LAMPIRAN

Lampiran 1. Data Mentah

No	Nama	Variabel			
		Daya Ledak Tungkai	Panjang Tungkai	Kecepatan Lari	Kemampuan Lompat Jauh
1	Amanda	1.80	93	8.01	2.50
2	Annisa	1.60	88	7.64	2.30
3	Aula Bilqis L	1.78	92	7.89	2.45
4	Naufal Ardiansyah	1.95	95	9.87	3.20
5	Muh. Rafhi	1.90	93	8.69	3.08
6	Muhahara	1.48	83	7.16	2.04
7	Narilla	1.55	84	6.55	2.16
8	Naisyla Auzia I	1.40	80	6.38	1.96
9	Nurcahaya	1.86	93	8.04	2.56
10	Nurul Maulia	1.55	86	7.29	2.20
11	Putri Alfaiza	1.65	88	7.64	2.35
12	Zahra Widiyanti	1.70	91	7.78	2.40

Lampiran 2. Analisis Deskriptif

Statistics

		Daya Ledak Tungkai	Panjang Tungkai	Kecepatan Lari	Kemampuan Lompat Jauh
N	Valid	12	12	12	12
	Missing	0	0	0	0
Mean		1.6850	88.83	7.7450	2.4333
Median		1.6750	89.50	7.7100	2.3750
Mode		1.55	93	7.64	1.96[a]
Std. Deviation		.17521	4.764	.92691	.37664
Variance		.031	22.697	.859	.142
Range		.55	15	3.49	1.24
Minimum		1.40	80	6.38	1.96
Maximum		1.95	95	9.87	3.20
Sum		20.22	1066	92.94	29.20

a. Multiple modes exist. The smallest value is shown

Daya Ledak Tungkai

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1.40	1	8.3	8.3	8.3
	1.48	1	8.3	8.3	16.7
	1.55	2	16.7	16.7	33.3
	1.60	1	8.3	8.3	41.7
	1.65	1	8.3	8.3	50.0
	1.70	1	8.3	8.3	58.3
	1.78	1	8.3	8.3	66.7
	1.80	1	8.3	8.3	75.0
	1.86	1	8.3	8.3	83.3
	1.90	1	8.3	8.3	91.7
	1.95	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Panjang Tungkai

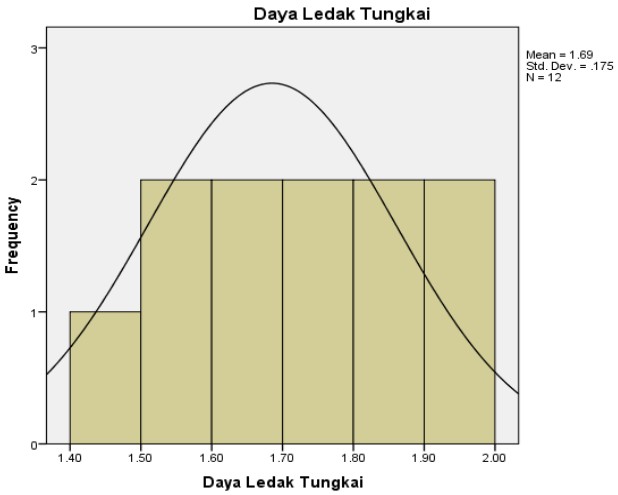
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	80	1	8.3	8.3	8.3
	83	1	8.3	8.3	16.7
	84	1	8.3	8.3	25.0
	86	1	8.3	8.3	33.3
	88	2	16.7	16.7	50.0
	91	1	8.3	8.3	58.3
	92	1	8.3	8.3	66.7
	93	3	25.0	25.0	91.7
	95	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

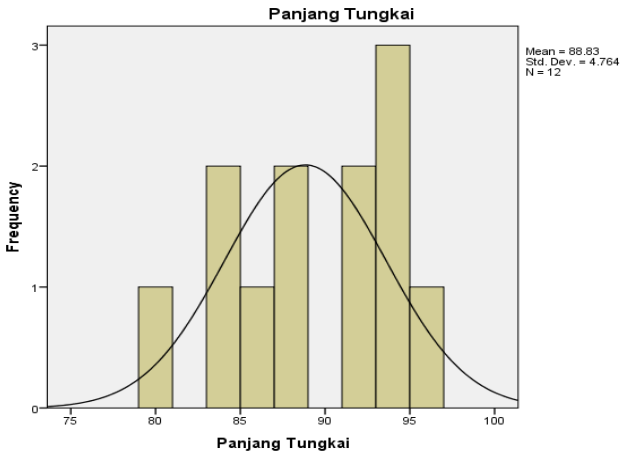
Kecepatan Lari

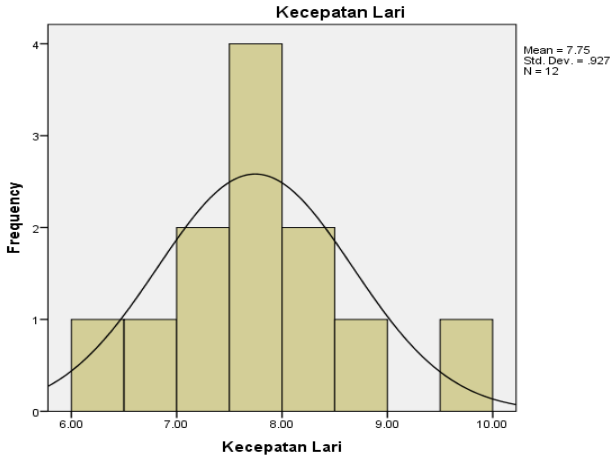
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	6.38	1	8.3	8.3	8.3
	6.55	1	8.3	8.3	16.7
	7.16	1	8.3	8.3	25.0
	7.29	1	8.3	8.3	33.3
	7.64	2	16.7	16.7	50.0
	7.78	1	8.3	8.3	58.3
	7.89	1	8.3	8.3	66.7
	8.01	1	8.3	8.3	75.0
	8.04	1	8.3	8.3	83.3
	8.69	1	8.3	8.3	91.7
	9.87	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

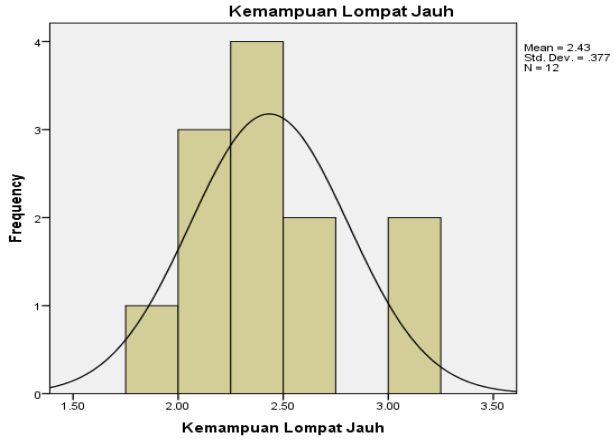
Kemampuan Lompat Jauh

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1.96	1	8.3	8.3	8.3
	2.04	1	8.3	8.3	16.7
	2.16	1	8.3	8.3	25.0
	2.20	1	8.3	8.3	33.3
	2.30	1	8.3	8.3	41.7
	2.35	1	8.3	8.3	50.0
	2.40	1	8.3	8.3	58.3
	2.45	1	8.3	8.3	66.7
	2.50	1	8.3	8.3	75.0
	2.56	1	8.3	8.3	83.3
	3.08	1	8.3	8.3	91.7
	3.20	1	8.3	8.3	100.0
	Total	12	100.0	100.0	




Panjang Tungkai
Mean = 88.83
Std. Dev. = 4.764
N = 12
Frequency
Panjang Tungkai


Kecepatan Lari
Mean = 7.75
Std. Dev. = .927
N = 12
Frequency
Kecepatan Lari


Kemampuan Lompat Jauh
Mean = 2.43
Std. Dev. = .377
N = 12
Frequency
Kemampuan Lompat Jauh

Lampiran 3. Uji Normalitas Data

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Kecepatan Lari	12	100.0%	0	0.0%	12	100.0%
Kemampuan Lompat Jauh	12	100.0%	0	0.0%	12	100.0%
Panjang Tungkai	12	100.0%	0	0.0%	12	100.0%
Daya Ledak Tungkai	12	100.0%	0	0.0%	12	100.0%

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Kecepatan Lari	.208	12	.158	.934	12	.420
Kemampuan Lompat Jauh	.202	12	.192	.895	12	.135
Panjang Tungkai	.175	12	.200*	.928	12	.359
Daya Ledak Tungkai	.123	12	.200*	.967	12	.873

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

a. Lilliefors Significance Correction

Lampiran 4. Uji Korelasi

Correlations

		Daya Ledak Tungkai	Panjang Tungkai	Kecepatan Lari	Kemampuan Lompat Jauh
Daya Ledak Tungkai	Pearson Correlation	1	.971**	.900**	.925**
	Sig. (2-tailed)		.000	.000	.000
	N	12	12	12	12
Panjang Tungkai	Pearson Correlation	.971**	1	.877**	.854**
	Sig. (2-tailed)	.000		.000	.000
	N	12	12	12	12
Kecepatan Lari	Pearson Correlation	.900**	.877**	1	.945**
	Sig. (2-tailed)	.000	.000		.000
	N	12	12	12	12
Kemampuan Lompat Jauh	Pearson Correlation	.925**	.854**	.945**	1
	Sig. (2-tailed)	.000	.000	.000	
	N	12	12	12	12

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

Lampiran 5. Uji Linearitas

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Kemampuan Lompat Jauh * Daya Ledak Tungkai	Between Groups	(Combined)	1.560	10	.156	194.958	.056
		Linearity	1.334	1	1.334	1668.062	.016
		Deviation from Linearity	.225	9	.025	31.280	.138
	Within Groups		.001	1	.001		
	Total		1.560	11			

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Kemampuan Lompat Jauh * Panjang Tungkai	Between Groups	(Combined)	1.356	8	.169	2.483	.245
		Linearity	1.137	1	1.137	16.658	.027
		Deviation from Linearity	.219	7	.031	.458	.822
	Within Groups		.205	3	.068		
	Total		1.560	11			

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Kemampuan Lompat Jauh * Kecepatan Lari	Between Groups	(Combined)	1.559	10	.156	124.737	.070
		Linearity	1.393	1	1.393	1114.378	.019
		Deviation from Linearity	.166	9	.018	14.777	.199
	Within Groups		.001	1	.001		
	Total		1.560	11			

Lampiran 6. Uji Regresi

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	.925[a]	.855	.841	.15034

a. Predictors: (Constant), Daya Ledak Tungkai

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1.334	1	1.334	59.042	.000[b]
	Residual	.226	10	.023		
	Total	1.560	11			

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)	-.916	.438		-2.091	.063
	Daya Ledak Tungkai	1.988	.259	.925	7.684	.000

a. Dependent Variable: Kemampuan Lompat Jauh

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Panjang 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	.854[a]	.728	.701	.20584

a. Predictors: (Constant), Panjang Tungkai

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1.137	1	1.137	26.829	.000[b]
	Residual	.424	10	.042		
	Total	1.560	11			

a. Dependent Variable: Kemampuan Lompat Jauh

b. Predictors: (Constant), Panjang Tungkai

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-3.561	1.159		-3.073	.012
	Panjang Tungkai	.067	.013	.854	5.180	.000

a. Dependent Variable: Kemampuan Lompat Jauh

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	.945[a]	.893	.882	.12942

a. Predictors: (Constant), Kecepatan Lari

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1.393	1	1.393	83.165	.000[b]
	Residual	.167	10	.017		
	Total	1.560	11			

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)	-.540	.328		-1.646	.131
	Kecepatan Lari	.384	.042	.945	9.119	.000

a. Dependent Variable: Kemampuan Lompat Jauh

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Kecepatan Lari, Panjang Tungkai, 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	.980[a]	.961	.947	.08697

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

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1.500	3	.500	66.105	.000[b]
	Residual	.061	8	.008		
	Total	1.560	11			

a. Dependent Variable: Kemampuan Lompat Jauh

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

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.077	1.060		1.959	.086
	Daya Ledak Tungkai	2.557	.693	1.189	3.689	.006
	Panjang Tungkai	-.066	.023	-.835	-2.844	.022
	Kecepatan Lari	.247	.065	.608	3.810	.005

a. Dependent Variable: Kemampuan Lompat Jauh

Lampiran 7. Dokumentasi Penelitian

Peneliti Memberikan Arahan

Pemanasan dipimpin Peneliti

Tes Daya Ledak Tungkai

Tes Panjang Tungkai

Tes Kecepatan

Tes Lompat Jauh