

LAMPIRAN

Lampiran 1. Rangkaian Data Pre-Test Kekuatan Otot Tungkai

| Rangking | Nama | Kekuatan Otot Kg |
|----------|------------|---------------------|
| 1 | Ibnu | 41 |
| 2 | Sagung | 41 |
| 3 | Arsanthi | 40 |
| 4 | Khariram | 39 |
| 5 | Aditya | 39 |
| 6 | Arya | 38 |
| 7 | Ghana | 37 |
| 8 | Raka | 36 |
| 9 | Abhinanda | 36 |
| 10 | Widarma | 36 |
| 11 | Pradana | 35 |
| 12 | Ananta | 34 |
| 13 | Widnyana | 34 |
| 14 | Wibawa | 33 |
| 15 | Widarba | 33 |
| 16 | Ratih | 32 |
| 17 | Ista | 32 |
| 18 | Wijayanti | 32 |
| 19 | Marceila = | 32 |
| 20 | Chantika | 30 |
| 21 | Nadya | 30 |
| 22 | Azalea | 30 |
| 23 | Pratiwi | 27 |
| 24 | Periyana | 27 |
| 25 | Aprilyani | 27 |
| 26 | Pannadikha | 27 |
| 27 | Bhaswara | 27 |
| 28 | Aymara | 27 |
| 29 | Yeslie | 25 |
| 30 | Klarissa | 25 |

Lampiran 2. Pembagian Kelompok Berdasarkan Pre-Test

Pembagian Kelompok Secara Ordinal Pairing

| No | Calf -Rise | Jumping-rope | Kelompok Kontrol |
|----|------------|--------------|------------------|
| 1 | Ibnu | Pradana | Nadya |
| 2 | Sagung | Ananta | Azalea |
| 3 | Arsanthi | Widnyana | Pratiwi |
| 4 | Khariram | Wibawa | Periyana |
| 5 | Aditya | Widarba | Aprilyani |
| 6 | Arya | Ratih | Pannadikha |
| 7 | Ghana | Ista | Bhaswara |
| 8 | Raka | Wijayanti | Aymara |
| 9 | Abhinanda | Marceila | Yeslie |
| 10 | Widarma | Chantika | Klarissa |



Lampiran 3. Data Pre-Test, Post-Tes, dan Gain Score Kelompok Calf-Rise

| No | Nama | Kekuatan Otot Tungkai | | |
|----|-----------|-----------------------|----------|------------|
| | | Pre Test | Post Tes | Gain Score |
| 1 | Ibnu | 41 | 43 | 2 |
| 2 | Sagung | 39 | 42 | 3 |
| 3 | Arsanthi | 36 | 39 | 3 |
| 4 | Khariram | 36 | 40 | 4 |
| 5 | Aditya | 33 | 36 | 3 |
| 6 | Arya | 32 | 36 | 4 |
| 7 | Ghana | 30 | 35 | 5 |
| 8 | Raka | 30 | 36 | 6 |
| 9 | Abhinanda | 27 | 29 | 2 |
| 10 | Widarma | 25 | 30 | 5 |



Lampiran 4. Data Pre-Test, Post-Tes, dan Gain Score Kelompok *Jumping-Rope*

| No | Nama | Kekuatan Otot Tungkai | | |
|----|-----------|-----------------------|-----------------|-------------------|
| | | <i>Pre Test</i> | <i>Post Tes</i> | <i>Gain Score</i> |
| 1 | Pradana | 41 | 45 | 4 |
| 2 | Ananta | 39 | 46 | 7 |
| 3 | Widnyana | 36 | 40 | 4 |
| 4 | Wibawa | 35 | 40 | 5 |
| 5 | Widarba | 33 | 36 | 8 |
| 6 | Ratih | 32 | 38 | 6 |
| 7 | Ista | 30 | 36 | 6 |
| 8 | Wijayanti | 27 | 33 | 6 |
| 9 | Marceila | 27 | 30 | 8 |
| 10 | Chantika | 25 | 29 | 4 |



Lampiran 5. Data Pre-Test, Post-Tes, dan Gain Score Kelompok Kontrol

| No | Nama | Kekuatan Otot Tungkai | | |
|----|------------|-----------------------|-----------------|-------------------|
| | | <i>Pre Test</i> | <i>Post Tes</i> | <i>Gain Score</i> |
| 1 | Nadya | 40 | 44 | 4 |
| 2 | Azalea | 38 | 41 | 3 |
| 3 | Pratiwi | 37 | 39 | 2 |
| 4 | Periyana | 34 | 35 | 1 |
| 5 | Aprilyani | 34 | 37 | 3 |
| 6 | Pannadikha | 32 | 36 | 4 |
| 7 | Bhaswara | 32 | 35 | 3 |
| 8 | Aymara | 27 | 28 | 1 |
| 9 | Yeslie | 27 | 28 | 1 |
| 10 | Klarissa | 25 | 27 | 2 |



Lampiran 6. Hasil Analisis Data

A. Uji Normalitas Data

(Uji Lilliefors Manual, Taraf Signipikansi (α) 0,05)

1. Tabel Hasil Uji Normalitas Data Kelompok Pelatihan *Calf-Rise*

| No | X | F abs. | F kum. | Z $\left(\frac{x - \bar{x}}{SD}\right)$ | F(z) | S(z) | [F(z) – S(z)] |
|---------------|--------|--------|--------|--|--------|--------|---------------|
| 1 | 2.00 | 2 | 2 | -1.27 | 0.102 | 0.2000 | 0.0980 |
| 2 | 3.00 | 3 | 5 | -0.52 | 0.3015 | 0.5000 | 0.1985 |
| 3 | 4.00 | 2 | 7 | 0.22 | 0.5871 | 0.7000 | 0.1129 |
| 4 | 5.00 | 2 | 9 | 0.97 | 0.834 | 0.9000 | 0.0660 |
| 5 | 6.00 | 1 | 10 | 1.72 | 0.9573 | 1.0000 | 0.0427 |
| Rata-rata | 3.70 | | | | | | |
| SD | 1.34 | | | | | | |
| Ltabel (0.05) | 0.2580 | | | | | | |

Lhitung (0.1985) < Ltabel (0.2580) \longrightarrow data berdistribusi normal

2. Tabel Hasil Uji Normalitas Data Kelompok Pelatihan *Jumping -Rope*

| No | X | F abs. | F kum. | Z $\left(\frac{x - \bar{x}}{SD}\right)$ | F(z) | S(z) | [F(z) – S(z)] |
|---------------|--------|--------|--------|--|--------|--------|---------------|
| 1 | 4.00 | 3 | 3 | -1.16 | 0.123 | 0.3000 | 0.1770 |
| 2 | 5.00 | 1 | 4 | -0.52 | 0.3015 | 0.4000 | 0.0985 |
| 3 | 6.00 | 3 | 7 | 0.13 | 0.5517 | 0.7000 | 0.1483 |
| 4 | 7.00 | 1 | 8 | 0.77 | 0.7794 | 0.8000 | 0.0206 |
| 5 | 8.00 | 2 | 10 | 1.42 | 0.9222 | 1.0000 | 0.0778 |
| Rata-rata | 5.80 | | | | | | |
| SD | 1.55 | | | | | | |
| Ltabel (0.05) | 0.2580 | | | | | | |

Lhitung (0.1770) < Ltabel (0.2580) \longrightarrow data berdistribusi normal

3. Tabel Hasil Uji Normalitas Data Kelompok Kontrol

| No | X | F abs. | F kum. | Z $\left(\frac{x - \bar{x}}{SD}\right)$ | F(z) | S(z) | [F(z) – S(z)] |
|---------------|--------|--------|--------|--|--------|--------|---------------|
| 1 | 1.00 | 3 | 3 | -1.19 | 0.117 | 0.3000 | 0.1830 |
| 2 | 2.00 | 2 | 5 | -0.34 | 0.3669 | 0.5000 | 0.1331 |
| 3 | 3.00 | 3 | 8 | 0.51 | 0.695 | 0.8000 | 0.1050 |
| 4 | 4.00 | 2 | 10 | 1.36 | 0.9131 | 1.0000 | 0.0869 |
| Rata-rata | 2.40 | | | | | | |
| SD | 1.17 | | | | | | |
| Ltabel (0.05) | 0.2580 | | | | | | |

Lhitung (0.1830) < Ltabel (0.2580) \longrightarrow data berdistribusi normal

4. Rangkuman Uji Normalitas

| Kelompok | L hitung | L table (0.05) | Keterangan |
|--|----------|----------------|-----------------------|
| Kelompok Perlakuan Pelatihan <i>Calf Rise</i> | 0.1985 | 0.2580 | Berdistributor Normal |
| Kelompok Perlakuan Pelatihan <i>Jumping Rope</i> | 0.1770 | 0.2580 | Berdistributor Normal |
| Kelompok Kontrol | 1.830 | 0.2580 | Berdistributor Normal |

B. Uji Homogenitas Data

(Uji Levene, Taraf Signifikansi (α) 0,05)

| Test of Homogeneity of Variance | | | | | |
|---------------------------------|--------------------------------------|------------------|-----|--------|-------|
| | | Levene Statistic | df1 | df2 | Sig. |
| Kekuatan Otot Tungkai | Based on Mean | 0.311 | 2 | 27 | 0.735 |
| | Based on Median | 0.186 | 2 | 27 | 0.831 |
| | Based on Median and with adjusted df | 0.186 | 2 | 22.697 | 0.831 |
| | Based on trimmed mean | 0.325 | 2 | 27 | 0.725 |

C. Uji Anava Satu Jalur

| ANOVA | | | | | |
|-----------------------|----------------|----|-------------|--------|-------|
| Kekuatan Otot Tungkai | | | | | |
| | Sum of squares | df | Mean square | F | Sig. |
| Between Groups | 58.867 | 2 | 29.433 | 15.862 | 0.000 |
| Within Groups | 50.100 | 27 | 1.856 | | |
| Total | 108.967 | 29 | | | |



D. Uji Lanjut Least Significant Difference (LSD)

| Multiple Comparisons | | | | | | |
|-----------------------|-----------------|-----------------------------|------------|-------|----------------------------|----------------|
| Kekuatan Otot Tungkai | | | | | | |
| (I) Kelompok | (J) Kelompok | Mean Difference (I-J) | Std. Error | Sig. | 95% Confidence Interval | |
| | | | | | Lower bound | Upper Bound |
| Calf Rise | Jumping Rope | -2.10000* | 0.60919 | 0.002 | -3.3500 | -0.8500 |
| | Kontrol | 1.30000* | 0.60919 | 0.042 | 0.0500 | 2.5500 |
| Jumping Rope | Calf rise | 2.10000* | 0.60919 | 0.002 | 0.8500 | 3.3500 |
| | Kontrol | 3.40000* | 0.60919 | 0.000 | 2.1500 | 4.6500 |
| Kontrol | Calf rise | -1.30000* | 0.60919 | 0.042 | -2.5500 | -0.0500 |
| | Jumping Rope | -3.40000* | 0.60919 | 0.000 | -4.6500 | -2.1500 |

*. The mean difference is Signifikant at the 0.05 level.

Lampiran 7 Tabel Nilai Kritis L untuk Uji Lilliefors

| Ukuran Sample | Taraf Nyata (α) | | | | |
|------------------|--------------------------|---------------------|--------------------|---------------------|---------------------|
| | 0.01 | 0.05 | 0.10 | 0.15 | 0.20 |
| n = 4 | 0.417 | 0.381 | 0.352 | 0.319 | 0.300 |
| 5 | 0.405 | 0.337 | 0.315 | 0.299 | 0.285 |
| 6 | 0.364 | 0.319 | 0.294 | 0.277 | 0.265 |
| 7 | 0.348 | 0.300 | 0.276 | 0.258 | 0.247 |
| 8 | 0.331 | 0.285 | 0.261 | 0.244 | 0.233 |
| 9 | 0.311 | 0.271 | 0.249 | 0.233 | 0.223 |
| 10 | 0.294 | 0.258 | 0.239 | 0.224 | 0.215 |
| 11 | 0.284 | 0.249 | 0.230 | 0.217 | 0.206 |
| 12 | 0.275 | 0.242 | 0.223 | 0.212 | 0.199 |
| 13 | 0.268 | 0.234 | 0.214 | 0.202 | 0.190 |
| 14 | 0.261 | 0.227 | 0.207 | 0.194 | 0.183 |
| 15 | 0.257 | 0.220 | 0.201 | 0.187 | 0.177 |
| 16 | 0.250 | 0.213 | 0.195 | 0.182 | 0.173 |
| 17 | 0.245 | 0.206 | 0.189 | 0.177 | 0.169 |
| 18 | 0.239 | 0.200 | 0.184 | 0.173 | 0.166 |
| 19 | 0.235 | 0.195 | 0.179 | 0.169 | 0.163 |
| 20 | 0.231 | 0.190 | 0.174 | 0.166 | 0.160 |
| 25 | 0.200 | 0.173 | 0.158 | 0.147 | 0.142 |
| 30 | 0.187 | 0.161 | 0.144 | 0.136 | 0.131 |
| n > 30 | 1.031 \sqrt{n} | 0.886 \sqrt{n} | 0.85 \sqrt{n} | 0.768 \sqrt{n} | 0.736 \sqrt{n} |



Lampiran 8. Dokumentasi Penelitian



Gambar 1. Pelaksanaan *Pre-Test*

Gambar 2. Pelaksanaan *Post-Test*



Gambar 3. Penerapan latihan hari 1 dan pembagian kelompok



Gambar 4. Pelaksanaan latihan hari 2



Gambar 5. Pelaksanaan latihan hari 3



Gambar 6. Pelaksanaan latihan hari 4



Gambar 7. Pelaksanaan latihan hari 5



Gambar 8. Pelaksanaan latihan hari 6



Gambar 9. Pelaksanaan latihan hari 7



Gambar 10. Pelaksanaan latihan hari 8



Gambar 11. Pelaksanaan latihan hari 9



Gambar 12. Pelaksanaan latihan hari 10



Gambar 13. Pelaksanaan latihan hari 11



Gambar 14. Pelaksanaan latihan hari 12



Gambar 15. Pelaksanaan latihan hari 13



Gambar 16. Pelaksanaan latihan hari 14



Gambar 17. Pelaksanaan latihan hari 15



Gambar 18. Pelaksanaan latihan hari 16



Gambar 19. Foto Bersama



Gambar 20. Posisi kaki Gerakan *Calf Rise*



Gambar 21. Posisi Gerakan *Jumping Rope*

