

# LAMPIRAN

Lampiran 1. *pre-test* (tes awal)





Lampiran 2 : *Treatment* (perlakuan)





Lampiran 3 : *Post-Test* (tes akhir)









Lampiran 4. Hasil *pre-test* dan *posttest*

Data *pre-test* dan *posttest*

No	Nama Atlet	Jumlah Skor <i>pre-test</i>	Jumlah Skor <i>posttest</i>	Kategori
1.	Safril Hidayat	20	25	Baik
2.	Wirda Utami Yunus	15	28	Baik
3.	Rahmawati	17	30	Baik Sekali
4.	Siti Nurfitra	17	30	Baik Sekali
5.	Ainun Jaria	19	23	Baik
6.	Safitri	15	23	Baik
7.	Muh. Irsal	23	27	Baik
8.	Nursipa	14	27	Baik
9.	Rizki Amalia	17	30	Baik Sekali
10.	Fitri	17	24	Baik
11.	Putri	20	25	Baik
12.	Salwa	18	23	Baik
13	Muh. Abdi Syaifullah	24	28	Baik





14	Jesika Anasta isya																		
15	Jumadi l																		
16	Muh. Taufiq Hidayat																		
17	Muh. Akil Ahsan Abu																		
18	Amelia Mansyur																		
19	Indah Yulianti Putrii																		
20	Ainun Mulia Jamal																		
21	Putriyana Nur A																		
22	Andi Baso Raja																		
23	Muh. Azhar N.F																		
24	Gadis Aulia Putri																		
25	Iswan																		

## Lampiran 6. Hasil Deskriptif

**Statistics**

		pretest	posttest
N	Valid	25	25
	Missing	0	0
Mean		19,48	24,72

Std. Error of Mean	,627	,657
Median	19,00	25,00
Mode	17 <sup>a</sup>	23
Std. Deviation	3,137	3,285
Variance	9,843	10,793
Range	11	11
Minimum	14	19
Maximum	25	30
Sum	487	618

a. Multiple modes exist. The smallest value is shown

## Lampiran 7. Uji Normalitas

### Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
pretest	,154	25	,128	,944	25	,186
posttest	,140	25	,200*	,950	25	,249

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

a. Lilliefors Significance Correction

## Lampiran 7. Uji Homogen

### Test of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
hasil data variabel	Based on Mean	,201	1	48	,656

	Based on Median	,262	1	48	,611
	Based on Median and with adjusted df	,262	1	47,595	,611
	Based on trimmed mean	,202	1	48	,655

### ANOVA

hasil data variabel

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	343,220	1	343,220	33,263	,000
Within Groups	495,280	48	10,318		
Total	838,500	49			

Lampiran 8. Uji t Berpasangan

### Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 pretest	19,4800	25	3,13741	,62748
posttest	24,7200	25	3,28532	,65706

### Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 pretest & posttest	25	-,209	,317

### Paired Samples Test

Paired Differences t df

	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		Sig. (2-tailed)
				Lower	Upper	
pretest - posttest	-5,2400	4,99400	,99880	-7,30142	-3,17858	,000