

LAMPIRAN 1

SURAT IZIN PENELITIAN



**PEMERINTAH PROVINSI SULAWESI SELATAN
DINAS PENDIDIKAN
UPT-SMK NEG. 1 PALOPO**

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SURAT KETERANGAN PENELITIAN

Nomor: 421.5/ 221 -UPT SMK.1/PLP/DISDIK

Yang bertanda tangan di bawah ini, Kepala UPT SMK Negeri 1 Palopo menerangkan :

Nama : Adrianto P
NIM : 1885201009
Tempat/ Tgl. Lahir : Timor-Timur, 18 April 1997
Jenis Kelamin : Laki-Laki
Program : S1 Pendidikan Jasmani
Alamat : Padang Sappa, Kab. Luwu

Telah selesai melaksanakan Penelitian pada 17 Mei 2022 dalam rangka penyusunan *Skripsi* Berdasarkan surat Universitas Muhammadiyah Palopo, Tanggal 5 April 2022 , Perihal : Izin Penelitian, dengan judul penelitian :

“Analisis Kecepatan Lari Daya Ledak Tungkai Dan Keseimbangan Terhadap Kemampuan Lompat Jauh Pada Siswa SMKN 1 Palopo.”

Demikian surat keterangan ini diberikan kepada yang bersangkutan untuk digunakan sebagaimana mestinya.



Palopo, 9 Juni 2022

Kepala UPT SMK Neg. 1 Palopo,

Muis Hamid, SE

NIP. 196302152014091001

SP. No. : 421.5/219-UPT.SMK.1/PLP/Disdik

Tanggal 6 Juni 2022

LAMPIRAN 2

DATA PENGUKURAN HASIL KECEPATAN LARI DAYA LEDAK TUNGKAI DAN KESEIMBANGAN TERHADAP KEMAMPUAN LOMPAT JAUH PADA SISWA SMKN1 PALOPO

NO	NAMA	Hasil Dan Tes Pengukuran			
		Kecepatan Lari	Daya Ledak Tungkai	Keseimbangan	Kemampuan lompat jauh
1	A.M.Maulana	5.95	1.96	70	2.75
2	Muh. Farel Sandi	6.05	1.85	70	3.05
3	Adrian Mutu	6.35	2.10	85	3.60
4	Rahmat Taufik	6.05	2.10	85	3.55
5	Adam	6.10	1.75	80	3.10
6	Mulyadi Pratama	6.20	1.90	75	3.10
7	Al-Khafiz Ahmad Sahir	5.45	1.95	80	2.95
8	Bhild Faiz	6.15	2.00	80	3.30
9	Muh.Fahmi	6.15	1.95	77	3.15
10	Alfaqrah Fikri Putra	6.88	2.10	90	3.65
11	Adriansyah	6.75	1.95	75	3.05
12	Muh. Asrialdi	6.10	1.75	70	2.90
13	Muh. Aidil Fitri	6.45	1.95	80	3.45
14	Jaya Saputra	6.25	1.95	75	3.20
15	Takbir	5.55	1.80	65	2.90
16	Muh.Fauzan	6.15	2.00	80	3.40
17	Muh. Ridwan	5.70	2.05	70	2.80
18	Rian	6.30	2.00	80	3.50
19	Arham	5.95	1.90	70	2.91
20	Alfajrin	6.65	1.80	75	3.25
21	Tri Utomo Ramadhan	5.30	1.75	70	2.79
22	Rahmat	6.25	2.00	75	3.15
23	Desta	6.68	2.10	75	3.10
24	Muh. Bagas syaputra	6.69	2.00	70	3.20

25	Muh. Syawal maulana	6.10	1.85	80	2.35
26	Muh. Asyam	6.10	1.90	80	3.20
27	Reza Rifaska	5.40	1.85	75	2.85
28	Yahdit maulana	5.45	1.90	70	2.40
29	Hamdan	6.78	1.75	75	3.15
30	Syafitra	6.80	2.10	85	3.65
31	Ihsan maulana	5.90	1.70	75	2.40
32	Romi	5.60	1.45	60	2.40
33	Andi Rahil	5.95	1.70	70	2.50
34	Muh. Asyam Dary Qamal	5.90	1.60	75	2.95
35	Nurfadil	5.40	1.80	65	2.50
36	Muh. Fahri	5.90	1.70	65	2.55
37	Muh. Rafli	5.84	1.55	70	2.60
38	Muh. Asgar	5.25	1.80	65	2.95
39	Muh. Syafitra A.S	5.20	1.60	60	3.40
40	Abi	5.65	1.70	75	2.46

LAMPIRAN 3

HASIL PENGOLAHAN DATA KECEPATAN LARI, DAYA LEDAK TUNGKAI DAN KESEIMBANGAN TERHADAP KEMAMPUAN LOMPAT JAUH PADA SISWA SMKN 1 PALOPO.

1. ANALISIS DESKRIPTIF

Statistics

		Kecepatan Lari	Daya Ledak Tungkai	Keseimbangan n	Kemampuan Lompat Jauh
N	Valid	40	40	40	40
	Missing	0	0	0	0
Mean		6.0330	1.8653	74.18	3.0028
Median		6.0750	1.9000	75.00	3.0500
Mode		6.10	1.95 ^a	75	2.40 ^a
Std. Deviation		.45996	.16352	6.797	.37608
Variance		.212	.027	46.199	.141
Range		1.68	.65	30	1.30
Minimum		5.20	1.45	60	2.35
Maximum		6.88	2.10	90	3.65
Sum		241.32	74.61	2967	120.11

a. Multiple modes exist. The smallest value is shown

Kecepatan Lari

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 5.20	1	2.5	2.5	2.5
5.25	1	2.5	2.5	5.0
5.30	1	2.5	2.5	7.5
5.40	2	5.0	5.0	12.5
5.45	2	5.0	5.0	17.5
5.55	1	2.5	2.5	20.0
5.60	1	2.5	2.5	22.5
5.65	1	2.5	2.5	25.0
5.70	1	2.5	2.5	27.5
5.84	1	2.5	2.5	30.0

5.90	3	7.5	7.5	37.5
5.95	3	7.5	7.5	45.0
6.05	2	5.0	5.0	50.0
6.10	4	10.0	10.0	60.0
6.15	3	7.5	7.5	67.5
6.20	1	2.5	2.5	70.0
6.25	2	5.0	5.0	75.0
6.30	1	2.5	2.5	77.5
6.35	1	2.5	2.5	80.0
6.45	1	2.5	2.5	82.5
6.65	1	2.5	2.5	85.0
6.68	1	2.5	2.5	87.5
6.69	1	2.5	2.5	90.0
6.75	1	2.5	2.5	92.5
6.78	1	2.5	2.5	95.0
6.80	1	2.5	2.5	97.5
6.88	1	2.5	2.5	100.0
Total	40	100.0	100.0	

Daya Ledak Tungkal

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.45	1	2.5	2.5	2.5
1.55	1	2.5	2.5	5.0
1.60	2	5.0	5.0	10.0
1.70	4	10.0	10.0	20.0
1.75	4	10.0	10.0	30.0
1.80	4	10.0	10.0	40.0
1.85	3	7.5	7.5	47.5
1.90	4	10.0	10.0	57.5
1.95	5	12.5	12.5	70.0
1.96	1	2.5	2.5	72.5

	2.00	5	12.5	12.5	85.0
	2.05	1	2.5	2.5	87.5
	2.10	5	12.5	12.5	100.0
	Total	40	100.0	100.0	

Keseimbangan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	60	2	5.0	5.0	5.0
	65	4	10.0	10.0	15.0
	70	10	25.0	25.0	40.0
	75	11	27.5	27.5	67.5
	77	1	2.5	2.5	70.0
	80	8	20.0	20.0	90.0
	85	3	7.5	7.5	97.5
	90	1	2.5	2.5	100.0
	Total	40	100.0	100.0	

Kemampuan Lompat Jauh

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2.35	1	2.5	2.5	2.5
	2.40	3	7.5	7.5	10.0
	2.46	1	2.5	2.5	12.5
	2.50	2	5.0	5.0	17.5
	2.55	1	2.5	2.5	20.0
	2.60	1	2.5	2.5	22.5
	2.75	1	2.5	2.5	25.0
	2.79	1	2.5	2.5	27.5
	2.80	1	2.5	2.5	30.0

2.85	1	2.5	2.5	32.5
2.90	2	5.0	5.0	37.5
2.91	1	2.5	2.5	40.0
2.95	3	7.5	7.5	47.5
3.05	2	5.0	5.0	52.5
3.10	3	7.5	7.5	60.0
3.15	3	7.5	7.5	67.5
3.20	3	7.5	7.5	75.0
3.25	1	2.5	2.5	77.5
3.30	1	2.5	2.5	80.0
3.40	2	5.0	5.0	85.0
3.45	1	2.5	2.5	87.5
3.50	1	2.5	2.5	90.0
3.55	1	2.5	2.5	92.5
3.60	1	2.5	2.5	95.0
3.65	2	5.0	5.0	100.0
Total	40	100.0	100.0	

2. UJI NORMALITAS DATA

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Kecepatan Lari	40	100.0%	0	0.0%	40	100.0%
Daya Ledak Tungkai	40	100.0%	0	0.0%	40	100.0%
Keseimbangan	40	100.0%	0	0.0%	40	100.0%
Kemampuan Lompat Jauh	40	100.0%	0	0.0%	40	100.0%

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.

Kecepatan Lari	.086	40	.200*	.963	40	.216
Daya Ledak Tungkai	.123	40	.131	.957	40	.127
Keseimbangan	.148	40	.027	.957	40	.136
Kemampuan Lompat Jauh	.086	40	.200*	.959	40	.155

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

a. Lilliefors Significance Correction

3. UJI KORELASI

Correlations

		Kecepatan Lari	Daya Ledak Tungkai	Keseimbangan	Kemampuan Lompat Jauh
Kecepatan Lari	Pearson Correlation	1	.504**	.596**	.713**
	Sig. (2-tailed)		.001	.000	.000
	N	40	40	40	40
Daya Ledak Tungkai	Pearson Correlation	.504**	1	.649**	.747**
	Sig. (2-tailed)	.001		.000	.000
	N	40	40	40	40
Keseimbangan	Pearson Correlation	.596**	.649**	1	.829**
	Sig. (2-tailed)	.000	.000		.000
	N	40	40	40	40
Kemampuan Lompat Jauh	Pearson Correlation	.713**	.747**	.829**	1
	Sig. (2-tailed)	.000	.000	.000	
	N	40	40	40	40

** . Correlation is significant at the 0.01 level (2-tailed).

4. UJI LINEARITAS

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Kemampuan Lompat Jauh * Kecepatan Lari	Between Groups	(Combine d)	4.920	26	.189	4.126	.005
		Linearity	2.805	1	2.805	61.161	.000
		Deviation from Linearity	2.115	25	.085	1.844	.125
	Within Groups		.596	13	.046		
Total			5.516	39			

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Kemampuan Lompat Jauh * Daya Ledak Tungkai	Between Groups	(Combine d)	4.131	12	.344	6.712	.000
		Linearity	3.075	1	3.075	59.961	.000
		Deviation from Linearity	1.056	11	.096	1.871	.090
	Within Groups		1.385	27	.051		
Total			5.516	39			

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Kemampuan Lompat Jauh *	Between Groups	(Combine d)	3.899	7	.557	11.019	.000

Keseimbangan	Linearity	3.790	1	3.790	74.992	.000
	Deviation from Linearity	.108	6	.018	.357	.901
Within Groups		1.617	32	.051		
Total		5.516	39			

5. UJI REGRESI

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Kecepatan Lari ^b		Enter

a. Dependent Variable: Kemampuan Lompat Jauh

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.713 ^a	.509	.496	.26709

a. Predictors: (Constant), Kecepatan Lari

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2.805	1	2.805	39.321	.000 ^b
	Residual	2.711	38	.071		
	Total	5.516	39			

a. Dependent Variable: Kemampuan Lompat Jauh

b. Predictors: (Constant), Kecepatan Lari

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-.515	.563		-.915	.366
	Kecepatan Lari	.583	.093	.713	6.271	.000

a. Dependent Variable: Kemampuan Lompat Jauh

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Daya Ledak Tungkai ^b		Enter

a. Dependent Variable: Kemampuan Lompat Jauh

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.747 ^a	.558	.546	.25343

a. Predictors: (Constant), Daya Ledak Tungkai

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3.075	1	3.075	47.885	.000 ^b
	Residual	2.441	38	.064		
	Total	5.516	39			

a. Dependent Variable: Kemampuan Lompat Jauh

b. Predictors: (Constant), Daya Ledak Tungkai

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	-.200	.465		-.432	.669
Daya Ledak Tungkai	1.717	.248	.747	6.920	.000

a. Dependent Variable: Kemampuan Lompat Jauh

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Keseimbangan ^b		Enter

a. Dependent Variable: Kemampuan Lompat Jauh

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.829 ^a	.687	.679	.21310

a. Predictors: (Constant), Keseimbangan

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3.790	1	3.790	83.472	.000 ^b
	Residual	1.726	38	.045		
	Total	5.516	39			

a. Dependent Variable: Kemampuan Lompat Jauh

b. Predictors: (Constant), Keseimbangan

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-.399	.374		-1.068	.292
	Keseimbangan	.046	.005	.829	9.136	.000

a. Dependent Variable: Kemampuan Lompat Jauh

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Keseimbangan, Kecepatan Lari, Daya Ledak Tungkai ^b		Enter

a. Dependent Variable: Kemampuan Lompat Jauh

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.901 ^a	.813	.797	.16945

a. Predictors: (Constant), Keseimbangan, Kecepatan Lari, Daya Ledak Tungkai

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	4.482	3	1.494	52.033	.000 ^b
	Residual	1.034	36	.029		
	Total	5.516	39			

a. Dependent Variable: Kemampuan Lompat Jauh

b. Predictors: (Constant), Keseimbangan, Kecepatan Lari, Daya Ledak Tungkai

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	
	B	Std. Error	Beta			
1	(Constant)	-1.599	.389		-4.113	.000
	Kecepatan Lari	.233	.075	.285	3.111	.004
	Daya Ledak Tungkai	.696	.222	.303	3.132	.003
	Keseimbangan	.026	.006	.462	4.447	.000

a. Dependent Variable: Kemampuan Lompat Jauh

LAMPIRAN 3

1. DOKUMENTASI PENELITIAN

PENGARAHAN DAN BIMBINGAN



MENGUKUR KECEPATAN LARI



MENGUKUR DAYA LEDAK TUNGKAI



MENGUKUR KESEIMBANGAN



MENGUKUR KEMAMPUAN LOMPAT JAUH





RIWAYAT HIDUP PENULIS



Adrianto.P, lahir tanggal lahir 18 april 1997 liquica di Timor-timur, anak kedua dari 3 bersaudara pasangan dari Pudding Nagu dan Saripa.

Jenjang Pendidikan yang telah di tempu:

1. Sekolah di SD NEGERI 556 TAMPUMIA Tahun 2003
Tamat di SD Negeri 556 Tampumia 2009
2. Sekolah di SMPN 1 BUA PONRANG Tahun 2011
Tamat di SMP Negeri 1 Padang Sappa 2012
3. Sekolah di SMKN 1 PALOPO
Tamat di SMK Negeri 2 Palopo 2015
4. Kuliah di UNIVERSITAS MUHAMMADIYAH Tahun 2018
Tamat UNIVERSITAS MUHAMMADIYAH PALOPO Tahun 2022

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