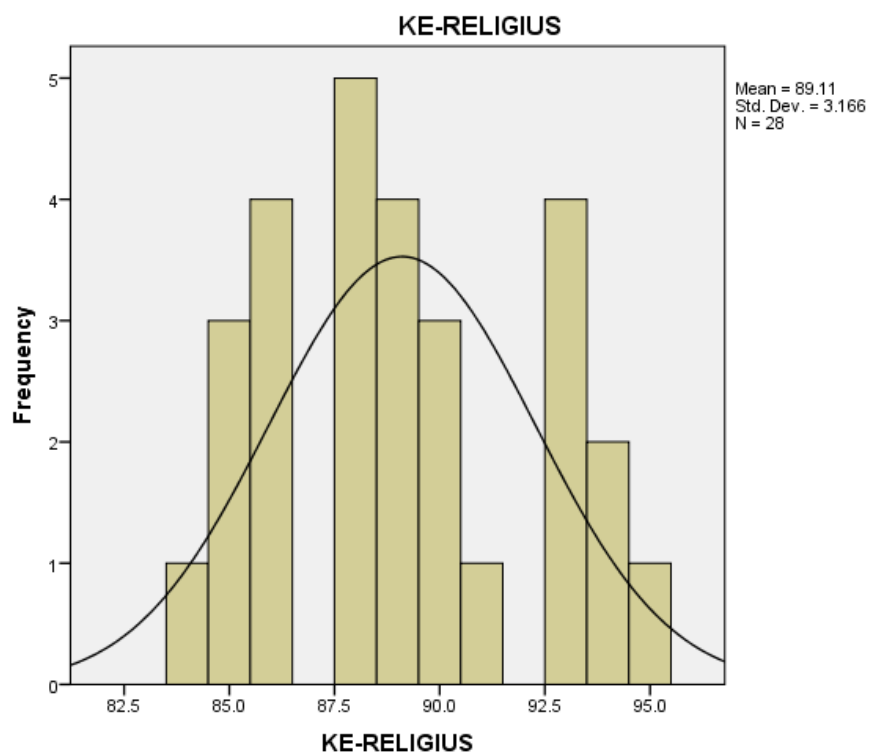
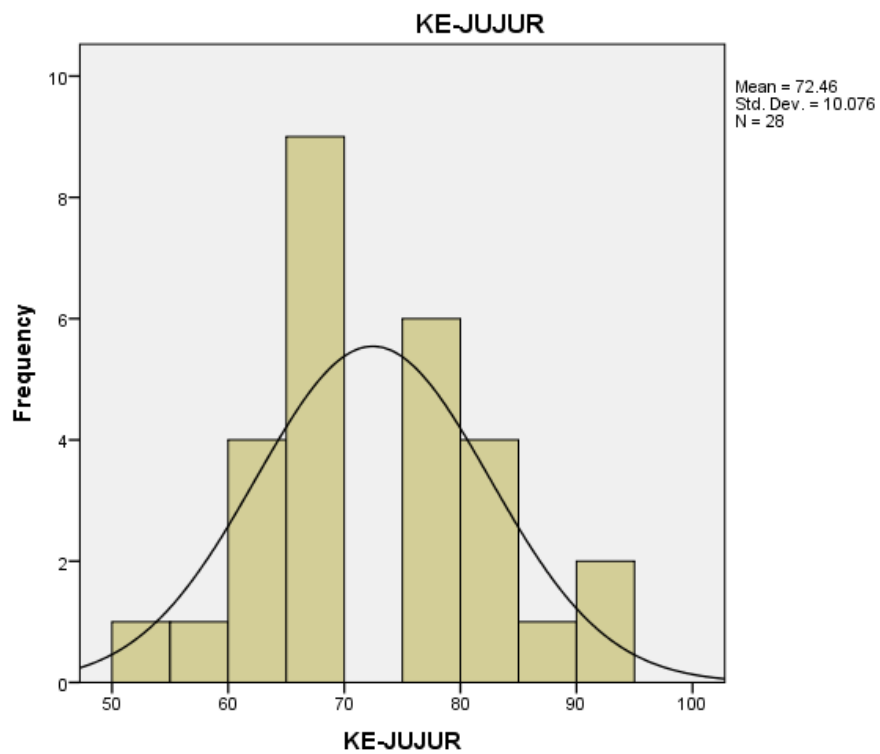
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	75	1	2.9	3.6	3.6
	81	8	22.9	28.6	32.1
	88	17	48.6	60.7	92.9
	94	2	5.7	7.1	100.0
	Total	28	80.0	100.0	
Missing	System	7	20.0		
Total		35	100.0		

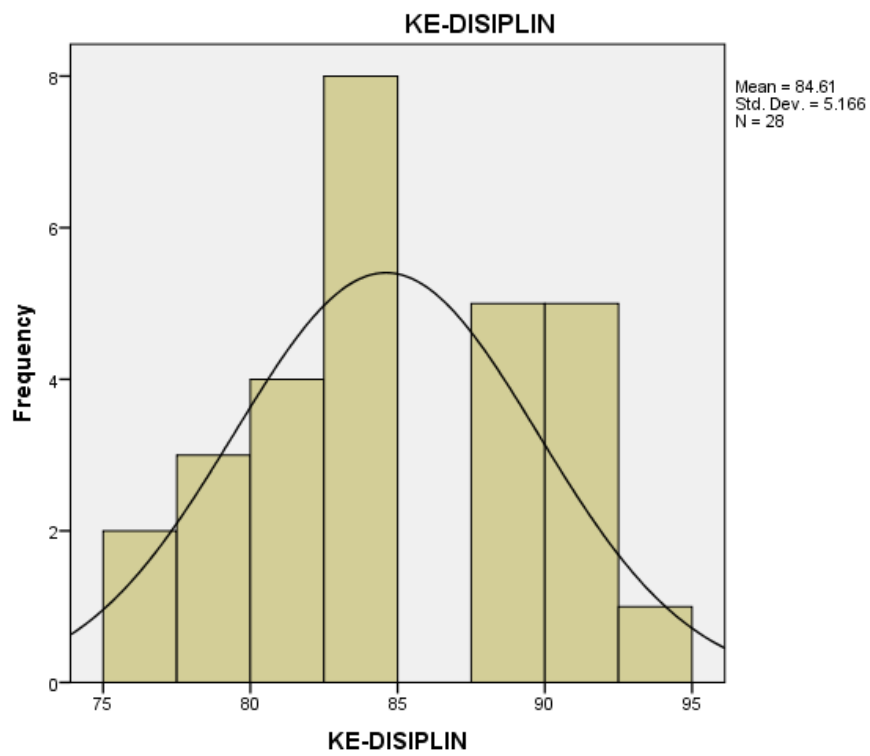
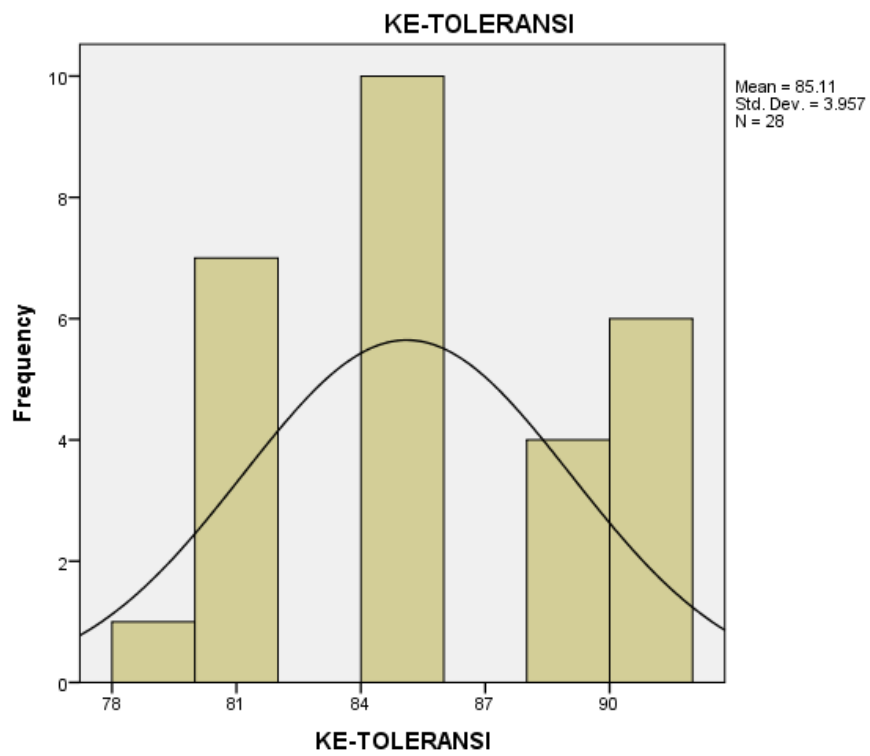
KE-TANGGUNGJAWAB

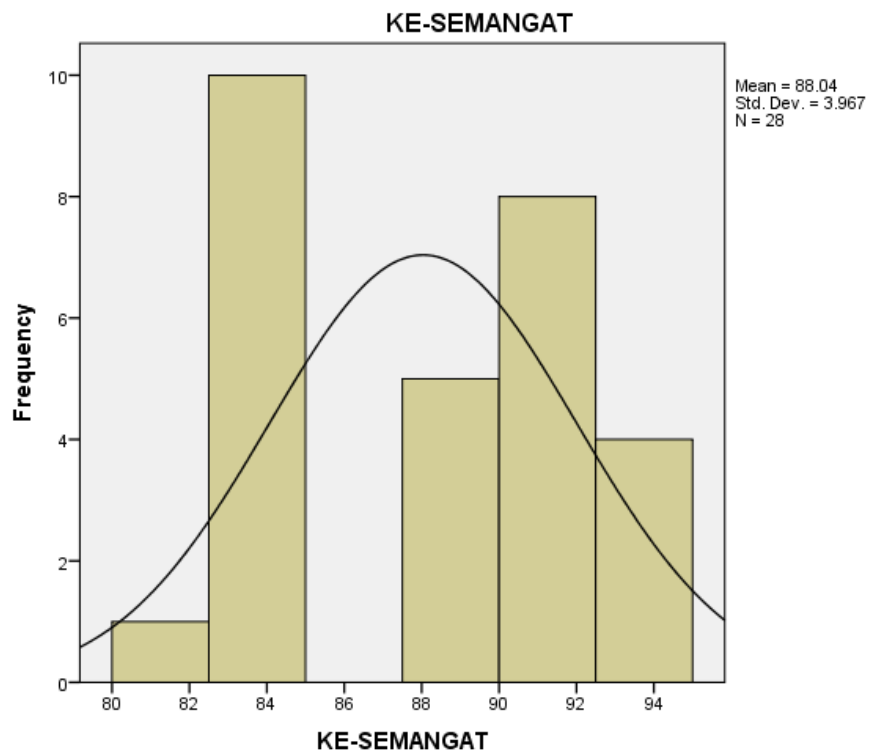
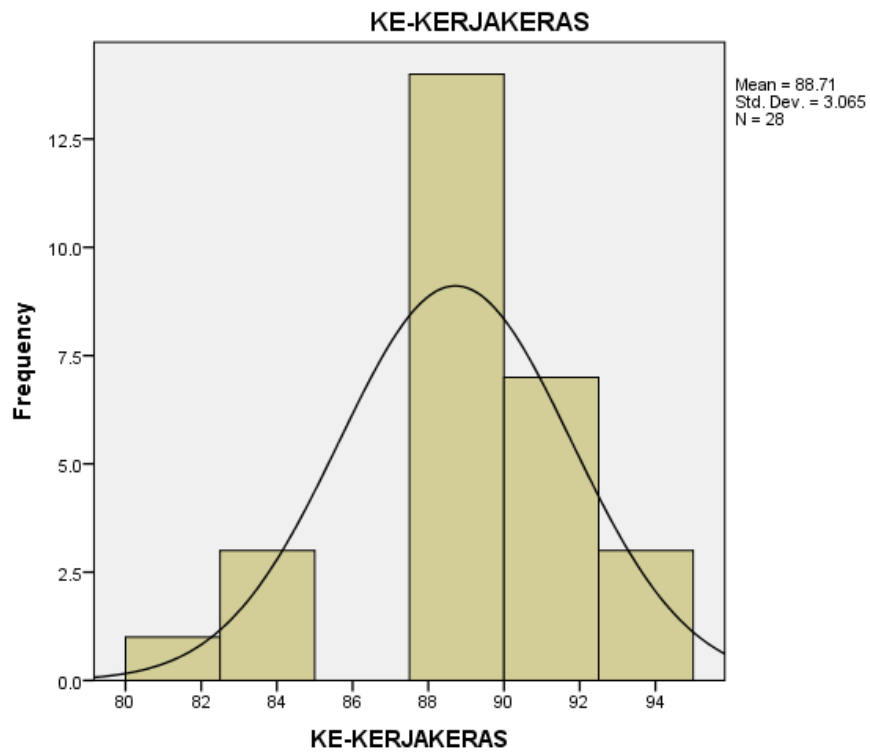
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	75	1	2.9	3.6	3.6
	81	8	22.9	28.6	32.1
	88	10	28.6	35.7	67.9
	94	9	25.7	32.1	100.0
	Total	28	80.0	100.0	
Missing	System	7	20.0		
Total		35	100.0		

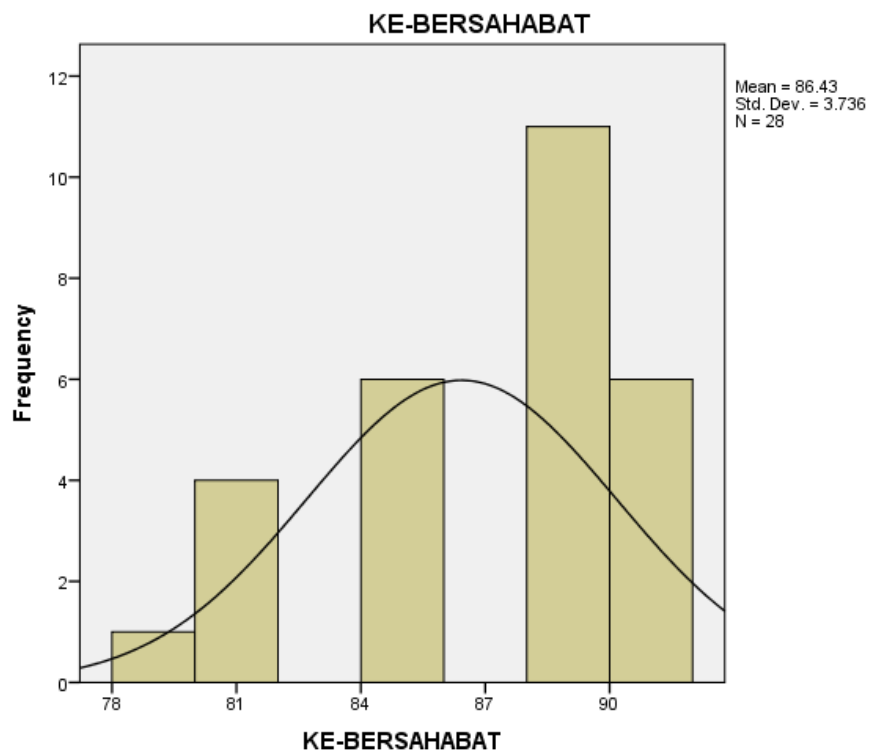
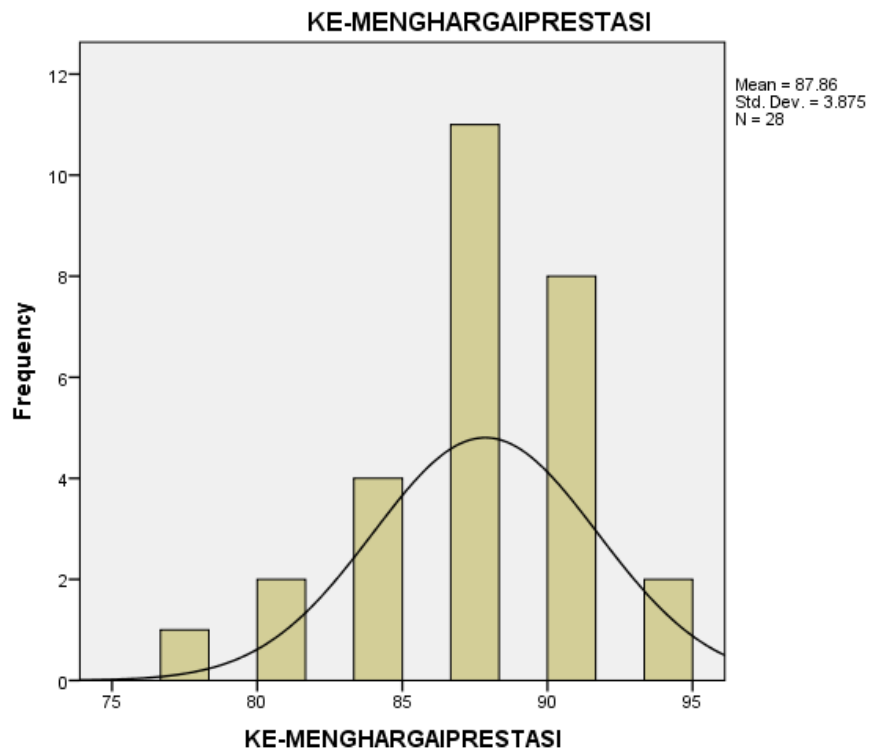


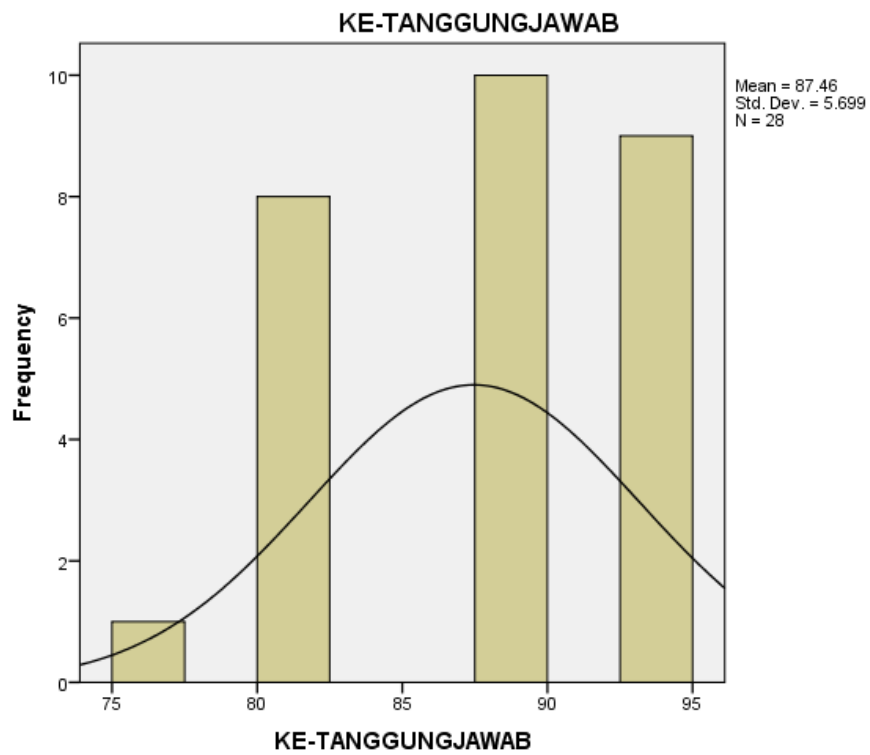
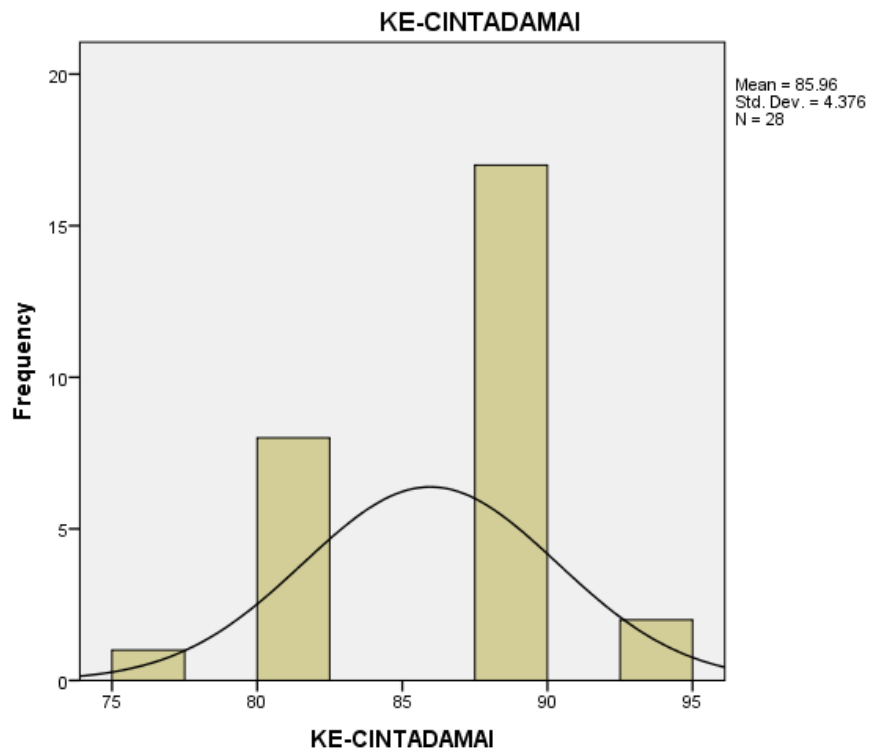
Histogram











HASIL ANALISIS TIAP INDIKATOR KARAKTER KHUSUS KELOMPOK EKSPERIMEN DAN KELOMPOK KONTROL

Frequencies

		Statistics			
		KE-SELF AWARNES S	KE-SELF CONTROL	KK-SELF AWARENE SS	KK-SELF CONTROL
N	Valid	28	28	28	28
	Missing	0	0	0	0
Mean		76.54	80.68	70.89	77.14
Median		75.50	81.50	70.00	77.50
Std. Deviation		6.161	3.465	3.542	4.134
Variance		37.962	12.004	12.544	17.090
Range		21	12	15	14
Minimum		68	74	66	70
Maximum		89	86	81	84
Sum		2143	2259	1985	2160

Frequency Table

		KE-SELF AWARENESS			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	68	1	3.6	3.6	3.6
	69	1	3.6	3.6	7.1
	70	3	10.7	10.7	17.9
	71	2	7.1	7.1	25.0
	72	3	10.7	10.7	35.7
	73	1	3.6	3.6	39.3
	75	3	10.7	10.7	50.0
	76	3	10.7	10.7	60.7
	78	3	10.7	10.7	71.4
	81	2	7.1	7.1	78.6
	82	1	3.6	3.6	82.1
	84	1	3.6	3.6	85.7
	85	1	3.6	3.6	89.3
	87	1	3.6	3.6	92.9
	89	2	7.1	7.1	100.0
	Total		28	100.0	100.0

KE-SELF CONTROL

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	74	1	3.6	3.6	3.6
	75	2	7.1	7.1	10.7
	76	2	7.1	7.1	17.9
	77	1	3.6	3.6	21.4
	78	2	7.1	7.1	28.6
	79	2	7.1	7.1	35.7
	80	2	7.1	7.1	42.9
	81	2	7.1	7.1	50.0
	82	3	10.7	10.7	60.7
	83	4	14.3	14.3	75.0
	84	4	14.3	14.3	89.3
	85	2	7.1	7.1	96.4
	86	1	3.6	3.6	100.0
	Total	28	100.0	100.0	

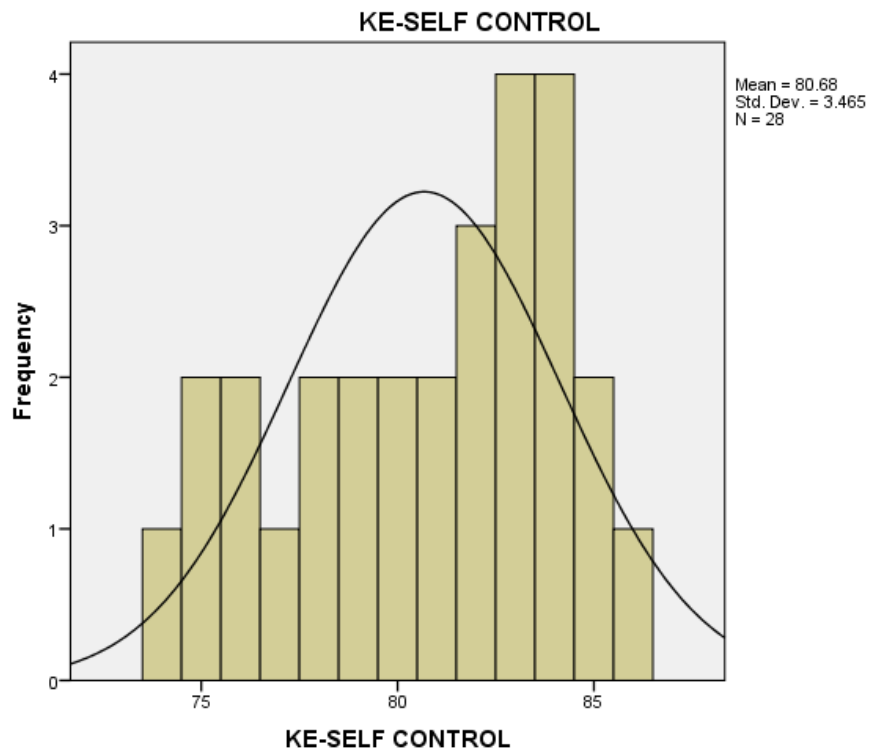
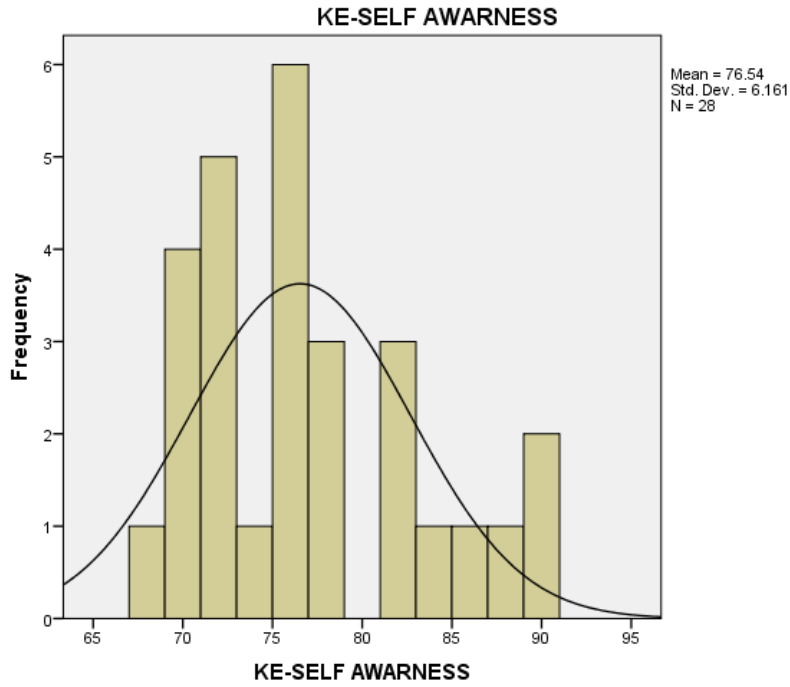
KK-SELF AWARENESS

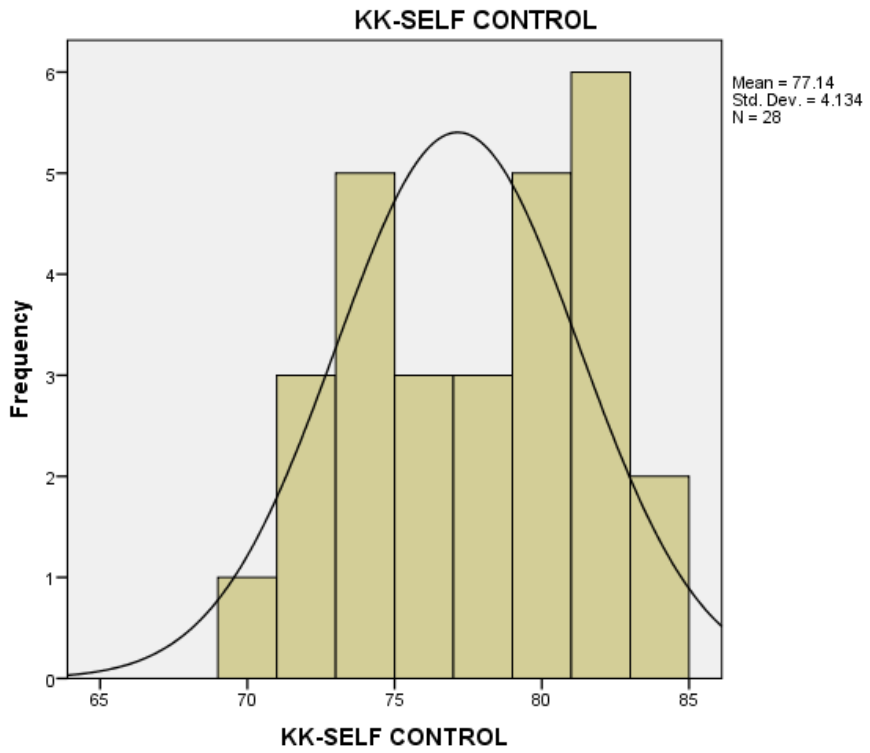
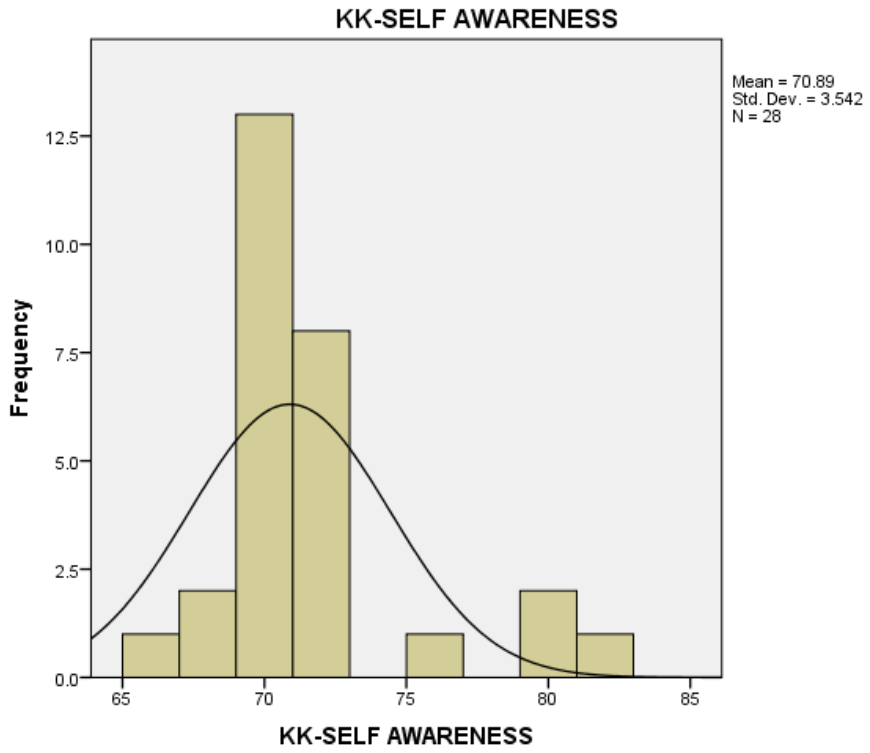
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	66	1	3.6	3.6	3.6
	67	1	3.6	3.6	7.1
	68	1	3.6	3.6	10.7
	69	10	35.7	35.7	46.4
	70	3	10.7	10.7	57.1
	71	6	21.4	21.4	78.6
	72	2	7.1	7.1	85.7
	75	1	3.6	3.6	89.3
	79	2	7.1	7.1	96.4
	81	1	3.6	3.6	100.0
	Total	28	100.0	100.0	

KK-SELF CONTROL

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	70	1	3.6	3.6	3.6
	71	2	7.1	7.1	10.7
	72	1	3.6	3.6	14.3
	73	5	17.9	17.9	32.1
	75	1	3.6	3.6	35.7
	76	2	7.1	7.1	42.9
	77	2	7.1	7.1	50.0
	78	1	3.6	3.6	53.6
	79	3	10.7	10.7	64.3
	80	2	7.1	7.1	71.4
	81	4	14.3	14.3	85.7
	82	2	7.1	7.1	92.9
	83	1	3.6	3.6	96.4
	84	1	3.6	3.6	100.0
	Total	28	100.0	100.0	

Histogram





HASIL ANALISIS KELOMPOK KONTROL TIAP INDIKATOR KARAKTER UMUM

Frequencies

		KK- RELIGIUS	KK- JUJUR	KK- TOLERANSI	KK- DISIPLIN	KK- KERJAKERAS
N	Valid	28	28	28	28	28
	Missing	0	0	0	0	0
Mean		85.54	59.07	82.61	77.93	87.54
Median		85.50	59.50	84.00	78.00	88.00
Std. Deviation		3.180	6.188	3.510	4.363	2.673
Variance		10.110	38.291	12.321	19.032	7.147
Range		15	25	19	19	10
Minimum		78	44	72	69	81
Maximum		93	69	91	88	91
Sum		2395	1654	2313	2182	2451

		KK- SEMANGAT	KK- MENGHARGAIPRESTASI	KK- BERSAHABAT	KK- CINTADAMAI	KK- TANGGUNGJAWAB
N	Valid	28	28	28	28	28
	Missing	0	0	0	0	0
Mean		85.82	86.68	83.14	83.64	80.64
Median		84.00	88.00	84.00	84.50	81.00
Std. Deviation		3.560	3.591	4.125	4.847	6.338
Variance		12.671	12.893	17.016	23.497	40.164
Range		10	13	19	13	25
Minimum		81	78	72	75	69
Maximum		91	91	91	88	94
Sum		2403	2427	2328	2342	2258

Frequency Table

KK-RELIGIUS

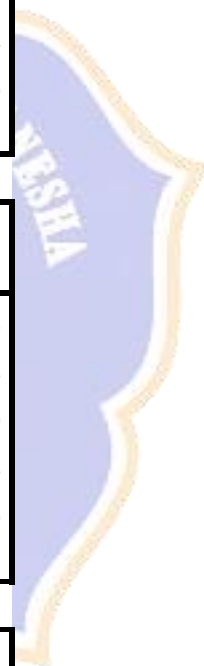
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	78	1	3.6	3.6	3.6
	80	1	3.6	3.6	7.1
	81	2	7.1	7.1	14.3
	83	1	3.6	3.6	17.9
	84	3	10.7	10.7	28.6
	85	6	21.4	21.4	50.0
	86	6	21.4	21.4	71.4
	88	2	7.1	7.1	78.6
	89	5	17.9	17.9	96.4
	93	1	3.6	3.6	100.0
	Total	28	100.0	100.0	

KK-JUJUR

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	44	1	3.6	3.6	3.6
	50	3	10.7	10.7	14.3
	56	10	35.7	35.7	50.0
	63	11	39.3	39.3	89.3
	69	3	10.7	10.7	100.0
	Total	28	100.0	100.0	

KK-TOLERANSI

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	72	1	3.6	3.6	3.6
	78	2	7.1	7.1	10.7
	81	10	35.7	35.7	46.4
	84	12	42.9	42.9	89.3
	88	2	7.1	7.1	96.4
	91	1	3.6	3.6	100.0
	Total	28	100.0	100.0	



KK-DISIPLIN

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	69	1	3.6	3.6	3.6
	72	4	14.3	14.3	17.9
	75	5	17.9	17.9	35.7
	78	7	25.0	25.0	60.7
	81	8	28.6	28.6	89.3
	84	2	7.1	7.1	96.4
	88	1	3.6	3.6	100.0
Total		28	100.0	100.0	

KK-KERJAKERAS

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	81	1	3.6	3.6	3.6
	84	6	21.4	21.4	25.0
	88	15	53.6	53.6	78.6
	91	6	21.4	21.4	100.0
Total		28	100.0	100.0	

KK-SEMANGAT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	81	5	17.9	17.9	17.9
	84	11	39.3	39.3	57.1
	88	6	21.4	21.4	78.6
	91	6	21.4	21.4	100.0
Total		28	100.0	100.0	

KK-MENGHARGAI PRESTASI

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	78	1	3.6	3.6	3.6
	81	3	10.7	10.7	14.3
	84	6	21.4	21.4	35.7
	88	12	42.9	42.9	78.6
	91	6	21.4	21.4	100.0
Total		28	100.0	100.0	

KK-BERSAHABAT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	72	1	3.6	3.6	3.6
	75	1	3.6	3.6	7.1
	78	2	7.1	7.1	14.3
	81	6	21.4	21.4	35.7
	84	12	42.9	42.9	78.6
	88	5	17.9	17.9	96.4
	91	1	3.6	3.6	100.0
Total		28	100.0	100.0	

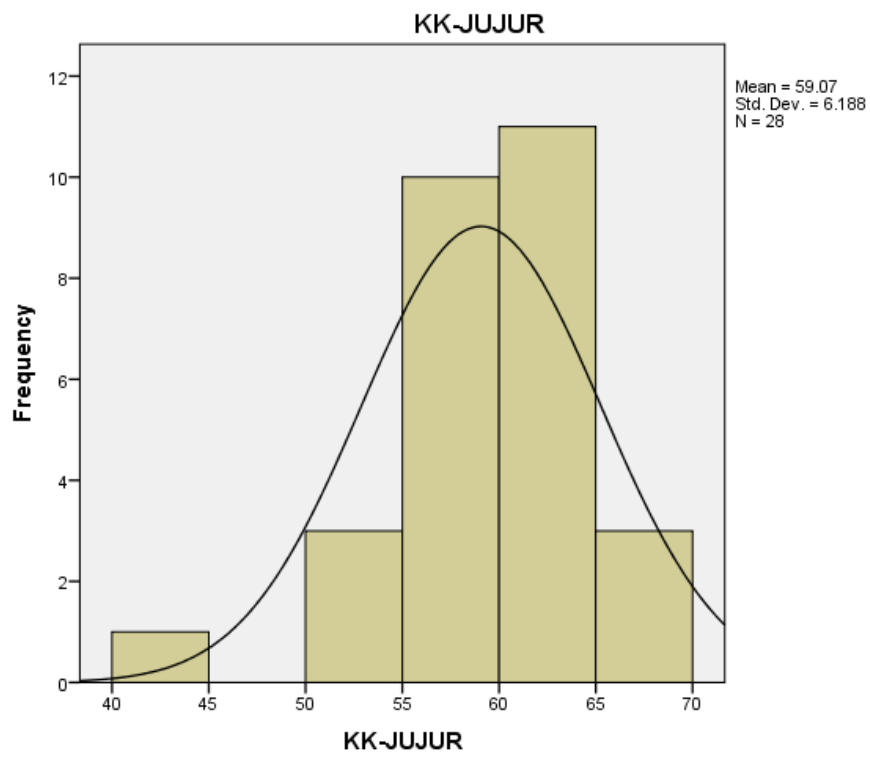
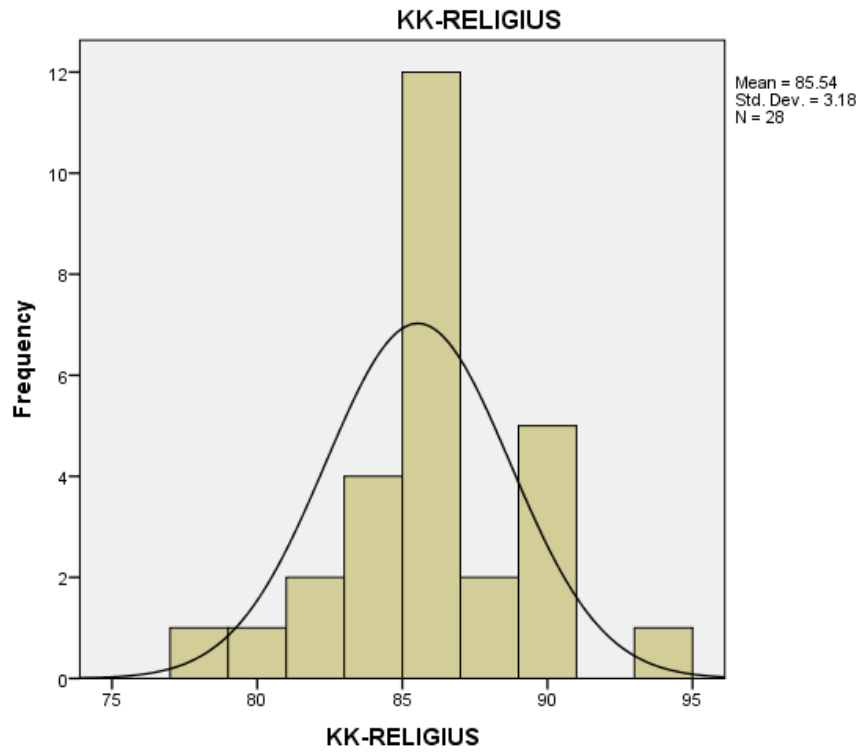
KK-CINTADAMAI

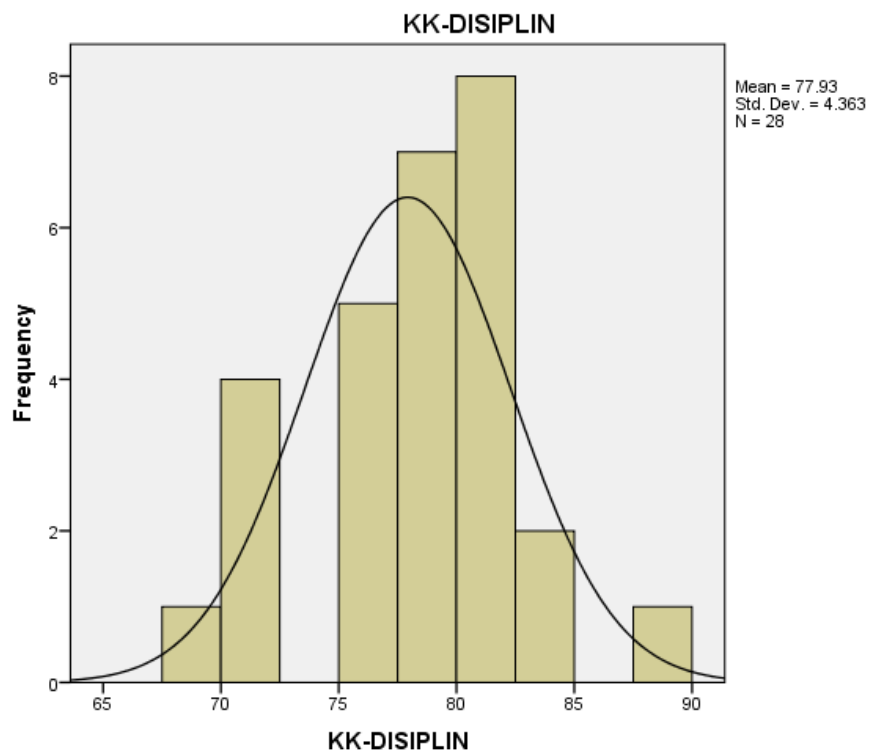
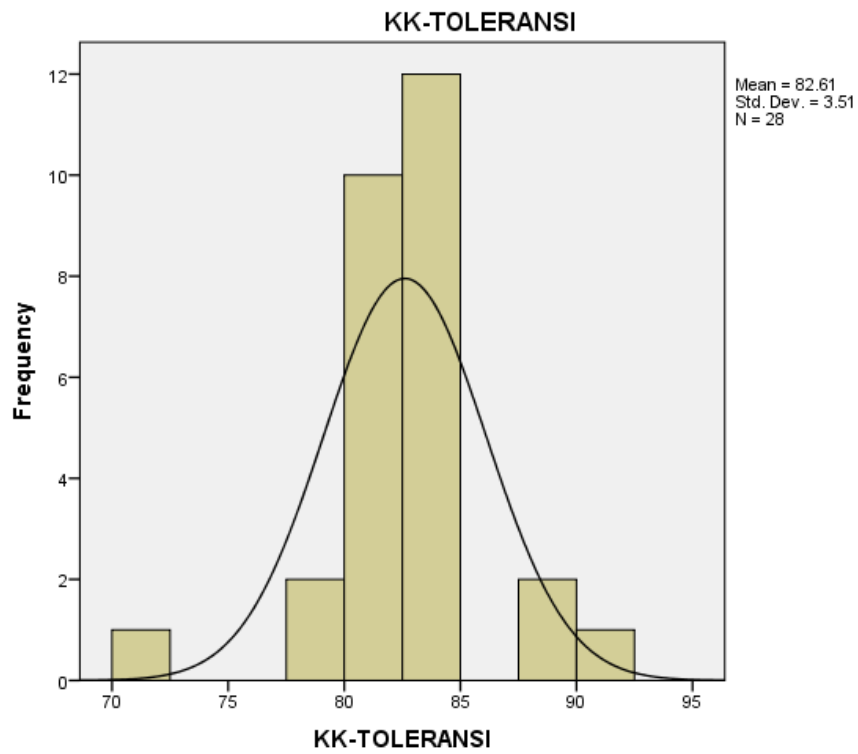
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	75	4	14.3	14.3	14.3
	81	10	35.7	35.7	50.0
	88	14	50.0	50.0	100.0
Total		28	100.0	100.0	

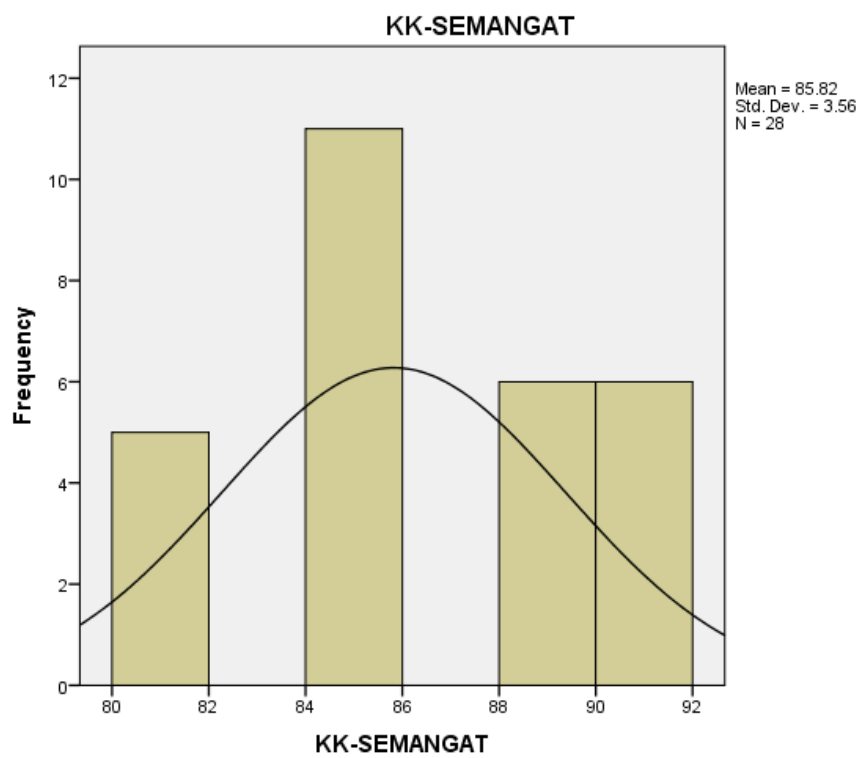
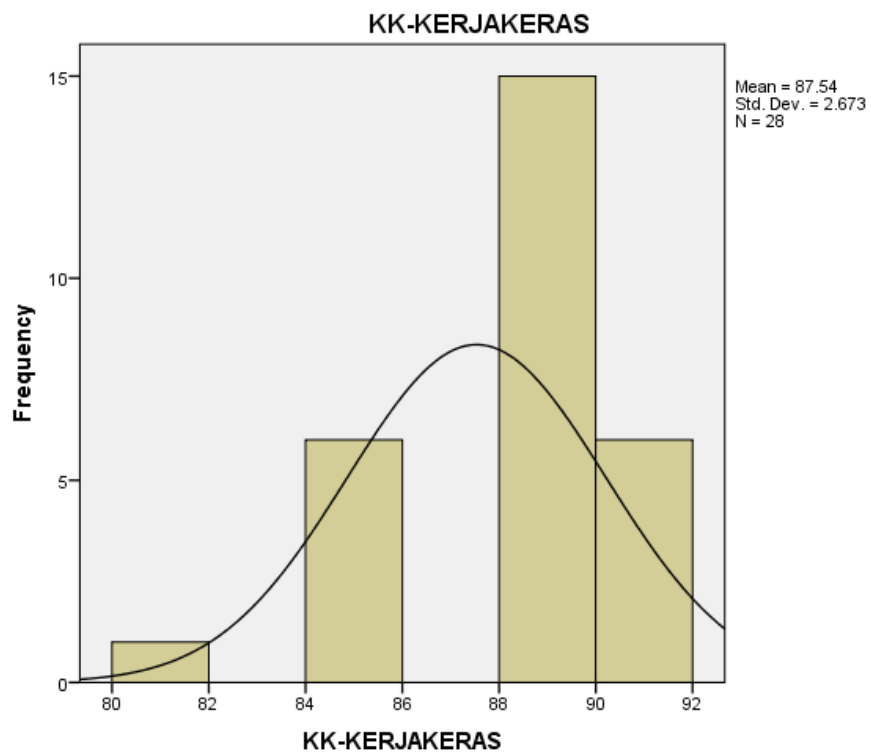
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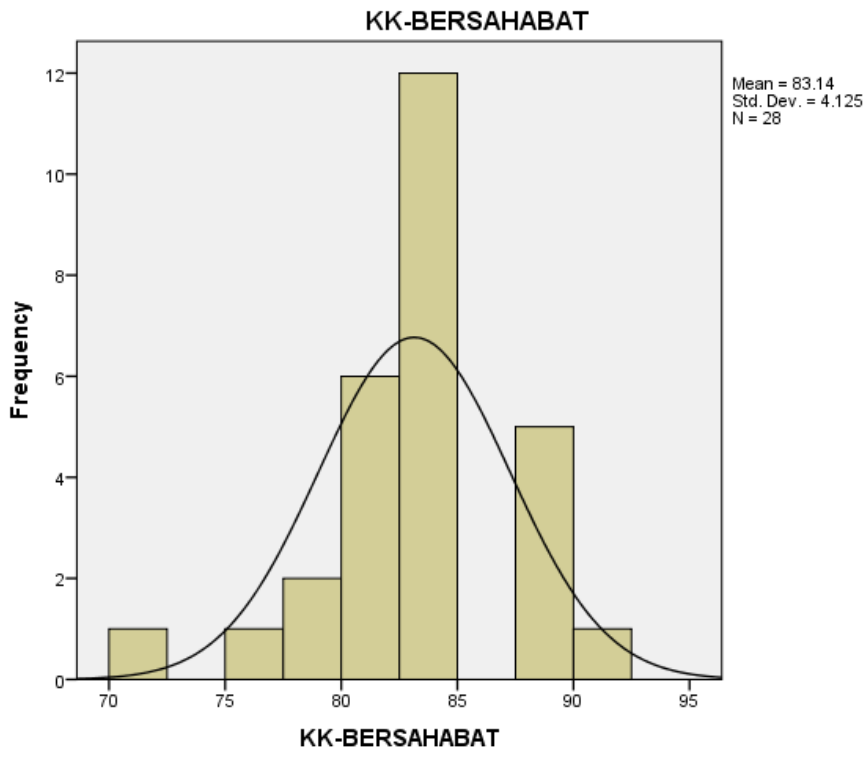
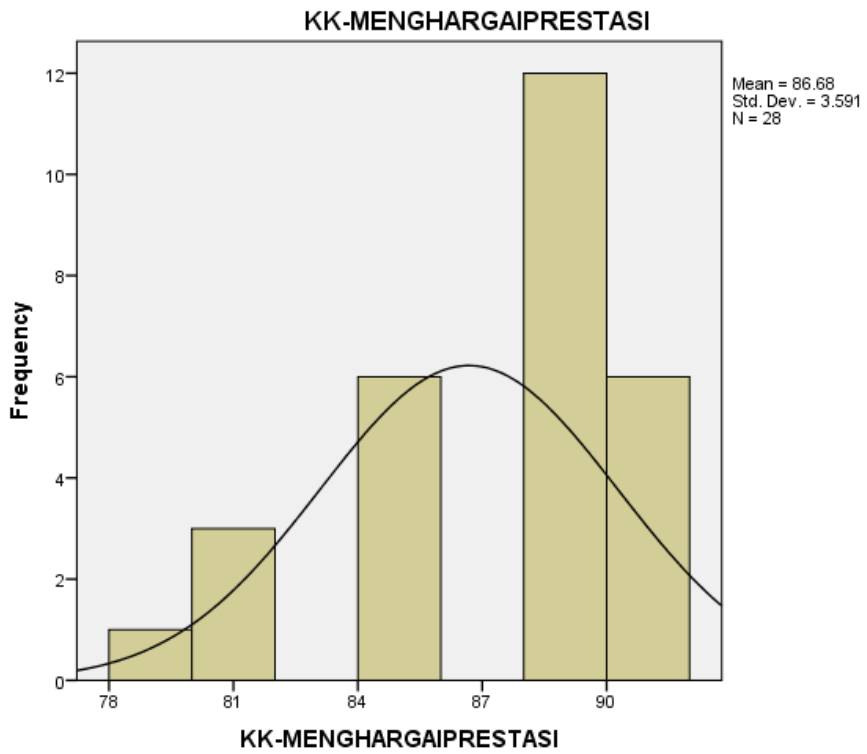
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	69	2	7.1	7.1	7.1
	75	8	28.6	28.6	35.7
	81	10	35.7	35.7	71.4
	88	7	25.0	25.0	96.4
	94	1	3.6	3.6	100.0
Total		28	100.0	100.0	

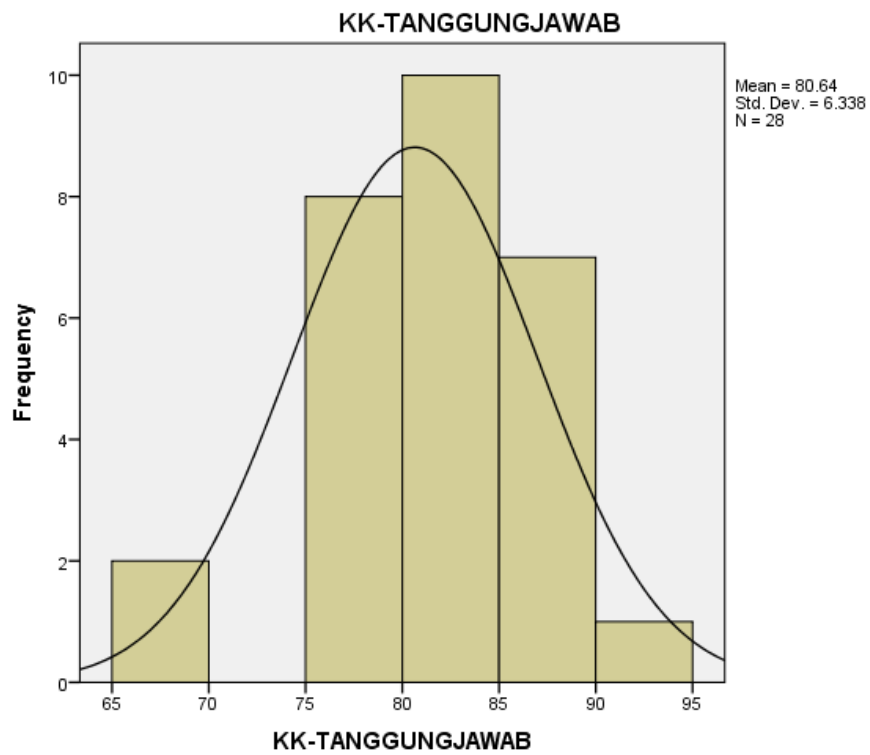
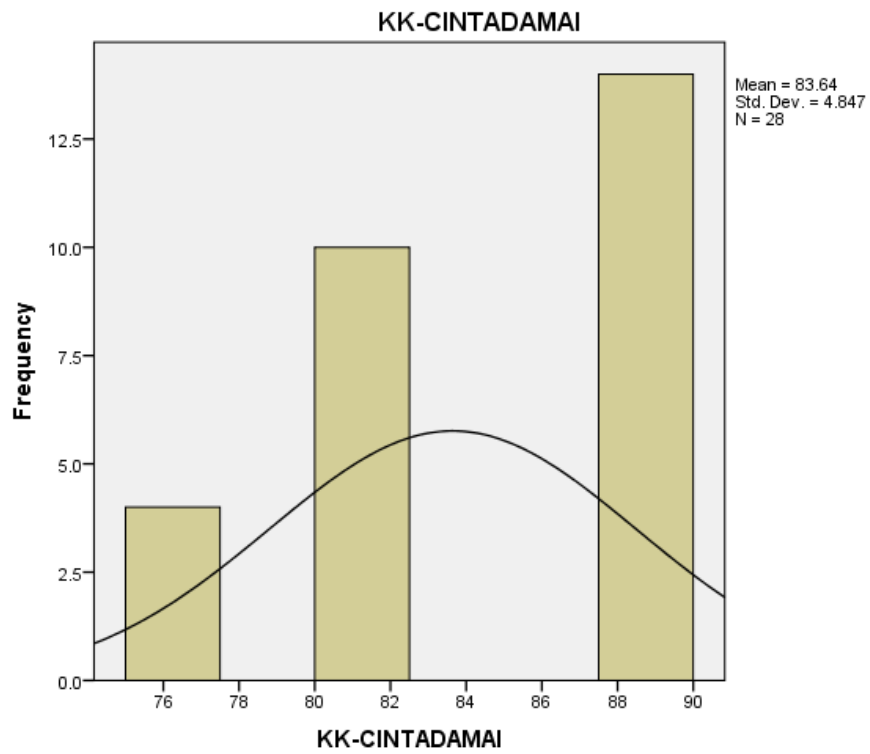
Histogram











HASIL ANALISIS PRE-TEST KESIAPAN FISIK KELOMPOK EKSPERIMEN

Frequencies

		Statistics		
		PRE-PUSHUP	PRE-SITUP	PRE-BACKUP
N	Valid	28	28	28
	Missing	0	0	0
Mean		19.36	24.25	28.25
Median		20.00	25.00	30.00
Std. Deviation		8.620	5.694	5.515
Variance		74.312	32.417	30.417
Range		39	20	20
Minimum		6	15	15
Maximum		45	35	35
Sum		542	679	791

Frequency Table

		PRE-PUSHUP				
		Frequency	Percent	Valid Percent	Cumulative Percent	
Valid	6	1	3.6	3.6	3.6	
	9	2	7.1	7.1	10.7	
	10	2	7.1	7.1	17.9	
	12	1	3.6	3.6	21.4	
	13	3	10.7	10.7	32.1	
	15	4	14.3	14.3	46.4	
	20	2	7.1	7.1	53.6	
	21	2	7.1	7.1	60.7	
	23	2	7.1	7.1	67.9	
	24	1	3.6	3.6	71.4	
	25	4	14.3	14.3	85.7	
	28	1	3.6	3.6	89.3	
	30	1	3.6	3.6	92.9	
	32	1	3.6	3.6	96.4	
	45	1	3.6	3.6	100.0	
	Total		28	100.0	100.0	

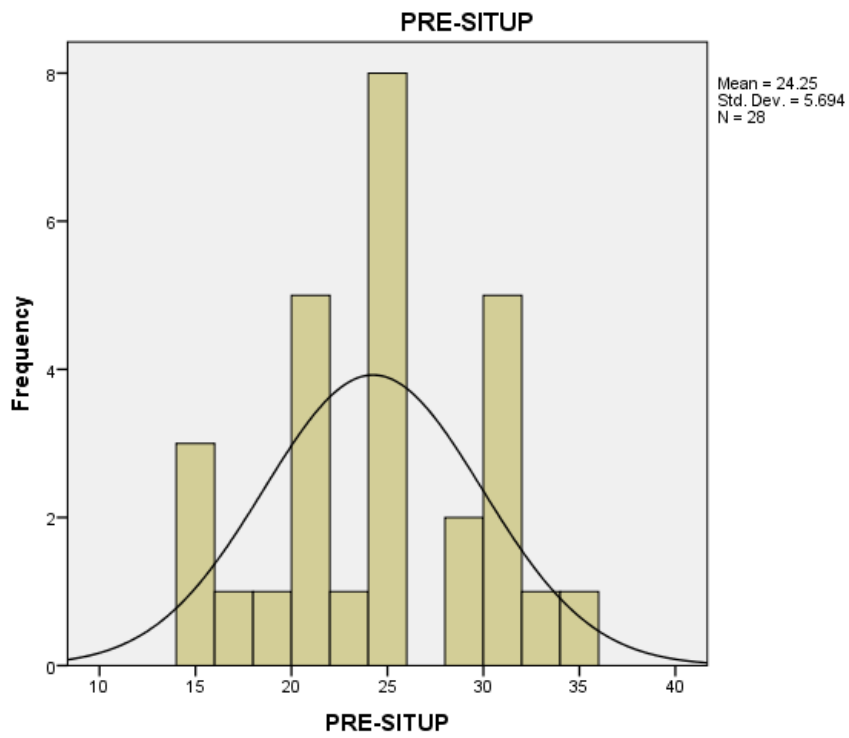
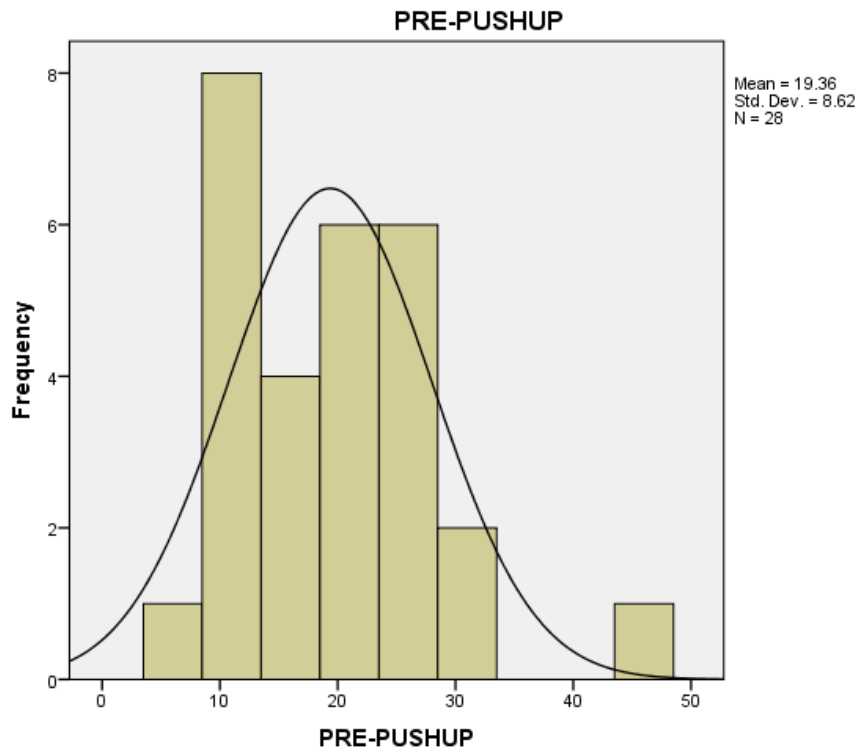
PRE-SITUP

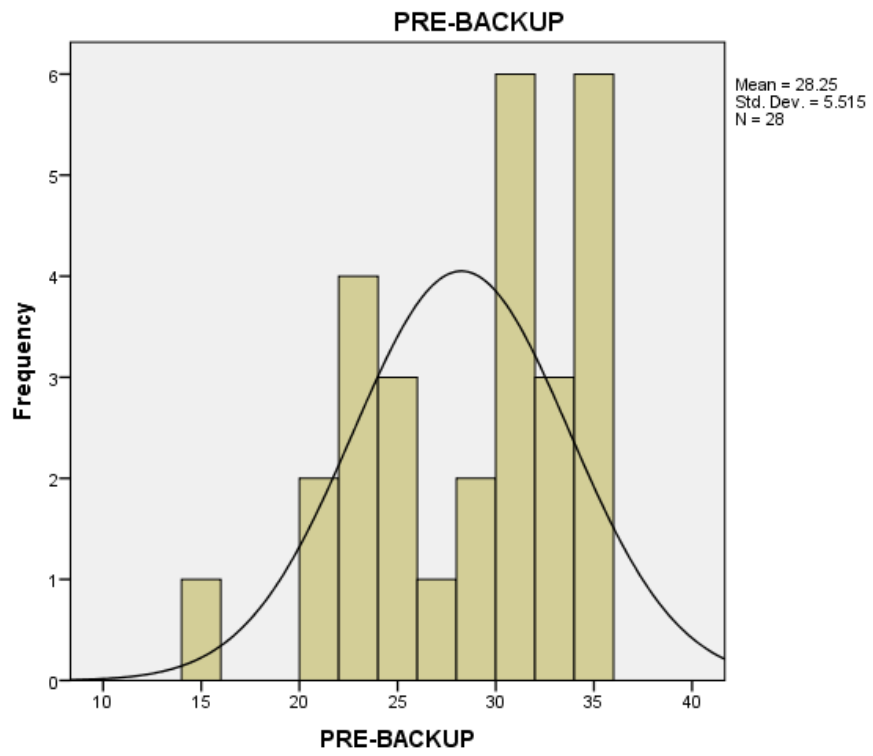
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	15	3	10.7	10.7	10.7
	16	1	3.6	3.6	14.3
	18	1	3.6	3.6	17.9
	20	4	14.3	14.3	32.1
	21	1	3.6	3.6	35.7
	23	1	3.6	3.6	39.3
	24	1	3.6	3.6	42.9
	25	7	25.0	25.0	67.9
	28	2	7.1	7.1	75.0
	30	2	7.1	7.1	82.1
	31	3	10.7	10.7	92.9
	33	1	3.6	3.6	96.4
	35	1	3.6	3.6	100.0
Total		28	100.0	100.0	

PRE-BACKUP

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	15	1	3.6	3.6	3.6
	20	2	7.1	7.1	10.7
	22	1	3.6	3.6	14.3
	23	3	10.7	10.7	25.0
	25	3	10.7	10.7	35.7
	26	1	3.6	3.6	39.3
	28	2	7.1	7.1	46.4
	30	6	21.4	21.4	67.9
	32	1	3.6	3.6	71.4
	33	2	7.1	7.1	78.6
	35	6	21.4	21.4	100.0
Total		28	100.0	100.0	

Histogram





HASIL ANALISIS DATA POST-TEST KESIAPAN FISIK EKSPERIMEN

Frequencies

		Statistics		
		POST- PUSHUP	POST- SITUP	POST- BACKUP
N	Valid	28	28	28
	Missing	0	0	0
Mean		33.57	28.86	31.57
Median		28.50	30.00	33.00
Std. Deviation		14.503	4.608	5.561
Variance		210.328	21.238	30.921
Range		45	17	21
Minimum		17	20	20
Maximum		62	37	41
Sum		940	808	884

Frequency Table

		POST-PUSHUP			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	17	2	7.1	7.1	7.1
	18	1	3.6	3.6	10.7
	19	1	3.6	3.6	14.3
	20	3	10.7	10.7	25.0
	23	2	7.1	7.1	32.1
	25	3	10.7	10.7	42.9
	27	2	7.1	7.1	50.0
	30	1	3.6	3.6	53.6
	32	1	3.6	3.6	57.1
	35	3	10.7	10.7	67.9
	40	1	3.6	3.6	71.4
	42	1	3.6	3.6	75.0
	45	1	3.6	3.6	78.6
	50	1	3.6	3.6	82.1
	51	1	3.6	3.6	85.7
	57	1	3.6	3.6	89.3
	60	2	7.1	7.1	96.4
62	1	3.6	3.6	100.0	
Total		28	100.0	100.0	

POST-SITUP

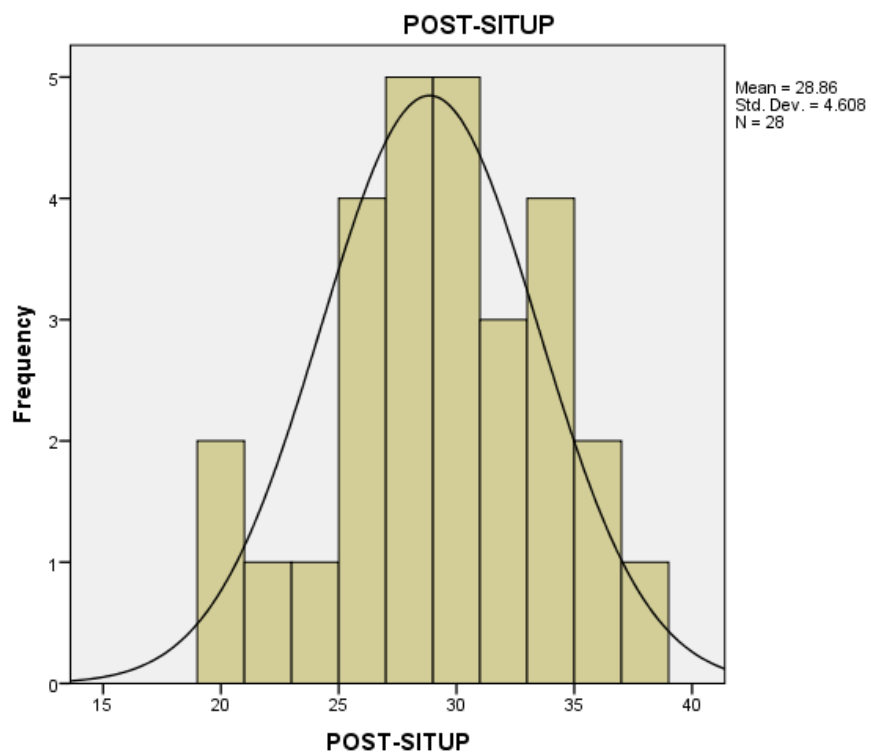
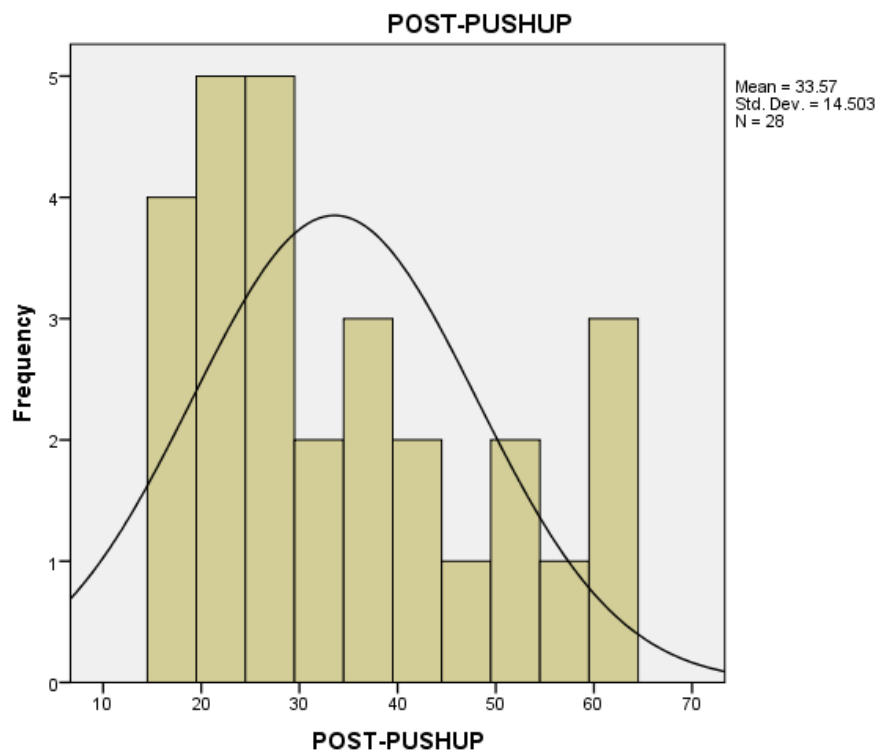
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20	2	7.1	7.1	7.1
	21	1	3.6	3.6	10.7
	24	1	3.6	3.6	14.3
	25	3	10.7	10.7	25.0
	26	1	3.6	3.6	28.6
	27	4	14.3	14.3	42.9
	28	1	3.6	3.6	46.4
	30	5	17.9	17.9	64.3
	31	1	3.6	3.6	67.9
	32	2	7.1	7.1	75.0
	33	3	10.7	10.7	85.7
	34	1	3.6	3.6	89.3
	35	1	3.6	3.6	92.9
	36	1	3.6	3.6	96.4
	37	1	3.6	3.6	100.0
	Total	28	100.0	100.0	

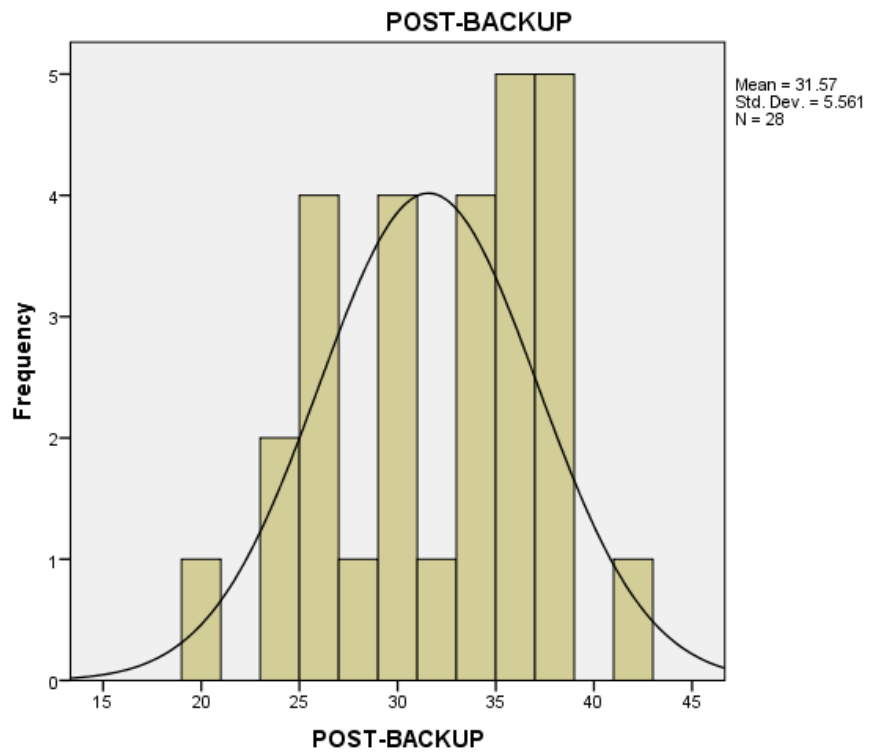
POST-BACKUP

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20	1	3.6	3.6	3.6
	23	2	7.1	7.1	10.7
	25	4	14.3	14.3	25.0
	28	1	3.6	3.6	28.6
	30	4	14.3	14.3	42.9
	32	1	3.6	3.6	46.4
	33	4	14.3	14.3	60.7
	35	4	14.3	14.3	75.0
	36	1	3.6	3.6	78.6
	37	1	3.6	3.6	82.1
	38	4	14.3	14.3	96.4
	41	1	3.6	3.6	100.0
	Total	28	100.0	100.0	



Histogram





HASIL ANALISIS DATA PRE-TEST KESIAPAN FISIK KELOMPOK KONTROL

Frequencies

		Statistics		
		PRE- PUSHUP	PRE-SITUP	PRE- BACKUP
N	Valid	28	28	28
	Missing	0	0	0
Mean		20.29	26.61	30.61
Median		22.00	26.00	32.00
Std. Deviation		7.262	4.332	6.494
Variance		52.730	18.766	42.173
Range		26	18	21
Minimum		4	20	18
Maximum		30	38	39
Sum		568	745	857

Frequency Table

		PRE-PUSHUP			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4	1	3.6	3.6	3.6
	5	1	3.6	3.6	7.1
	7	1	3.6	3.6	10.7
	8	1	3.6	3.6	14.3
	15	3	10.7	10.7	25.0
	16	1	3.6	3.6	28.6
	20	5	17.9	17.9	46.4
	22	2	7.1	7.1	53.6
	23	2	7.1	7.1	60.7
	24	1	3.6	3.6	64.3
	25	2	7.1	7.1	71.4
	26	3	10.7	10.7	82.1
	27	1	3.6	3.6	85.7
	28	3	10.7	10.7	96.4
	30	1	3.6	3.6	100.0
	Total		28	100.0	100.0

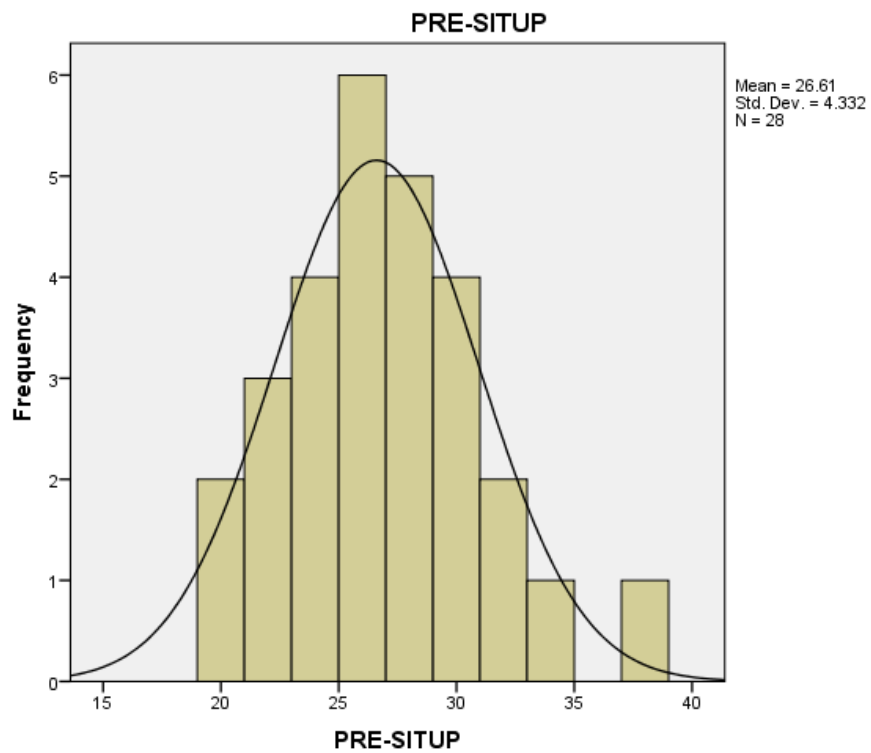
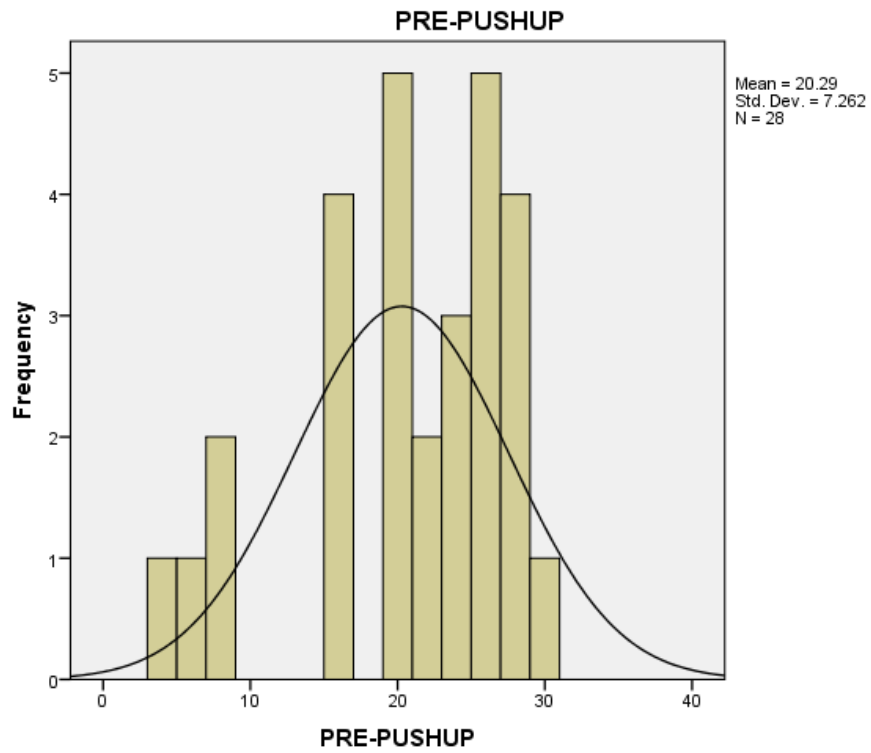
PRE-SITUP

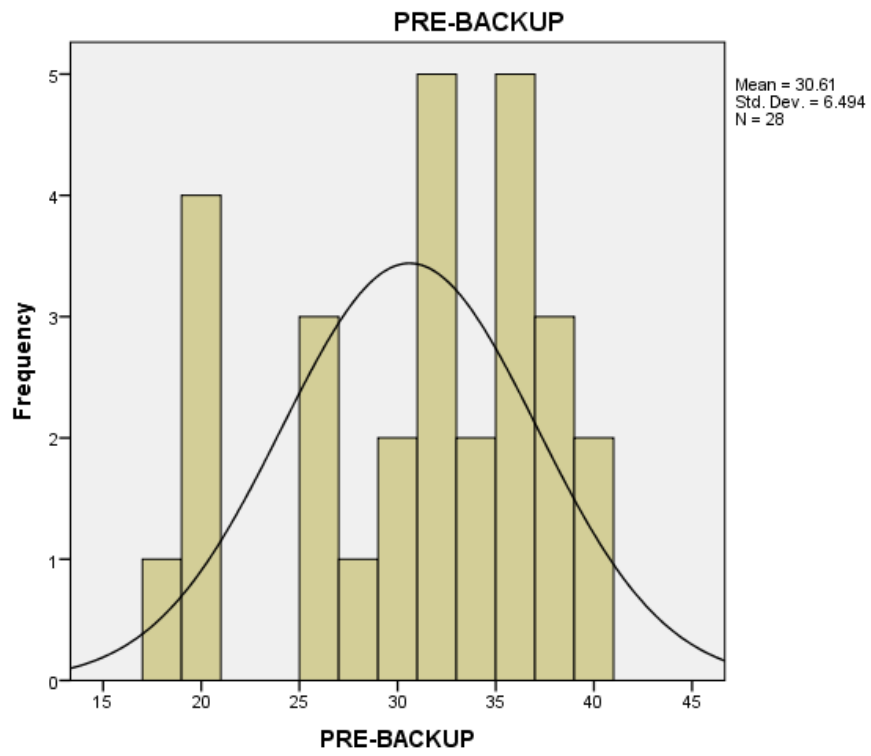
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 20	2	7.1	7.1	7.1
21	1	3.6	3.6	10.7
22	2	7.1	7.1	17.9
23	3	10.7	10.7	28.6
24	1	3.6	3.6	32.1
25	3	10.7	10.7	42.9
26	3	10.7	10.7	53.6
27	1	3.6	3.6	57.1
28	4	14.3	14.3	71.4
29	1	3.6	3.6	75.0
30	3	10.7	10.7	85.7
32	2	7.1	7.1	92.9
34	1	3.6	3.6	96.4
38	1	3.6	3.6	100.0
Total	28	100.0	100.0	

PRE-BACKUP

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 18	1	3.6	3.6	3.6
20	4	14.3	14.3	17.9
25	2	7.1	7.1	25.0
26	1	3.6	3.6	28.6
28	1	3.6	3.6	32.1
30	2	7.1	7.1	39.3
31	1	3.6	3.6	42.9
32	4	14.3	14.3	57.1
34	2	7.1	7.1	64.3
35	3	10.7	10.7	75.0
36	2	7.1	7.1	82.1
37	1	3.6	3.6	85.7
38	2	7.1	7.1	92.9
39	2	7.1	7.1	100.0
Total	28	100.0	100.0	

Histogram





HASIL ANALISIS DATA POST-TEST KESIAPAN FISIK KELOMPOK KONTROL

Frequencies

		Statistics		
		POST-PUSHUP	POST-SITUP	POST-BACKUP
N	Valid	28	28	28
	Missing	0	0	0
Mean		35.36	30.54	37.57
Median		38.00	30.50	37.50
Std. Deviation		15.749	4.726	6.227
Variance		248.016	22.332	38.772
Range		65	20	31
Minimum		3	22	25
Maximum		68	42	56
Sum		990	855	1052

Frequency Table

		POST-PUSHUP			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	3	1	3.6	3.6	3.6
	6	1	3.6	3.6	7.1
	7	1	3.6	3.6	10.7
	10	1	3.6	3.6	14.3
	20	1	3.6	3.6	17.9
	26	2	7.1	7.1	25.0
	27	1	3.6	3.6	28.6
	32	1	3.6	3.6	32.1
	34	2	7.1	7.1	39.3
	35	2	7.1	7.1	46.4
	36	1	3.6	3.6	50.0
	40	2	7.1	7.1	57.1
	41	1	3.6	3.6	60.7
	42	2	7.1	7.1	67.9
	43	1	3.6	3.6	71.4
	44	1	3.6	3.6	75.0
	45	2	7.1	7.1	82.1
	48	1	3.6	3.6	85.7
	49	2	7.1	7.1	92.9
	63	1	3.6	3.6	96.4
68	1	3.6	3.6	100.0	
Total		28	100.0	100.0	

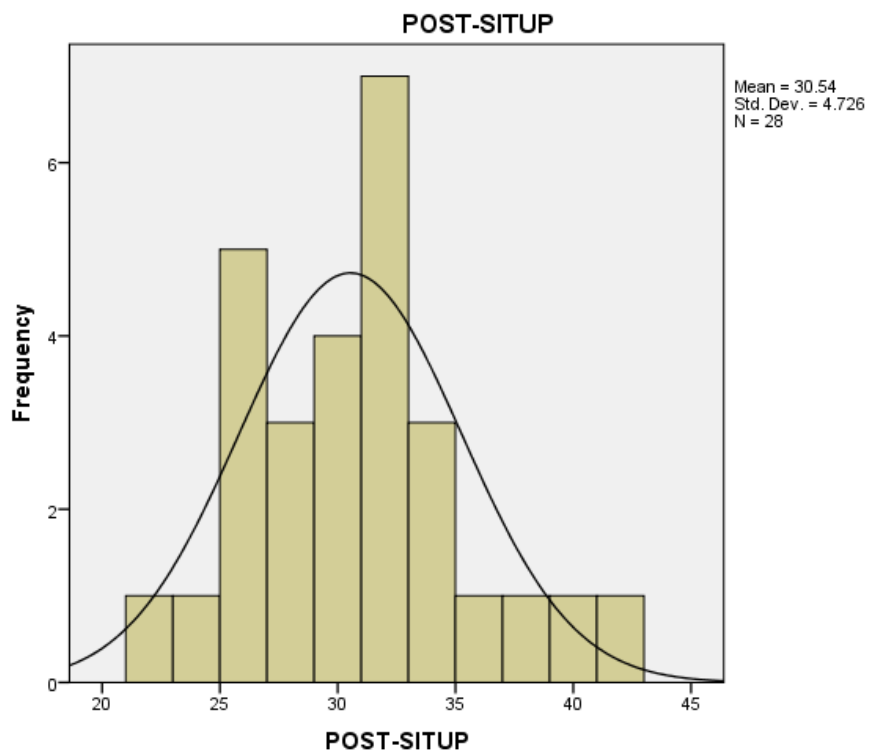
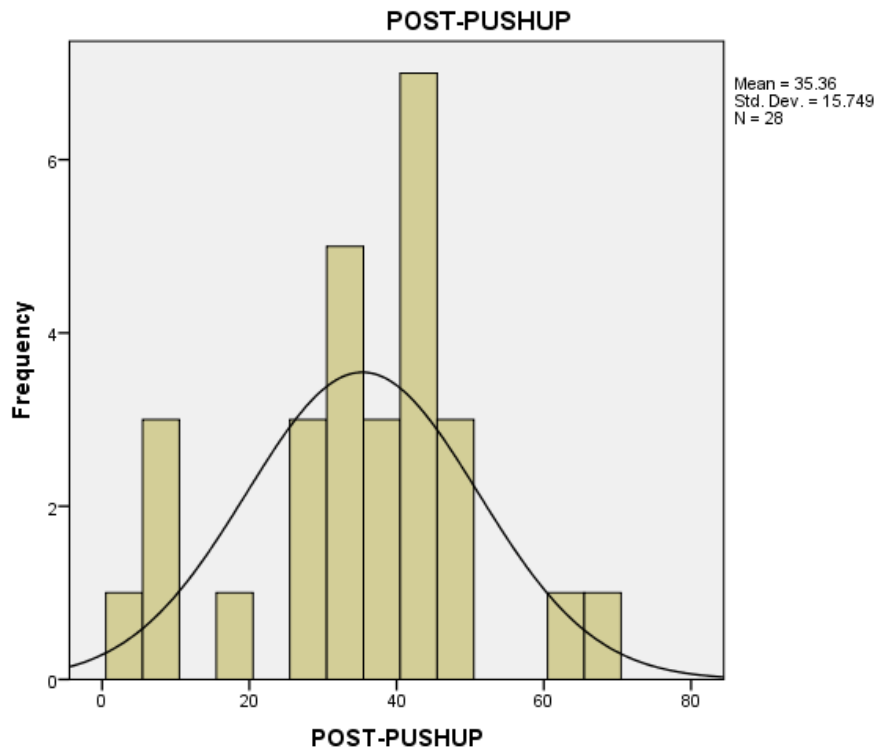
POST-SITUP

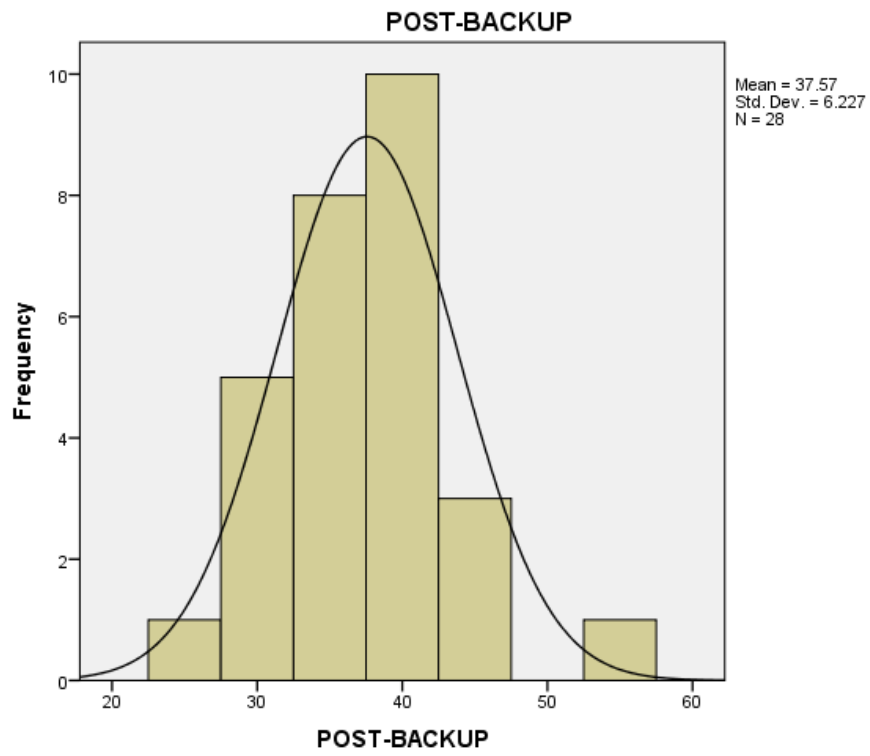
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	22	1	3.6	3.6	3.6
	24	1	3.6	3.6	7.1
	25	2	7.1	7.1	14.3
	26	3	10.7	10.7	25.0
	28	3	10.7	10.7	35.7
	29	1	3.6	3.6	39.3
	30	3	10.7	10.7	50.0
	31	3	10.7	10.7	60.7
	32	4	14.3	14.3	75.0
	34	3	10.7	10.7	85.7
	35	1	3.6	3.6	89.3
	38	1	3.6	3.6	92.9
	40	1	3.6	3.6	96.4
	42	1	3.6	3.6	100.0
Total		28	100.0	100.0	

POST-BACKUP

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	25	1	3.6	3.6	3.6
	28	1	3.6	3.6	7.1
	30	2	7.1	7.1	14.3
	31	1	3.6	3.6	17.9
	32	1	3.6	3.6	21.4
	34	1	3.6	3.6	25.0
	35	3	10.7	10.7	35.7
	36	3	10.7	10.7	46.4
	37	1	3.6	3.6	50.0
	38	2	7.1	7.1	57.1
	40	4	14.3	14.3	71.4
	42	4	14.3	14.3	85.7
	43	1	3.6	3.6	89.3
	44	1	3.6	3.6	92.9
	45	1	3.6	3.6	96.4
	56	1	3.6	3.6	100.0
Total		28	100.0	100.0	

Histogram





HASIL ANALISIS KESIAPAN FISIK MFT

DATA KESIAPAN FISIK KELOMPOK EKSPERIMEN

NO	RESPONDEN	PRE-TEST				
		PUSH UP	SIT UP	BACK UP	JUMLAH	MFT
1	Putu Suardana	25	33	35	93	*9/7
2	Komang Ayu Widiastuti	9	28	22	59	*6/3
3	Gede Dhani Kusuma Adnyana	15	20	20	55	*9/3
4	Gusti Ayu Rahadian P.S	13	31	25	69	*7/10
5	Kadek Sari Merta Ada	12	16	30	58	*6/3
6	Made Dwi Suardana	15	25	28	68	*7/0
7	Made Januarta Wibawa	23	20	30	73	*7/3
8	Komang Caesar Wira Adnyana	25	31	33	89	*10/9
9	Ni Ketut Ayu Anggun P.K.W	15	18	25	58	*7/6
10	Neti Prahita Handayani	15	30	23	68	*6/3
11	Ni Putu Sintya Dewi	9	25	23	57	*6/2
12	Gede Aldi Permana Putra	13	15	30	58	*6/3
13	Salsabila Astita	6	31	25	62	*6/3
14	Nengah Kadek Nirma Arya Febyanti	10	30	28	68	*7/6
15	Komang Bagus Suryadana	30	28	35	93	*8/1
16	Kadek Andri Dwi Wahyudi	32	25	32	89	*8/6
17	Kadek Berlian Adi Pranatha	45	25	35	105	*10/10
18	Nyoman Dewi Saras Ari Susila	10	15	23	48	*6/5
19	Gede Delano Aryo Wicaksono	20	23	30	73	*7/5
20	Kadek Dana Handika	25	25	33	83	*8/6
21	Gilang Suputra Wijaya	28	21	30	79	*8/3
22	I Gusti Putu Ngurah Widiawan	25	25	35	85	*11/2
23	Kadek Dedy Aryawan	21	20	30	71	*7/5
24	Putu Arysta Herlinayanti	13	15	15	43	*6/2
25	Made Krisna Dwipayana	20	20	20	60	*6/8
26	I Made Dwi Dipra Adnyana	23	35	35	93	*11/4
27	Made Yota Arya	24	24	26	74	*6/8
28	Gede Santi	21	25	35	81	*9/2

DATA KESIAPAN FISIK
KELOMPOK EKSPERIMEN

NO	RESPONDEN	POST-TEST					GAINS
		PUSH UP	SIT UP	BACK UP	JUMLAH	MFT	
1	Putu Suardana	60	36	35	131	*11/2	38
2	Komang Ayu Widiastuti	19	33	25	77	*7/7	18
3	Gede Dhani Kusuma Adnyana	27	26	33	86	*10/6	31
4	Gusti Ayu Rahadian P.S	27	28	30	85	*9/4	16
5	Kadek Sari Merta Ada	27	27	30	84	*7/7	26
6	Made Dwi Suardana	25	30	32	87	*8/1	19
7	Made Januartha Wibawa	57	27	35	119	*10/6	46
8	Komang Caesar Wira Adnyana	35	37	38	110	*11/8	21
9	Ni Ketut Ayu Anggun P.K.W	32	25	30	87	*8/2	29
10	Neti Prahita Handayani	29	31	34	94	*8/4	26
11	Ni Putu Sintya Dewi	30	34	33	97	*5/4	40
12	Gede Aldi Permana Putra	32	32	37	101	*8/3	43
13	Salsabila Astita	30	37	35	102	*7/6	40
14	Nengah Kadek Nirma Arya Febyanti	30	40	38	108	*9/7	40
15	Komang Bagus Suryadana	42	33	41	116	*10/5	23
16	Kadek Andri Dwi Wahyudi	40	32	36	108	*11/1	19
17	Kadek Berlian Adi Pranatha	62	34	38	134	*13/1	29
18	Nyoman Dewi Saras Ari Susila	18	20	28	66	*7/5	18
19	Gede Delano Aryo Wicaksono	35	31	33	99	*8/9	26
20	Kadek Dana Handika	28	32	35	95	*12/7	12
21	Gilang Suputra Wijaya	35	30	35	100	*10/2	21
22	I Gusti Putu Ngurah Widiawan	50	28	38	116	*13/2	31
23	Kadek Dedy Aryawan	51	30	33	114	*10/1	43
24	Putu Arysta Herlinayanti	17	20	20	57	*6/8	14
25	Made Krisna Dwipayana	23	25	25	73	*7/2	13
26	I Made Dwi Dipra Adnyana	45	35	38	118	*12/2	25
27	Made Yota Arya	30	30	33	93	*7/7	19
28	Gede Santi	60	33	23	116	*9/6	35

DATA KESIAPAN FISIK
KELOMPOK KONTROL

NO	RESPONDEN	PRE-TEST				
		PUSH UP	SIT UP	BACK UP	JUMLAH	MFT
1	Agus	28	26	38	92	*6/8
2	Gede Ryan	26	24	32	82	*6/8
3	Komang Adi Darmawan	16	27	35	78	*6/4
4	Putra	25	28	35	88	*6/8
5	Kumara	20	29	39	88	*7/4
6	Widiantara	22	30	39	91	*7/3
7	Rama	24	32	31	87	*8/2
8	Gilang	26	28	34	88	*7/6
9	Suarnya	20	30	32	82	*6/3
10	Pande Tusan	20	32	35	87	*7/1
11	Andre	28	34	34	96	*8/7
12	Rediasa	27	38	36	101	*7/6
13	Putu satrawan	22	25	36	83	*7/2
14	Aulia	7	23	32	62	*5/6
15	Gintani	5	22	30	57	*5/0
16	Pandi	25	26	32	83	*8/1
17	Witarya	28	28	38	94	*6/8
18	Dito	26	25	37	88	*8/6
19	Nandini	8	22	30	60	*6/2
20	Putri	4	23	18	45	*6/8
21	Gede Juliasta	15	20	28	63	*7/0
22	Gede Wira Pratama	20	25	25	70	*10/8
23	Septiadi	20	23	20	63	*7/5
24	I Gede Yana	23	26	20	69	*6/7
25	Andika Pratama	15	20	20	55	*7/8
26	Adi Darmawan	15	21	25	61	*8/7
27	Supraptayasa	23	30	20	73	*9/7
28	Ketut Hari Govinda	30	28	26	84	*8/7

DATA KESIAPAN FISIK

KELOMPOK KONTROL

NO	RESPONDEN	POST-TEST					GAINS
		PUSH UP	SIT UP	BACK UP	JUMLAH	MFT	
1	Agus	34	30	38	102	*7/1	10
2	Gede Ryan	20	26	40	86	*7/7	4
3	Komang Adi Darmawan	27	31	42	100	*7/4	22
4	Putra	49	31	56	136	*7/6	48
5	Kumara	40	32	43	115	*8/1	27
6	Widiantara	32	42	44	118	*8/9	27
7	Rama	44	34	37	115	*9/6	28
8	Gilang	34	30	38	102	*9/1	14
9	Suarnaya	35	35	42	112	*8/8	30
10	Pande Tusan	68	34	40	142	*9/6	55
11	Andre	63	34	40	137	*9/8	41
12	Rediasa	49	40	34	123	*8/6	22
13	Putu satrawan	48	25	40	113	*8/1	30
14	Aulia	7	26	32	65	*6/8	3
15	Gintani	3	26	36	65	*5/6	8
16	Pandi	45	30	42	117	*9/7	34
17	Witarya	42	32	42	116	*9/2	22
18	Dito	36	32	45	113	*9/1	25
19	Nandini	10	28	30	68	*6/9	8
20	Putri	6	25	25	56	*7/4	11
21	Gede Juliasta	26	24	36	86	*8/9	23
22	Gede Wira Pratama	42	38	30	110	*13/1	40
23	Septiadi	35	32	36	103	*8/11	40
24	I Gede Yana	40	22	35	97	*7/3	28
25	Andika Pratama	26	28	35	89	*8/5	34
26	Adi Darmawan	45	31	35	111	*12/6	50
27	Suprptayasa	41	28	31	100	*10/6	27
28	Ketut Hari Govinda	43	29	28	100	*9/1	16

MFT PRE-TEST KELOMPOK EKSPERIMEN

PRE-TEST					
No	Level	Shuttle	Kategori	%	
1	6	3	KS	35.7	*9/7
2	6	3			*6/3
3	6	3			*9/3
4	6	2			*7/10
5	6	3			*6/3
6	6	3			*7/0
7	6	5			*7/3
8	6	2			*10/9
9	6	8			*7/6
10	6	8			*6/3
11	7	10	K	7.1	*6/2
12	7	10			*6/3
13	7	3	KS	17.9	*6/3
14	7	6			*7/6
15	7	6			*8/1
16	7	5			*8/6
17	7	5			*10/10
18	8	1	K	14.3	*6/5
19	8	6			*7/5
20	8	6			*8/6
21	8	3			*8/3
22	9	7	K	10.7	*11/2
23	9	3			*7/5
24	9	2			*6/2
25	10	9	K	7.1	*6/8
26	10	10			*11/4
27	11	2	C	7.1	*6/8
28	11	4			*9/2

MFT POST-TEST KELOMPOK EKSPERIMEN

POST-TEST

No	Level	Shuttle	Kategori	%	
1	5	4	KS	3.6	*11/2
2	6	8	KS	3.6	*7/7
3	7	7	KS	21.4	*10/6
4	7	7			*9/4
5	7	6			*7/7
6	7	5			*8/1
7	7	2			*10/6
8	7	7			*11/8
9	8	1			*8/2
10	8	2			*8/4
11	8	4	K	17.9	*5/4
12	8	3			*8/3
13	8	9			*7/6
14	9	4			*9/7
15	9	7	K	10.7	*10/5
16	9	6			*11/1
17	10	6	K	17.9	*13/1
18	10	6			*7/5
19	10	5			*8/9
20	10	2			*12/7
21	10	1			*10/2
22	11	2	C	10.7	*13/2
23	11	8			*10/1
24	11	1			*6/8
25	12	7	B	7.1	*7/2
26	12	2			*12/2
27	13	1	BS	7.1	*7/7
28	13	2			*9/6

MFT PRE-TEST KELOMPOK KONTROL

PRE-TEST							
No	Level	Shuttle	Kategori	%			
1	5	6	KS	7.1	*6/8		
2	5	0			*6/8		
3	6	1	KS	32.1	*6/4		
4	6	8			*6/8		
5	6	4			*7/4		
6	6	8			*7/3		
7	6	3			*8/2		
8	6	8			*7/6		
9	6	2			*6/3		
10	6	8			*7/1		
11	6	7			*8/7		
12	7	4			*7/6		
13	7	3	*7/2				
14	7	6	*5/6				
15	7	1	*5/0				
16	7	6	KS	32.1	*8/1		
17	7	2			*6/8		
18	7	0			*8/6		
19	7	5			*6/2		
20	7	8			*6/8		
21	8	2	K	21.4	*7/0		
22	8	7			*10/8		
23	8	1			*7/5		
24	8	6			*6/7		
25	8	7			*7/8		
26	8	7			*8/7		
27	9	7			K	3.6	*9/7
28	10	8			K	3.6	*8/7

MFT POST-TEST KELOMPOK KONTROL

POST-TEST				
No	Level	Shuttle	Kategori	%
1	5	6	KS	3.6
2	6	8	KS	7.1
3	6	9		
4	7	1		
5	7	7	KS	21.4
6	7	4		
7	7	6		
8	7	4		
9	7	3		
10	8	1	K	28.6
11	8	9		
12	8	8		
13	8	6		
14	8	1		
15	8	9		
16	8	11		
17	8	5		
18	9	6	K	28.6
19	9	1		
20	9	6		
21	9	8		
22	9	7		
23	9	2		
24	9	1		
25	9	1		
26	10	6	K	3.6
27	12	6	B	3.6
28	13	1	BS	3.6

*7/1
*7/7
*7/4
*7/6
*8/1
*8/9
*9/6
*9/1
*8/8
*9/6
*9/8
*8/6
*8/1
*6/8
*5/6
*9/7
*9/2
*9/1
*6/9
*7/4
*8/9
*13/1
*8/11
*7/3
*8/5
*12/6
*10/6
*9/1

HASIL ANALISIS MANOVA

Case Processing Summary

		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
KF	KE	28	100.0%	0	0.0%	28	100.0%
	KK	28	100.0%	0	0.0%	28	100.0%
MA	KE	28	100.0%	0	0.0%	28	100.0%
	KK	28	100.0%	0	0.0%	28	100.0%

Descriptives

MP		Statistic	Std. Error		
KF	KE	Mean	27.18	1.912	
		95% Confidence Interval for Mean	Lower Bound	23.26	
			Upper Bound	31.10	
		5% Trimmed Mean		27.01	
		Median		26.00	
		Variance		102.374	
		Std. Deviation		10.118	
		Minimum		12	
		Maximum		46	
		Range		34	
		Interquartile Range		18	
		Skewness		.347	.441
		Kurtosis		-1.069	.858
		KK	KE	Mean	25.96
95% Confidence Interval for Mean	Lower Bound			20.62	
	Upper Bound			31.31	
5% Trimmed Mean				25.69	
Median				27.00	
Variance				190.110	
Std. Deviation				13.788	
Minimum				3	
Maximum				55	
Range				52	
Interquartile Range				20	
Skewness				.221	.441
Kurtosis				-.442	.858

MA	KE	Mean		76.21	.733
		95% Confidence Interval for Mean	Lower Bound	74.71	
			Upper Bound	77.72	
		5% Trimmed Mean		76.20	
		Median		77.00	
		Variance		15.063	
		Std. Deviation		3.881	
		Minimum		68	
		Maximum		85	
		Range		17	
		Interquartile Range		4	
		Skewness		-.150	.441
		Kurtosis		.282	.858
		KK	KK	Mean	
95% Confidence Interval for Mean	Lower Bound			72.77	
	Upper Bound			74.66	
5% Trimmed Mean				73.62	
Median				73.50	
Variance				5.915	
Std. Deviation				2.432	
Minimum				70	
Maximum				80	
Range				10	
Interquartile Range				3	
Skewness				.343	.441
Kurtosis				.249	.858

Tests of Normality

	MP	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
KF	KE	.122	28	.200*	.941	28	.114
	KK	.101	28	.200*	.970	28	.581
MA	KE	.170	28	.377	.952	28	.219
	KK	.116	28	.200*	.955	28	.257

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
KF	Based on Mean	1.352	1	54	.250
	Based on Median	1.373	1	54	.246
	Based on Median and with adjusted df	1.373	1	46.576	.247
	Based on trimmed mean	1.406	1	54	.241
MA	Based on Mean	2.555	1	54	.116
	Based on Median	1.700	1	54	.198
	Based on Median and with adjusted df	1.700	1	40.202	.200
	Based on trimmed mean	2.569	1	54	.115

Estimated Marginal Means

Estimates

Dependent Variable	MP	Mean	Std. Error	95% Confidence Interval	
				Lower Bound	Upper Bound
KF	KE	27.179	2.285	22.597	31.760
	KK	25.964	2.285	21.382	30.546
MA	KE	76.214	.612	74.987	77.441
	KK	73.714	.612	72.487	74.941

Pairwise Comparisons

Dependent Variable	(I) MP	(J) MP	Mean Difference (I-J)	Std. Error	Sig. ^b	95% Confidence Interval for Difference ^b	
						Lower Bound	Upper Bound
KF	KE	KK	2.214	3.232	.009	-5.265	7.694
	KK	KE	-2.214	3.232	.009	-7.694	5.265
MA	KE	KK	2.500*	.866	.006	.765	4.235
	KK	KE	-2.500*	.866	.006	-4.235	-.765

Based on estimated marginal means

*. The mean difference is significant at the .05 level.

b. Adjustment for multiple comparisons: Least Significant Difference (equivalent to no adjustments).

Multivariate Tests

	Value	F	Hypothesis df	Error df	Sig.
Pillai's trace	.135	4.125 ^a	2.000	53.000	.022
Wilks' lambda	.865	4.125 ^a	2.000	53.000	.022
Hotelling's trace	.156	4.125 ^a	2.000	53.000	.022
Roy's largest root	.156	4.125 ^a	2.000	53.000	.022

Each F tests the multivariate effect of MP. These tests are based on the linearly independent pairwise comparisons among the estimated marginal means.

a. Exact statistic

Univariate Tests

Dependent Variable		Sum of Squares	df	Mean Square	F	Sig.
KF	Contrast	20.643	1	20.643	.141	.709
	Error	7897.071	54	146.242		
MA	Contrast	87.500	1	87.500	8.342	.006
	Error	566.429	54	10.489		

The F tests the effect of MP. This test is based on the linearly independent pairwise comparisons among the estimated marginal means.

Lampiran produk dapat diakses pada link berikut:

1. Video : https://youtu.be/_EOj1vIfnQY.
2. Buku Pedoman : <https://drive.google.com/drive/my-drive>
3. Buku Model

FOTO DOKUMENTASI KEGIATAN



BIOGRAFI PENULIS



Kadek Yogi Parta Lesmana yang dikenal dengan nama Yogi Parta lahir di sebuah kampung tua di Kabupaten Buleleng yaitu Kampung Anyar yang berada tepat didaerah ibukota kabupaten Buleleng yaitu Singaraja pada tanggal 25 Oktober 1984 dari orang tua bernama I Komang Suparta, Rasah, dan Ni Nengah Warsedi. Menyelesaikan pendidikan sekolah dasar di SDN 2 Kaliuntu tahun 1996, menyelesaikan jenjang sekolah menengah pertama di SMPN 2 Singaraja tahun 1999, dan sekolah menengah atas di SMAN 4 Singaraja Tahun 2002. Bercita cita sebagai seorang KOPASUS dan mengikuti rangkaian tes penjarangan untuk TNI namun Rejeki Tuhan tidak berkehendak dijalan Profesi tersebut. Kemudian di tahun 2003 melanjutkan kuliah S1 di Prodi Pendidikan Jasmani, Kesehatan dan Rekreasi Fakultas Olahraga dan Kesehatan Universitas Pendidikan Ganesha dan selesai tahun 2007, dan diangkat sebagai Pegawai Negeri Sipil Tenaga Pendidik di Fakultas Olahraga dan Kesehatan Universitas Pendidikan Ganesha Tahun 2008. Pada tahun 2010 menikah dengan Ni Putu Ayu Krisna Dewi, SE dan setahun kemudian tahun 2011 dikaruniai seorang putri bernama Putu Kenzie Beatricia Parta Nugraha. Atas rejeki Tuhan penulis dapat melanjutkan lagi ke jenjang Magister S2 pada Prodi Teknologi Pembelajaran Program Pascasarjana Universitas Pendidikan Ganesha dan selesai tahun 2013. Tahun 2014 dikaruniai seorang putra yang diberi nama Made Kenzo Putra Parta Nugraha dan Tahun 2017 kembali dianugrahi seorang putra yang diberi nama Komang Kenhiroyuki Rayshiva Parta Nugraha. Pada 2019 Tuhan kembali memberikan jalan dan rejeki Beliau sehingga penulis bisa melanjutkan Pendidikan ke jenjang S3 Prodi Ilmu Pendidikan Konsentrasi Olahraga Program Pascasarjana Universitas Pendidikan Ganesha.

Selain mengajar di jalur pendidikan formal (Perguruan Tinggi), juga sebagai Pelatih Olahraga Karate, dan Kabaddi dengan lisensi Pelatih Nasional. Beberapa prestasi yang pernah diraih diantaranya, Juara Porprov 2001-2013, Juara Nasional Lemkari, Best Of The Best Junior Lemkari, Best Of The Best Senior Lemkari, Atlet PON XVIII Riau tahun 2012 di cabang olahraga Karate, Pelatih Nasional Team Kabaddi Indonesia pada Asian Games XVIII Jakarta Palembang Tahun 2018.

Kegunaan pendidikan adalah untuk mengajarkan seseorang untuk berpikir dengan intensif dan kritis. Kecerdasan dan karakter itulah tujuan pendidikan sesungguhnya.

-----Martin Luther King Jr-----

Ketenangan dan kecerdasan merupakan kunci utama sebuah kemenangan dan keberhasilan dalam mencapai prestasi

-----Yogi Parta, 2023-----

