

LAMPIRAN

Lampiran 1. Data Penelitian Variabel Keseimbangan

No	Nama Atlet	Variabel Penelitian
		Keseimbangan
1	Raden Erlangga	72
2	Muh. Alam T	78
3	Muh. Tarazzaky	75
4	Michael Hezul	70
5	Erwin	68
6	Miqdat El Qiam	65
7	Naura Raswa	68
8	Nur Fatizha	68
9	Auxlia Herfine	60
10	Lulu Lutfiah M	70

Lampiran 2. Data Penelitian Variabel Kekuatan Otot Lengan

No	Nama Atlet	Variabel Penelitian
		Kekuatan Otot Lengan
1	Raden Erlangga	60
2	Muh. Alam T	62
3	Muh. Tarazzaky	47
4	Michael Hezul	60
5	Erwin	47
6	Miqdat El Qiam	23
7	Naura Raswa	23
8	Nur Fatizha	20
9	Auxlia Herfine	10
10	Lulu Lutfiah M	23

Lampiran 3. Data Penelitian Variabel Koordinasi Mata-Tangan

No	Nama Atlet	Variabel Penelitian		
		Koordinasi Mata-Tangan		
		Kanan	Kiri	Jumlah
1	Raden Erlangga	8	9	17
2	Muh. Alam T	9	9	18
3	Muh. Tarazzaky	9	7	16
4	Michael Hezul	7	5	12
5	Erwin	9	8	17
6	Miqdat El Qiam	5	5	10
7	Naura Raswa	7	7	14
8	Nur Fatizha	5	7	12
9	Auxlia Herfine	4	4	8
10	Lulu Lutfiah M	7	5	12

Lampiran 4. Data Penelitian Variabel Ketepatan Smash

No	Nama Atlet	Variabel Penelitian					
		Ketepatan Serangan					Total
		1	2	3	4	5	
1	Raden Erlangga	30	X	15	X	10	55
2	Muh. Alam T	15	10	20	X	15	60
3	Muh. Tarazzaky	15	20	X	10	10	55
4	Michael Hezul	X	X	20	30	X	50
5	Erwin	X	X	X	30	20	50
6	Miqdat El Qiam	15	X	10	X	15	40
7	Naura Raswa	30	20	X	25	X	45
8	Nur Fatizha	15	5	15	20	10	45
9	Auxlia Herfine	10	X	10	X	10	30
10	Lulu Lutfiah M	15	15	15	X	X	45

Lampiran 5. Hasil Analisis Data Penelitian

1. Analisis Deskriptif

Statistics

		Keseimbangan	Kekuatan Otot Lengan	Koordinasi Mata-Tangan	Ketepatan Serangan
N	Valid	10	10	10	10
	Missing	0	0	0	0
Mean		69.40	37.50	13.60	47.50
Median		69.00	35.00	13.00	47.50
Mode		68	23	12	45
Std. Deviation		5.016	19.682	3.340	8.580
Range		18	52	10	30
Minimum		60	10	8	30
Maximum		78	62	18	60
Sum		694	375	136	475

Keseimbangan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	60	1	10.0	10.0	10.0
	65	1	10.0	10.0	20.0
	68	3	30.0	30.0	50.0
	70	2	20.0	20.0	70.0
	72	1	10.0	10.0	80.0
	75	1	10.0	10.0	90.0
	78	1	10.0	10.0	100.0
	Total	10	100.0	100.0	

Kekuatan Otot Lengan

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 10	1	10.0	10.0	10.0
20	1	10.0	10.0	20.0
23	3	30.0	30.0	50.0
47	2	20.0	20.0	70.0
60	2	20.0	20.0	90.0
62	1	10.0	10.0	100.0
Total	10	100.0	100.0	

Koordinasi Mata-Tangan

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 8	1	10.0	10.0	10.0
10	1	10.0	10.0	20.0
12	3	30.0	30.0	50.0
14	1	10.0	10.0	60.0
16	1	10.0	10.0	70.0
17	2	20.0	20.0	90.0
18	1	10.0	10.0	100.0
Total	10	100.0	100.0	

Ketepatan Serangan

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 30	1	10.0	10.0	10.0
40	1	10.0	10.0	20.0
45	3	30.0	30.0	50.0
50	2	20.0	20.0	70.0
55	2	20.0	20.0	90.0
60	1	10.0	10.0	100.0
Total	10	100.0	100.0	

2. Uji Normalitas Data

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Keseimbangan	10	100.0%	0	0.0%	10	100.0%
Kekuatan Otot Lengan	10	100.0%	0	0.0%	10	100.0%
Koordinasi Mata-Tangan	10	100.0%	0	0.0%	10	100.0%
Ketepatan Serangan	10	100.0%	0	0.0%	10	100.0%

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	df	Sig.
Keseimbangan	.190	10	.200*	.967	10	.866
Kekuatan Otot Lengan	.269	10	.038	.862	10	.081
Koordinasi Mata-Tangan	.184	10	.200*	.934	10	.487
Ketepatan Serangan	.185	10	.200*	.951	10	.683

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

a. Lilliefors Significance Correction

3. Uji Korelasi

Correlations

		Keseimbangan	Kekuatan Otot Lengan	Koordinasi Mata-Tangan	Ketepatan Serangan
Keseimbangan	Pearson Correlation	1	.767**	.820**	.955**
	Sig. (2-tailed)		.010	.004	.000
	N	10	10	10	10
Kekuatan Otot Lengan	Pearson Correlation	.767**	1	.769**	.877**
	Sig. (2-tailed)	.010		.009	.001
	N	10	10	10	10
Koordinasi Mata-Tangan	Pearson Correlation	.820**	.769**	1	.911**
	Sig. (2-tailed)	.004	.009		.000
	N	10	10	10	10
Ketepatan Serangan	Pearson Correlation	.955**	.877**	.911**	1
	Sig. (2-tailed)	.000	.001	.000	
	N	10	10	10	10

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

4. Uji Linearitas

ANOVA Table

			Sum of Squares	Df	Mean Square	F	Sig.
Ketepatan Serangan * Keseimbangan	Between Groups	(Combined)	633.333	6	105.556	10.857	.038
		Linearity	604.682	1	604.682	62.196	.004
		Deviation from Linearity	28.651	5	5.730	.589	.718
		Within Groups	29.167	3	9.722		
	Total		662.500	9			

ANOVA Table

			Sum of Squares	Df	Mean Square	F	Sig.
Ketepatan Serangan * Kekuatan Otot Lengan	Between Groups	(Combined)	620.833	5	124.167	11.920	.016
		Linearity	509.266	1	509.266	48.890	.002
		Deviation from Linearity	111.567	4	27.892	2.678	.182
	Within Groups		41.667	4	10.417		
Total			662.500	9			

ANOVA Table

			Sum of Squares	Df	Mean Square	F	Sig.
Ketepatan Serangan * Koordinasi Mata-Tangan	Between Groups	(Combined)	633.333	6	105.556	10.857	.038
		Linearity	550.050	1	550.050	56.577	.005
		Deviation from Linearity	83.284	5	16.657	1.713	.349
	Within Groups		29.167	3	9.722		
Total			662.500	9			

5. Uji Regresi

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Keseimbangan ^b	.	Enter

a. Dependent Variable: Ketepatan Serangan

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.955 ^a	.913	.902	2.688

a. Predictors: (Constant), Keseimbangan

ANOVA^a

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	604.682	1	604.682	83.667	.000 ^b
	Residual	57.818	8	7.227		
	Total	662.500	9			

a. Dependent Variable: Ketepatan Serangan

b. Predictors: (Constant), Keseimbangan

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-65.919	12.429		-5.304	.001
	Keseimbangan	1.634	.179	.955	9.147	.000

a. Dependent Variable: Ketepatan Serangan

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Kekuatan Otot Lengan ^b	.	Enter

a. Dependent Variable: Ketepatan Serangan

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.877 ^a	.769	.740	4.377

a. Predictors: (Constant), Kekuatan Otot Lengan

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	509.266	1	509.266	26.588	.001 ^b
	Residual	153.234	8	19.154		
	Total	662.500	9			

a. Dependent Variable: Ketepatan Serangan

b. Predictors: (Constant), Kekuatan Otot Lengan

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	33.168	3.105		10.682	.000
	Kekuatan Otot Lengan	.382	.074	.877	5.156	.001

a. Dependent Variable: Ketepatan Serangan

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Koordinasi Mata-Tangan ^b		Enter

a. Dependent Variable: Ketepatan Serangan

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.911 ^a	.830	.809	3.749

a. Predictors: (Constant), Koordinasi Mata-Tangan

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	550.050	1	550.050	39.132	.000 ^b
	Residual	112.450	8	14.056		
	Total	662.500	9			

a. Dependent Variable: Ketepatan Serangan

b. Predictors: (Constant), Koordinasi Mata-Tangan

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	15.667	5.225		2.999	.017
	Koordinasi Mata-Tangan	2.341	.374	.911	6.256	.000

a. Dependent Variable: Ketepatan Serangan

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Koordinasi Mata-Tangan, Kekuatan Otot Lengan, Keseimbangan ^b		Enter

- a. Dependent Variable: Ketepatan Serangan
 b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.993 ^a	.985	.978	1.267

- a. Predictors: (Constant), Koordinasi Mata-Tangan, Kekuatan Otot Lengan, Keseimbangan

ANOVA^a

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	652.862	3	217.621	135.479	.000 ^b
	Residual	9.638	6	1.606		
	Total	662.500	9			

- a. Dependent Variable: Ketepatan Serangan
 b. Predictors: (Constant), Koordinasi Mata-Tangan, Kekuatan Otot Lengan, Keseimbangan

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	-29.389	8.883		-3.309	.016
	Keseimbangan	.906	.158	.530	5.721	.001
	Kekuatan Otot Lengan	.111	.036	.254	3.066	.022
	Koordinasi Mata-Tangan	.722	.239	.281	3.021	.023

a. Dependent Variable: Ketepatan Serangan



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Lampiran 6. Dokumentasi Penelitian



Pemanasan



Tes Keseimbangan



Tes Kekuatan Lengan



Tes Koordinasi Mata-Tangan



Tes Ketepatan Serangan



Foto Bersama Pelatih dan Atlet Anggar Kab. Luwu Utara