

## LAMPIRAN



KEMENTERIAN PENDIDIKAN TINGGI, SAINS, DAN TEKNOLOGI  
UNIVERSITAS PENDIDIKAN GANESHA  
FAKULTAS OLARAHAGA DAN KESEHATAN

Alamat: Jalan Desa Jinengdalam Singaraja – Bali Telp. (0362) 25571, Fax. (03620 25571 Kode Pos. 81116

Singaraja, 3 Desember 2024

Nomor : 212/UN48.12.1/PP/2025  
Lampiran : -  
Perihal : Permohonan Penelitian

Yth. Ketua umum club Babuan  
Arm wrestling  
di  
Tempat

Dengan hormat, dalam rangka melengkapi syarat-syarat studi di Prodi Ilmu Keolahragaan Fakultas Olahraga dan Kesehatan Universitas Pendidikan Ganesha, mahasiswa diwajibkan untuk menyusun skripsi, sehubungan dengan itu kami mohon Bapak/ibu untuk mengijinkan mahasiswa tersebut dibawah ini untuk berkenan melakukan penelitian di tempat yang Bapak/Ibu pimpin.

Nama : I Made Tegar Oman Wijaya  
Nomor Induk Mahasiswa : 20016021004  
Prodi : Ilmu Keolahragaan  
Fakultas : Olahraga dan Kesehatan  
Judul Skripsi : Pengaruh Pelatihan Bicep Curl Dengan Metode Super Set dan Pyramid Set Terhadap Kekuatan Otot Lengan Atlet panco Club Babuan.

Atas perhatian dan bantuan Bapak / Ibu kami ucapkan terima kasih.

a.n. Dekan  
Wakil Dekan I,



I Gede Suwiwa,  
NIP.198501172008121001



Balai  
Sertifikasi  
Elektronik

- Catatan :
- UU ITE No. 11 Tahun 2008 Pasal 5 ayat 1 "Informasi Elektronik dan/atau Dokumen Elektronik dan/atau hasil cetaknya merupakan alat bukti hukum yang sah"
  - Dokumen ini tanda dan tangannya secara elektronik menggunakan sertifikat elektronik yang diterbitkan BSI
  - Surat ini dapat dibuktikan keasliannya dengan menggunakan QR code yang telah tersedia

Lampiran 1. Data Sempel Penelitian

| NO | NAMA                           | Nomor atlet |
|----|--------------------------------|-------------|
| 1  | Putu Saras Pradnyana Putra     | 2207230001  |
| 2  | Komang Agus Sukiada            | 2207230002  |
| 3  | Putu Artha Putra Adi Wicaksana | 2207230003  |
| 4  | Kadek Adi Utama Putra          | 2207230004  |
| 5  | Komang Agus Gunawan            | 2207230006  |
| 6  | I Made Cahya Andika Pramana    | 2207230007  |
| 7  | I Gede Agus Gunawan            | 2207230008  |
| 8  | Putu Widi Wijaya Putra         | 2207230009  |
| 9  | Ketut Berlian Adi Sanjaya      | 2207230010  |
| 10 | I Kadek Tri Adnyana            | 2207230011  |
| 11 | Ketut Aryawan                  | 2207230012  |
| 12 | I Nyoman Doni Raditya          | 2207230013  |
| 13 | Kadek Pande Arya               | 2207230014  |
| 14 | Pande I Made Dwi Artha         | 2207230015  |
| 15 | I Ketut Budi Astawa            | 2207230016  |
| 16 | Gusti Made Surya Partha P      | 2207230017  |
| 17 | Kadek Dwi Maha Putra           | 2207230018  |
| 18 | Ketut Juliartawan              | 2207230019  |
| 19 | Kadek Edi Suparman             | 2207230020  |
| 20 | Kadek Setiawan                 | 2207230021  |
| 21 | I Putu Eki Dinata Putra Budi   | 2207230022  |

|    |                              |            |
|----|------------------------------|------------|
| 22 | Made Ketut Bagus Yogi Astika | 2207230023 |
| 23 | I Ketut Surya Adnyana        | 2207230024 |
| 24 | I Wayan Basma Wiguna         | 2207230025 |
| 25 | Putu Iwan Negara, S.Pd       | 2207230034 |
| 26 | Ngurah Gede Sudarma          | 2207230026 |
| 27 | Putu Pande Budiantara        | 2207230027 |
| 28 | I Wayan Andi Saputra         | 2207230028 |
| 29 | I Gede Wardika Putra         | 2207230029 |
| 30 | I Made Agus Sunaya Yasa      | 2207230030 |



## Lampiran 2. Pelatihan

Gambar 01 Pelatihan Dengan Metode Super Set



Gambar 02 Pelatihan dengan metode *super set*



Gambar 03 Pelatihan *pyramid set*





Gambar 04 Pelatihan *pyramid set*



Gambar 05 Pelatihan *pull up*





Gambar 06 Pelatihan *pull up*



Lampiran 3. Data Hasil Uji Descriptive Statistics Kelompok Super set dan Piramid set

| <i><b>Descriptive Statistics</b></i> |          |                |                |             |                       |
|--------------------------------------|----------|----------------|----------------|-------------|-----------------------|
|                                      | <i>N</i> | <i>Minimum</i> | <i>Maximum</i> | <i>Mean</i> | <i>Std. Deviation</i> |
| Kelompok Pretest SS                  | 15       | 7              | 10             | 8.27        | .884                  |
| Kelompok Posttest SS                 | 15       | 11             | 14             | 12.27       | .884                  |
| Kelompok Pretest PS                  | 15       | 7              | 10             | 8.27        | .884                  |
| Kelompok Posttest PS                 | 15       | 12             | 15             | 13.27       | .884                  |
| <i>Valid N (listwise)</i>            | 15       |                |                |             |                       |



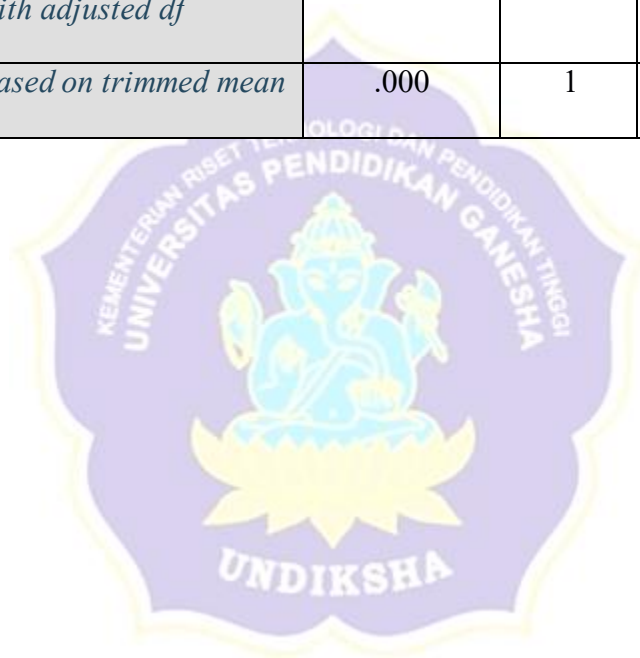
Lampiran 4. Data Hasil Uji Normalitas Kelompok super set dan pyramid set Menggunakan Program SPSS 25

| <i>Tests of Normality</i> |                                       |           |             |                     |           |             |
|---------------------------|---------------------------------------|-----------|-------------|---------------------|-----------|-------------|
|                           | <i>Kolmogorov-Smirnov<sup>a</sup></i> |           |             | <i>Shapiro-Wilk</i> |           |             |
|                           | <i>Statistic</i>                      | <i>df</i> | <i>Sig.</i> | <i>Statistic</i>    | <i>df</i> | <i>Sig.</i> |
| Kelompok Pretest SS       | .219                                  | 15        | .052        | .888                | 15        | .063        |
| Kelompok Posttest SS      | .219                                  | 15        | .052        | .888                | 15        | .063        |
| Kelompok Pretest PS       | .219                                  | 15        | .052        | .888                | 15        | .063        |
| Kelompok Posttest PS      | .219                                  | 15        | .052        | .888                | 15        | .063        |



Lampiran 5. Data Hasil Uji Homogenitas Kelompok super set dan pyramid set Menggunakan Program SPSS 25

| <i>Test of Homogeneity of Variance</i> |                                                 |                             |            |            |             |
|----------------------------------------|-------------------------------------------------|-----------------------------|------------|------------|-------------|
|                                        |                                                 | <i>Levene<br/>Statistic</i> | <i>df1</i> | <i>df2</i> | <i>Sig.</i> |
| Hasil                                  | <i>Based on Mean</i>                            | .000                        | 1          | 28         | 1.000       |
| Kekuatan Otot                          | <i>Based on Median</i>                          | .000                        | 1          | 28         | 1.000       |
| Lengan                                 | <i>Based on Median and<br/>with adjusted df</i> | .000                        | 1          | 28.000     | 1.000       |
|                                        | <i>Based on trimmed mean</i>                    | .000                        | 1          | 28         | 1.000       |



Lampiran 6. Data Hasil Uji Hipotesis Kelompok super set dan pyramid set Menggunakan Program SPSS 25

| Independent Samples Test   |                                   |                                               |       |                              |        |                        |                    |                          |                                                       |       |
|----------------------------|-----------------------------------|-----------------------------------------------|-------|------------------------------|--------|------------------------|--------------------|--------------------------|-------------------------------------------------------|-------|
|                            |                                   | Levene's Test<br>for Equality<br>of Variances |       | t-test for Equality of Means |        |                        |                    |                          |                                                       |       |
|                            |                                   | F                                             | Sig.  | t                            | df     | Sig.<br>(2-<br>tailed) | Mean<br>Difference | Std. Error<br>Difference | 95%<br>Confidence<br>Interval of<br>the<br>Difference |       |
|                            |                                   |                                               |       |                              |        |                        |                    |                          | Lower                                                 | Upper |
| Hasil Kekuatan Otot Lengan | Equal<br>variances<br>assumed     | .000                                          | 1.000 | 3.099                        | 28     | .004                   | 1.000              | .323                     | 1.661                                                 | .339  |
|                            | Equal<br>variances not<br>assumed |                                               |       | 3.099                        | 28.000 | .004                   | 1.000              | .323                     | 1.661                                                 | .339  |



| <b>Group Statistics</b> |          |    |       |                |                    |
|-------------------------|----------|----|-------|----------------|--------------------|
|                         | Kelas    | N  | Mean  | Std. Deviation | Std. Error<br>Mean |
| Hasil Kekuatan Otot     | Kelas SS | 15 | 12.27 | .884           | .228               |
| Lengan                  | Kelas PS | 15 | 13.27 | .884           | .228               |



Lampiran 7. Data Pre test-Pos test Kelompok Super Set

| No | Nama Atlet | <i>Pre-Test</i><br>(Pull-Up) | <i>Post-Test</i><br>(Pull-Up) | Peningkatan<br>(%) |
|----|------------|------------------------------|-------------------------------|--------------------|
| 1  | Atlet 1    | 8                            | 12                            | 50.0%              |
| 2  | Atlet 2    | 9                            | 13                            | 44.4%              |
| 3  | Atlet 3    | 7                            | 11                            | 57.1%              |
| 4  | Atlet 4    | 8                            | 12                            | 50.0%              |
| 5  | Atlet 5    | 9                            | 13                            | 44.4%              |
| 6  | Atlet 6    | 10                           | 14                            | 40.0%              |
| 7  | Atlet 7    | 9                            | 13                            | 44.4%              |
| 8  | Atlet 8    | 8                            | 12                            | 50.0%              |
| 9  | Atlet 9    | 7                            | 11                            | 57.1%              |
| 10 | Atlet 10   | 9                            | 13                            | 44.4%              |
| 11 | Atlet 11   | 8                            | 12                            | 50.0%              |
| 12 | Atlet 12   | 8                            | 12                            | 50.0%              |
| 13 | Atlet 13   | 9                            | 13                            | 44.4%              |
| 14 | Atlet 14   | 7                            | 11                            | 57.1%              |
| 15 | Atlet 15   | 8                            | 12                            | 50.0%              |

Lampiran 8. Data Pre test-Post test Kelompok Pyramid Set

| No | Nama Atlet | <i>Pre-Test</i><br>(Pull-Up) | <i>Post-Test</i><br>(Pull-Up) | Peningkatan<br>(%) |
|----|------------|------------------------------|-------------------------------|--------------------|
| 1  | Atlet 1    | 8                            | 13                            | 62.5%              |
| 2  | Atlet 2    | 9                            | 14                            | 55.6%              |
| 3  | Atlet 3    | 7                            | 12                            | 71.4%              |
| 4  | Atlet 4    | 8                            | 13                            | 62.5%              |
| 5  | Atlet 5    | 9                            | 14                            | 55.6%              |
| 6  | Atlet 6    | 10                           | 15                            | 50.0%              |
| 7  | Atlet 7    | 9                            | 14                            | 55.6%              |
| 8  | Atlet 8    | 8                            | 13                            | 62.5%              |
| 9  | Atlet 9    | 7                            | 12                            | 71.4%              |
| 10 | Atlet 10   | 9                            | 14                            | 55.6%              |
| 11 | Atlet 11   | 8                            | 13                            | 62.5%              |
| 12 | Atlet 12   | 8                            | 13                            | 62.5%              |
| 13 | Atlet 13   | 9                            | 14                            | 55.6%              |
| 14 | Atlet 14   | 7                            | 12                            | 71.4%              |
| 15 | Atlet 15   | 8                            | 13                            | 62.5%              |

Tabel *Ordinal Pairing*

| No | Nama Atlet | <i>Pre-Test</i> | <i>Post-Test</i> | Selisih ( <i>Post - Pre</i> ) | Kelompok | Peningkatan (%) |
|----|------------|-----------------|------------------|-------------------------------|----------|-----------------|
| 1  | Atlet 1    | 8               | 12               | 4                             | 1        | 50.0%           |
| 2  | Atlet 2    | 8               | 13               | 5                             | 2        | 62.5%           |
| 3  | Atlet 3    | 9               | 14               | 5                             | 2        | 55.6%           |
| 4  | Atlet 4    | 9               | 13               | 4                             | 1        | 44.4%           |
| 5  | Atlet 5    | 7               | 11               | 4                             | 1        | 57.1%           |
| 6  | Atlet 6    | 7               | 12               | 5                             | 2        | 71.4%           |
| 7  | Atlet 7    | 8               | 13               | 5                             | 2        | 62.5%           |
| 8  | Atlet 8    | 8               | 12               | 4                             | 1        | 50.0%           |
| 9  | Atlet 9    | 9               | 13               | 4                             | 1        | 44.4%           |
| 10 | Atlet 10   | 9               | 14               | 5                             | 2        | 55.6%           |
| 11 | Atlet 11   | 10              | 15               | 5                             | 2        | 50.0%           |
| 12 | Atlet 12   | 10              | 14               | 4                             | 1        | 40.0%           |
| 13 | Atlet 13   | 9               | 13               | 4                             | 1        | 44.4%           |
| 14 | Atlet 14   | 9               | 14               | 5                             | 2        | 55.6%           |
| 15 | Atlet 15   | 8               | 13               | 5                             | 2        | 62.5%           |
| 16 | Atlet 16   | 8               | 12               | 4                             | 1        | 50.0%           |
| 17 | Atlet 17   | 7               | 11               | 4                             | 1        | 57.1%           |
| 18 | Atlet 18   | 7               | 12               | 5                             | 2        | 71.4%           |
| 19 | Atlet 19   | 9               | 14               | 5                             | 2        | 55.6%           |
| 20 | Atlet 20   | 9               | 13               | 4                             | 1        | 44.4%           |
| 21 | Atlet 21   | 8               | 12               | 4                             | 1        | 50.0%           |
| 22 | Atlet 22   | 8               | 13               | 5                             | 2        | 62.5%           |
| 23 | Atlet 23   | 8               | 13               | 5                             | 2        | 62.5%           |
| 24 | Atlet 24   | 8               | 12               | 4                             | 1        | 50.0%           |
| 25 | Atlet 25   | 9               | 13               | 4                             | 1        | 44.4%           |
| 26 | Atlet 26   | 9               | 14               | 5                             | 2        | 55.6%           |
| 27 | Atlet 27   | 7               | 12               | 5                             | 2        | 71.4%           |
| 28 | Atlet 28   | 7               | 11               | 4                             | 1        | 57.1%           |
| 29 | Atlet 29   | 8               | 12               | 4                             | 1        | 50.0%           |
| 30 | Atlet 30   | 8               | 13               | 5                             | 2        | 62.5%           |

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