

LAMPIRAN

Lampiran 1. Data Mentah

No	Nama	Variabel Penelitian		
		Kekuatan Lengan	Keseimbangan	Kemampuan Passing bawah
1	Ardiansyah	8	70	20
2	Reski Risandi	15	85	31
3	M. Hidayat	18	82	28
4	Arman	10	80	24
5	Darwis	24	90	38
6	Yohan Yoga	15	79	28
7	Asep	17	84	30
8	M. Yusuf	20	89	37
9	Muammar	19	82	35
10	Sugiharto	18	85	32
11	Hardiansyah	19	87	35
12	Syamsuddin	10	78	30
13	Riko	16	79	28
14	Anshari	16	84	30
15	Firmansyah	17	80	29
16	Budiman	16	78	30
17	Agus Efendi	19	87	33
18	Muh. Reza	27	95	40
19	Aldianto	19	80	29
20	Muh. Imran	14	85	27

Lampiran 2. Analisis Deskriptif

Statistics

		Kekuatan Lengan	Keseimbangan	Passing Bawah
N	Valid	20	20	20
	Missing	0	0	0
Mean		16,85	82,95	30,70
Median		17,00	83,00	30,00
Mode		19	80 ^a	30
Std. Deviation		4,440	5,404	4,736
Minimum		8	70	20
Maximum		27	95	40
Sum		337	1659	614

a. Multiple modes exist. The smallest value is shown

Kekuatan Lengan

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 8	1	5,0	5,0	5,0
10	2	10,0	10,0	15,0
14	1	5,0	5,0	20,0
15	2	10,0	10,0	30,0
16	3	15,0	15,0	45,0
17	2	10,0	10,0	55,0
18	2	10,0	10,0	65,0
19	4	20,0	20,0	85,0
20	1	5,0	5,0	90,0
24	1	5,0	5,0	95,0
27	1	5,0	5,0	100,0
Total	20	100,0	100,0	

Keseimbangan

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 70	1	5,0	5,0	5,0
78	2	10,0	10,0	15,0
79	2	10,0	10,0	25,0
80	3	15,0	15,0	40,0
82	2	10,0	10,0	50,0
84	2	10,0	10,0	60,0
85	3	15,0	15,0	75,0
87	2	10,0	10,0	85,0
89	1	5,0	5,0	90,0
90	1	5,0	5,0	95,0
95	1	5,0	5,0	100,0
Total	20	100,0	100,0	

Passing Bawah

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 20	1	5,0	5,0	5,0
24	1	5,0	5,0	10,0
27	1	5,0	5,0	15,0
28	3	15,0	15,0	30,0
29	2	10,0	10,0	40,0
30	4	20,0	20,0	60,0
31	1	5,0	5,0	65,0
32	1	5,0	5,0	70,0
33	1	5,0	5,0	75,0
35	2	10,0	10,0	85,0
37	1	5,0	5,0	90,0
38	1	5,0	5,0	95,0
40	1	5,0	5,0	100,0
Total	20	100,0	100,0	

Lampiran 3. Uji Normalitas Data

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Kekuatan Lengan	20	100,0%	0	0,0%	20	100,0%
Keseimbangan	20	100,0%	0	0,0%	20	100,0%
Passing Bawah	20	100,0%	0	0,0%	20	100,0%

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Kekuatan Lengan	,164	20	,164	,947	20	,329
Keseimbangan	,130	20	,200*	,967	20	,694
Passing Bawah	,159	20	,200*	,965	20	,651

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

a. Lilliefors Significance Correction

Lampiran 4. Uji Korelasi

Correlations

		Kekuatan Lengan	Keseimbangan	Passing Bawah
Kekuatan Lengan	Pearson Correlation	1	,822**	,871**
	Sig. (2-tailed)		,000	,000
	N	20	20	20
Keseimbangan	Pearson Correlation	,822**	1	,859**
	Sig. (2-tailed)	,000		,000
	N	20	20	20
Passing Bawah	Pearson Correlation	,871**	,859**	1
	Sig. (2-tailed)	,000	,000	
	N	20	20	20

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

Lampiran 5. Uji Regresi

Variables Entered/Removed^a

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

a. Dependent Variable: Passing Bawah

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,871 ^a	,759	,746	2,388

a. Predictors: (Constant), Kekuatan Lengan

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	323,518	1	323,518	56,712	,000 ^b
	Residual	102,682	18	5,705		
	Total	426,200	19			

a. Dependent Variable: Passing Bawah

b. Predictors: (Constant), Kekuatan Lengan

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	15,040	2,147		7,005	,000
	Kekuatan Lengan	,929	,123	,871	7,531	,000

a. Dependent Variable: Passing Bawah

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Keseimbangan ^b		Enter

- a. Dependent Variable: Passing Bawah
 b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,859 ^a	,738	,723	2,492

- a. Predictors: (Constant), Keseimbangan

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	314,395	1	314,395	50,616	,000 ^b
	Residual	111,805	18	6,211		
	Total	426,200	19			

- a. Dependent Variable: Passing Bawah
 b. Predictors: (Constant), Keseimbangan

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-31,735	8,793		-3,609	,002
	Keseimbangan	,753	,106	,859	7,114	,000

- a. Dependent Variable: Passing Bawah

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Keseimbangan, Kekuatan Lengan ^b		Enter

a. Dependent Variable: Passing Bawah

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,907 ^a	,822	,801	2,114

a. Predictors: (Constant), Keseimbangan, Kekuatan Lengan

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	350,244	2	175,122	39,195	,000 ^b
	Residual	75,956	17	4,468		
	Total	426,200	19			

a. Dependent Variable: Passing Bawah

b. Predictors: (Constant), Keseimbangan, Kekuatan Lengan

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-10,440	10,590		-,986	,338
	Kekuatan Lengan	,544	,192	,510	2,833	,011
	Keseimbangan	,386	,158	,440	2,446	,026

a. Dependent Variable: Passing Bawah

Lampiran 6. Dokumentasi Penelitian



Pemanasan dipimpin oleh peneliti



Tes Kekuatan Otot Lengan



Tes Passing Bawah