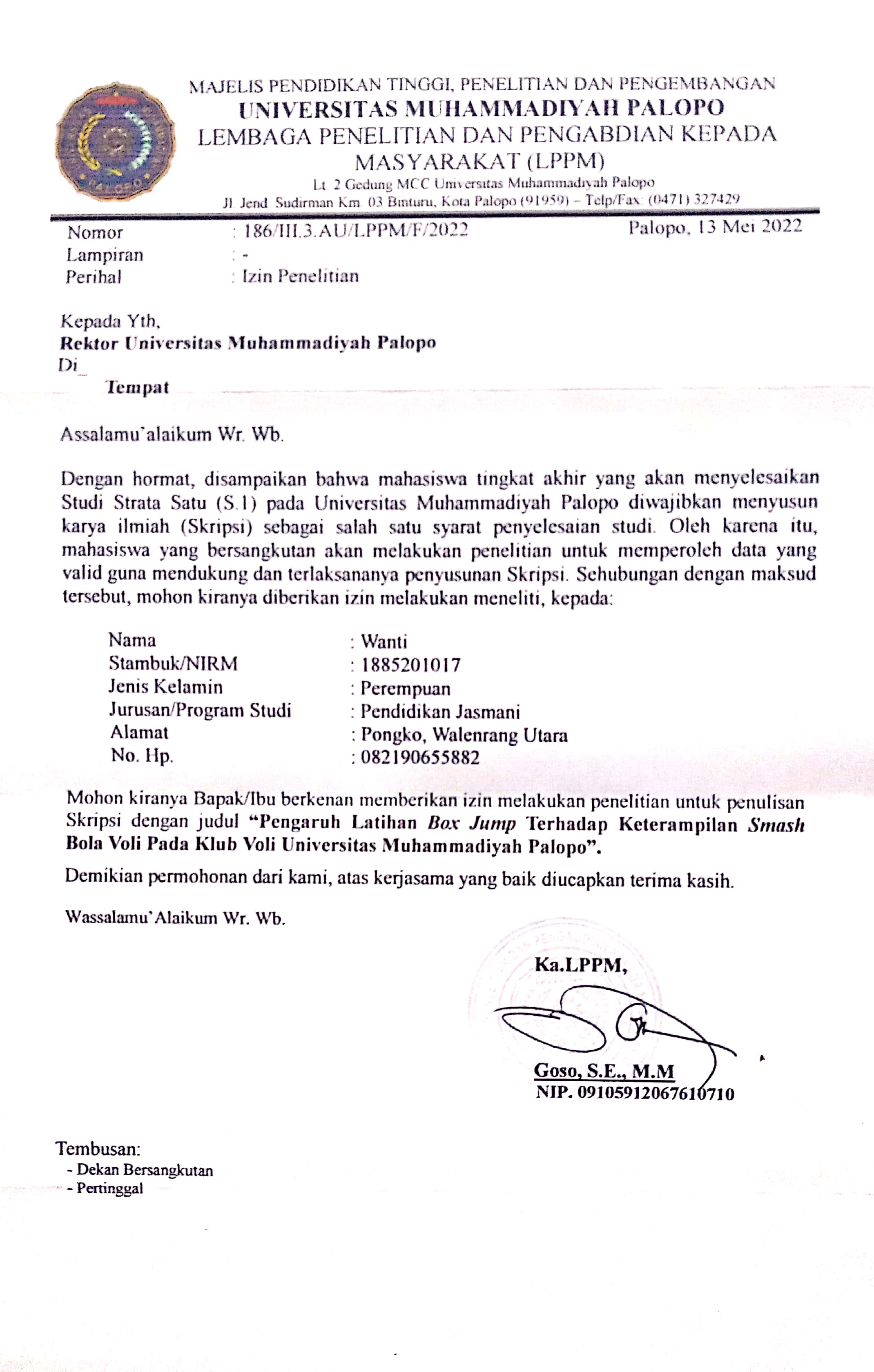
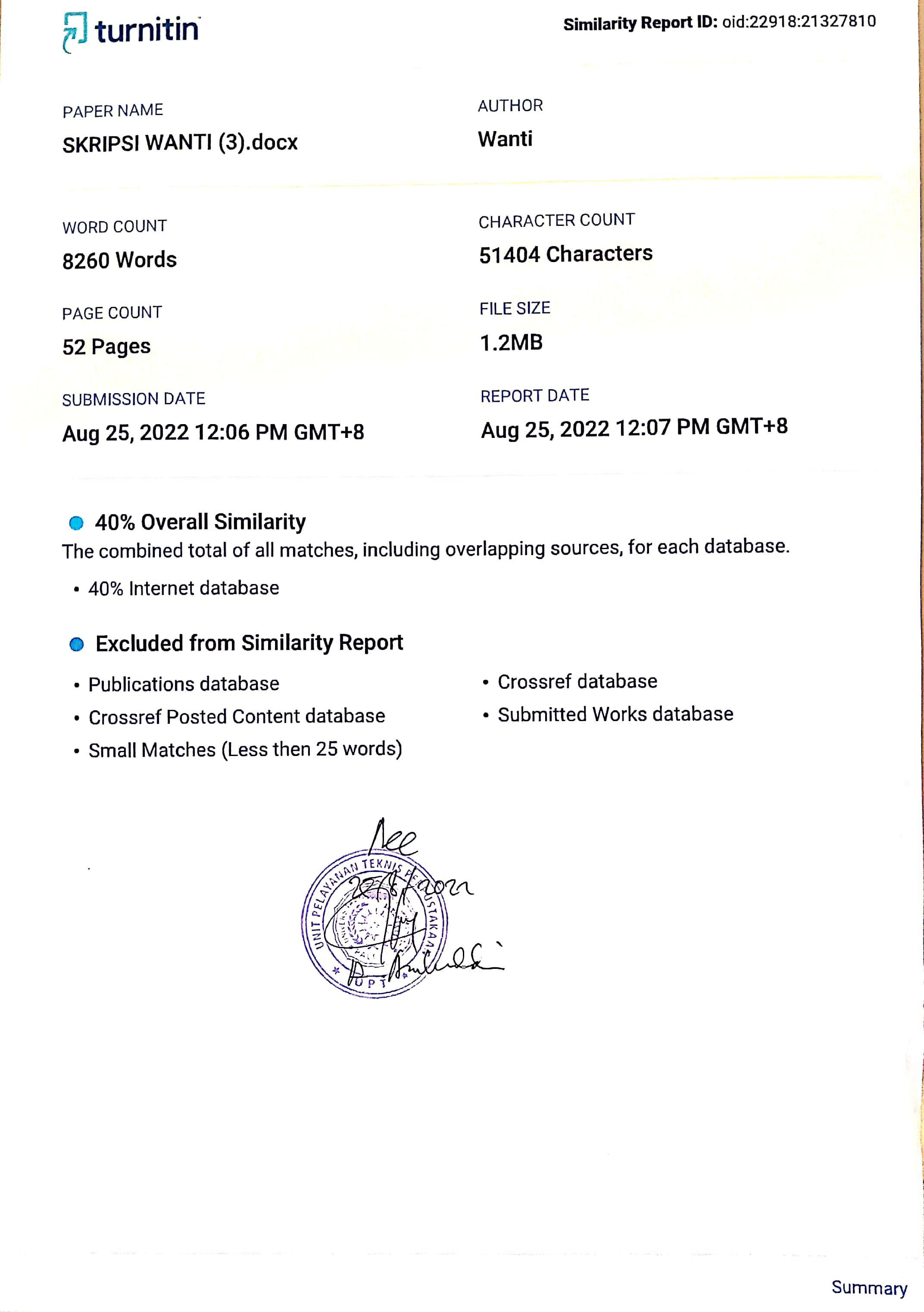
**Lampiran 1.** Surat Penelitian



**Lampiran 2.** Uji Turnitin

****

**Lampiran 3.** Data Mentah

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **No.** | **Nama Atlet** | **Pretest Ketepatan smash (10 Kali)** | **Posttest Ketepatan smash (10 Kali)** | **Pretest Vertical jump** | **Posttest Vertical jump** |
| 1 | Diki Wahyudi | 15 | 18 | 220 | 280 |
| 2 | Ismail | 12 | 16 | 230 | 296 |
| 3 | Ayyub | 11 | 14 | 215 | 276 |
| 4 | Resky Aditya Amir | 10 | 12 | 214 | 267 |
| 5 | Syahrul. I | 10 | 14 | 228 | 288 |
| 6 | Muhammad Zamroni | 10 | 14 | 226 | 290 |
| 7 | Emil Anggarianto | 12 | 16 | 220 | 278 |
| 8 | Aditio Arjun | 9 | 12 | 222 | 294 |
| 9 | Kanisius Kuma Lewar | 20 | 20 | 219 | 286 |
| 10 | Galeh Pangestu | 6 | 10 | 216 | 276 |
| 11 | Hikmal Ismail | 12 | 14 | 205 | 270 |
| 12 | Alfathra Mallaena | 14 | 16 | 224 | 286 |
| 13 | Unal Majid | 10 | 12 | 210 | 265 |
| 14 | Muh. Akmal | 14 | 18 | 225 | 282 |

**Lampiran 4.** Data Analisis Uji Deskriftif

**Descriptives**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Descriptive Statistics** | | | | | | | |
|  | N | Range | Minimum | Maximum | Sum | Mean | Std. Deviation |
| PRETEST VERTIKAL JUMP | 14 | 25 | 205 | 230 | 3074 | 219.57 | 7.046 |
| POSTTEST VERTIKAL JUMP | 14 | 31 | 265 | 296 | 3934 | 281.00 | 9.640 |
| PRETEST KETEPATAN SMASH | 14 | 14 | 6 | 20 | 165 | 11.79 | 3.309 |
| POSTTEST KETEPATAN SMASH | 14 | 10 | 10 | 20 | 206 | 14.71 | 2.785 |
| Valid N (listwise) | 14 |  |  |  |  |  |  |

**Lampiran 5.** Hasil Perhitungan Uji Normalitas

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **One-Sample Kolmogorov-Smirnov Test** | | | | | |
|  | | PRETEST VERTIKAL JUMP | POSTTEST VERTIKAL JUMP | PRETEST KETEPATAN SMASH | POSTTEST KETEPATAN SMASH |
| N | | 14 | 14 | 14 | 14 |
| Normal Parametersa,b | Mean | 219.57 | 281.00 | 11.79 | 14.71 |
| Std. Deviation | 7.046 | 9.640 | 3.309 | 2.785 |
| Most Extreme Differences | Absolute | .111 | .127 | .188 | .173 |
| Positive | .069 | .087 | .188 | .173 |
| Negative | -.111 | -.127 | -.152 | -.113 |
| Test Statistic | | .111 | .127 | .188 | .173 |
| Asymp. Sig. (2-tailed) | | .200c,d | .200c,d | .192c | .200c,d |
| a. Test distribution is Normal. | | | | | |
| b. Calculated from data. | | | | | |
| c. Lilliefors Significance Correction. | | | | | |
|  | | | | | |

**Lampiran 6.** Hasil Perhitungan Uji Hogomenitas

1. Uji Homogenitas *Bleeb Test*

**Oneway**

|  |  |  |  |
| --- | --- | --- | --- |
| **Test of Homogeneity of Variances** | | | |
| HASIL PRETEST POSTTEST | | | |
| Levene Statistic | df1 | df2 | Sig. |
| 1.798 | 1 | 26 | .192 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ANOVA** | | | | | |
| HASIL PRETEST POSTTEST | | | | | |
|  | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | 26414.286 | 1 | 26414.286 | 370.541 | .000 |
| Within Groups | 1853.429 | 26 | 71.286 |  |  |
| Total | 28267.714 | 27 |  |  |  |

1. Uji Homogenitas Tes Denyut Jantung Awal

**Oneway**

|  |  |  |  |
| --- | --- | --- | --- |
| **Test of Homogeneity of Variances** | | | |
| HASIL PRETEST POSTEST KETETPATAN SMASH | | | |
| Levene Statistic | df1 | df2 | Sig. |
| .024 | 1 | 26 | .878 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ANOVA** | | | | | |
| HASIL PRETEST POSTEST KETETPATAN SMASH | | | | | |
|  | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | 60.036 | 1 | 60.036 | 6.418 | .018 |
| Within Groups | 243.214 | 26 | 9.354 |  |  |
| Total | 303.250 | 27 |  |  |  |

**Lampiran 7.** Hasil Perhitungan Uji Paired Sample T-Test

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | PRETEST VERTIKAL JUMP | 219.57 | 14 | 7.046 | 1.883 |
| POSTTEST VERTIKAL JUMP | 281.00 | 14 | 9.640 | 2.576 |
| Pair 2 | PRETEST KETEPATAN SMASH | 11.79 | 14 | 3.309 | .884 |
| POSTTEST KETEPATAN SMASH | 14.71 | 14 | 2.785 | .744 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Paired Samples Correlations** | | | | |
|  | | N | Correlation | Sig. |
| Pair 1 | PRETEST VERTIKAL JUMP & POSTTEST VERTIKAL JUMP | 14 | .861 | .000 |
| Pair 2 | PRETEST KETEPATAN SMASH & POSTTEST KETEPATAN SMASH | 14 | .936 | .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 | PRETEST VERTIKAL JUMP - POSTTEST VERTIKAL JUMP | -61.429 | 5.064 | 1.354 | -64.353 | -58.504 | -45.384 | 13 | .000 |
| Pair 2 | PRETEST KETEPATAN SMASH - POSTTEST KETEPATAN SMASH | -2.929 | 1.207 | .322 | -3.625 | -2.232 | -9.081 | 13 | .000 |

**Lampiran 8.** Hasil Dokumentasi

**DOKUMENTASI PENELITIAN**



Gambar 1. Berdoa sebelum memulai kegiatan



Gambar 2. Pretest *vertical jump*



Gambar 3. Pretest tes ketepatan smash







Gambar 4. Latihan *box jump*



Gambar 5. Pemanasan



Gambar 6. Posttest *vertical jump*



Gambar 7. Posttest Test Ketepatan *Smash*

**BIODATA PENULIS**

Wanti, lahir di to’nangka pada tanggal 30 april 1998, anak kedua dari 5 bersaudara buah kasih dari pasangan Ayahanda “ RISMANTO” dan Ibunda “ MASNA”. Penulis pertama kali menempuh pendidikan tepat pada umur 6 tahun di sekolah dasar (sd) SDN 005 TO’NANGKA dan lulus pada tahun 2011. Kemudian melanjutkan di SMPN 3 LAMASI dan lulus pada tahun 2014. Pada tahun 2017 lulus di SMK 9 LUWU. Pada tahun 2018 penulis terdaftar pada salah satu perguruan tinggi jurusan pendidikan jasmani di Universitas Muhammadiyah Palopo, dan Alhamdulillah selesi pada tahun 2022.

Berkat pertolongan ALLAH SWT, usaha dan disertai doa kedua orang tua, keluarga dan teman-teman dalam menjalani aktivitas akademik di perguruan tinggi Universitas Muhammadiyah Palopo, Alhamdulillah penulis dapat menyelsaikan tugas akhir dengan skripsi yang berjudul ” Pengaruh Latihan *Box Jump* Terhadap Keterampilan *Smash* Bola Voli Pada club Voli Universitas Muhammadiyah Palopo.