

LAMPIRAN

LAMPIRAN 1.Data Mentah Tingkat Kesegaran Jasmani Ssiwa SMA Negeri 5 Luwu

No	Nama	Lari Cepat 60 Mtr		Pull Up 60 Dtk		Sit Up 60 Dtk		Vertical Jump		Lari 1200 Mtr		Total Skor
		H.Tes	Skor	H.Tes	Skor	H.Tes	Skor	H.Tes	Skor	H.Tes	Skor	
1	ILHAM	8.24	4	13	3	22	3	50	3	8".40	1	14
2	ANSAR M.R	8.79	3	6	2	19	2	55	2	8"15	1	10
3	AHMAD S	8.89	3	9	3	22	3	53	3	6".15	1	12
4	ASSIDDIQ	7.74	4	10	3	21	3	45	2	6".14	1	13
5	RAHMAT	7.74	4	12	3	23	3	50	1	6".42	1	12
6	SUKRAM	8.08	4	9	3	22	3	50	2	6".13	1	13
7	AINUL HAFIS	8.51	3	6	2	21	3	50	2	6".42	2	12
8	RAHMAD M	9.12	3	10	3	17	2	35	4	6".10	2	14
9	FATWAH	8.09	4	7	2	19	2	55	3	6".45	1	12
10	RIFKI	7.39	4	9	3	20	2	50	3	7".00	1	13
11	FERDI TAMRIN	8.05	4	10	3	25	3	45	2	5".07	2	14
12	ALIF	9.42	3	7	2	18	2	45	3	7".45	1	11
13	IRJAN SALEH	7.92	4	11	3	22	3	55	2	7".14	1	13
14	ABD.MALIK	11.05	1	4	1	15	2	45	4	10".15	2	10
15	REZA ISWANDI	8.20	4	10	3	20	2	50	4	6".30	3	16
16	AINUL	8.92	3	10	3	19	2	50	4	6".42	3	15
17	M.FAISAL	8.45	3	7	2	23	3	55	3	7".01	3	14

18	SUARDI	9.34	3	13	3	11	2	55	3	6".12	2	13
19	ALFIAN	7.14	5	9	3	18	2	65	2	6".18	1	13
20	SOFIAN	7.81	4	7	2	21	3	50	3	6".32	2	14
21	ARDIANTO	7.59	4	9	3	17	2	40	2	8".12	1	12
22	RIONALDI	7.40	4	9	3	23	3	60	4	7".06	1	15
23	YUSRI	7.20	5	10	3	21	3	63	3	7".15	1	15
24	ABDAL	7.20	5	9	3	18	2	55	3	6".15	2	15
25	MUNIR	7.47	4	8	2	22	3	56	2	6".05	2	13
26	AWIN YAHDI	7.15	5	10	3	23	3	60	4	7".20	1	16
27	MUH.SAMSUL	8.05	4	8	2	21	3	63	4	7".45	1	14
28	ALIM LUKMAN	8.02	4	15	4	19	2	55	3	7".21	1	14
29	ARI PUTRA	8.00	4	7	2	20	2	53	3	5".60	2	13
30	MUH.ALWAN	9.00	3	12	3	22	3	50	3	6".13	2	14
	Total	246	112	278	80	604	76	1563	88	203	44	388
	Mean	8.20	3.73	9.20	2.67	20.13	2.53	52.10	2.87	6.77	1.53	12.93
	Standar Devisi	0.853	0.83	2.35	0.61	28.129	0.5	6.656	,819	1.005	,681	1.936
	Maksimum	7.14	5	15	4	25	3	65	4	5.07	3	16
	Minimum	11.05	1	4	1	11	2	35	1	10.15	1	7
	Varians	0.728	0.69	5.54	0.37	79.126	0.3	44.3	,671	1.01	,464	3.747

LAMPIRAN 2. Skor Menggiring Bola

No	Nama	Menggiring Bola	
		Detik	T-Skor
1	ILHAM	18.57	56.40
2	ANSAR M.R	17.53	60.45
3	AHMAD S	19.31	53.52
4	ASSIDDIQ	21.41	45.36
5	RAHMAT	17.19	61.77
6	SUKRAM	20.37	49.40
7	AINUL HAFIS	19.54	52.63
8	RAHMAD M	20.58	48.58
9	FATWAH	18.05	58.42
10	RIFKI	20.14	50.30
11	FERDI TAMRIN	19.53	52.67
12	ALIF	17.49	60.60
13	IRJAN SALEH	17.31	61.30
14	ABD.MALIK	21.03	46.83
15	REZA ISWANDI	22.32	41.82
16	AINUL	24.17	34.62
17	M.FAISAL	19.53	52.67
18	SUARDI	22.24	42.13
19	ALFIAN	18.26	57.62
20	SOFIAN	23.37	37.73
21	ARDIANTO	20.53	48.78
22	RIONALDI	18.29	57.49
23	YUSRI	17.18	61.81
24	ABDAL	19.14	58.19
25	MUNIR	17.22	61.65
26	AWIN YAHDI	22.54	40.96
27	MUH.SAMSUL	18.43	56.95
28	ALIM LUKMAN	20.59	48.55
29	ARI PUTRA	19.44	53.02
30	MUH.ALWAN	20.52	48.82

LAMPIRAN 3. Tingkat Kesegaran Jasmanidan Kemampuan Menggiring Bola

No.	Nama	Tingkat Kesegaran Jasmani (X)	Kemampuan Menggiring Bola (Y)
1	ILHAM	14	56.40
2	ANSAR M.R	10	60.45
3	AHMAD SAPUTRA	12	53.52
4	ASSIDDIQ	13	45.36
5	RAHMAT	12	61.77
6	SUKRAM	13	49.40
7	AINUL HAFIS	12	52.63
8	RAHMAD MARDAN	14	48.58
9	FATWAH	12	59.42
10	RIFKI	13	50.30
11	FERDI TAMRIN	14	52.67
12	ALIF	11	60.60
13	IRJAN SALEH	13	61.30
14	ABD.MALIK	10	46.83
15	REZA ISWANDI	16	41.82
16	AINUL	15	34.62
17	M.FAISAL	14	52.67
18	SUARDI	13	42.13
19	ALFIAN	13	57.61
20	SOFIAN	14	37.73
21	ARDIANTO	12	48.78
22	RIONALDI	15	57.49
23	YUSRI	15	61.81
24	ABDAL	15	54.19
25	MUNIR NASRAH	13	61.65
26	AWIN YAHDI	16	40.96
27	MUH.SAMSUL	14	56.95
28	ALIM LUKMAN	14	48.55
29	ARI PUTRA	13	53.02
30	MUH.ALWAN FARTAT	14	48.82

LAMPIRAN 4.Frequencies Statistics Data T-Score

**FREQUENCIES
STATISTICS DATA T-SCORE**

	Lari Cepat 60	Pull Up 60 Dtk	Sit Up 60 Dtk	Vertical Jump	Lari 1200	Kesgaran Jasmani
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		Mtr				Mtr	
N	Valid	30	30	30	30	30	30
	Missing	0	0	0	0	0	0
Mean		3,73	2,67	2,53	2,67	1,33	12,93
Median		4,00	3,00	3,00	3,00	1,00	13,00
Std. Deviation		,828	,606	,507	,758	,479	1,818
Variance		,685	,368	,257	,574	,230	3,306
Range		4	3	1	3	1	9
Minimum		1	1	2	1	1	7
Maximum		5	4	3	4	2	16
Sum		112	80	76	80	44	388

FREQUENCY TABLE DATA T-SCORE

Lari Cepat 60 Mtr

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1,00	1	3,3	3,3	3,3
	3,00	9	30,0	30,0	33,3
	4,00	16	53,3	53,3	86,7
	5,00	4	13,3	13,3	100,0
	Total	30	100,0	100,0	

Pull Up 60 Dtk

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1,00	1	3,3	3,3	3,3
	2,00	9	30,0	30,0	33,3
	3,00	19	63,3	63,3	96,7
	4,00	1	3,3	3,3	100,0
	Total	30	100,0	100,0	

Sit Up 60 Dtk

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2,00	14	46,7	46,7	46,7
	3,00	16	53,3	53,3	100,0

Total	30	100,0	100,0
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Lari 1200 Mtr

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1,00	17	56,7	56,7	56,7
2,00	10	33,3	33,3	90,0
3,00	3	10,0	10,0	100,0
Total	30	100,0	100,0	

Vertical Jump

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1,00	1	3,3	3,3	3,3
2,00	9	30,0	30,0	33,3
3,00	13	43,3	43,3	76,7
4,00	7	23,3	23,3	100,0
Total	30	100,0	100,0	

Kesegaran Jasmani

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 7,00	1	3,3	3,3	3,3
10,00	1	3,3	3,3	6,7
11,00	3	10,0	10,0	16,7
12,00	6	20,0	20,0	36,7
13,00	6	10,0	10,0	56,7

14,00	8	26,7	26,7	83,3
15,00	4	13,3	13,3	96,7
16,00	1	3,3	3,3	100,0
Total	30	100,0	100,0	

LAMPIRAN 5.Data Statistik Hubungan Tingkat Kesegaran Jasmani Terhadap Kemampuan Menggiring Bola

Correlations

			Kesegaran Jasmani	Kemampuan Menggiring Bola
Kendall's tau_b	Kesegaran Jasmani	Correlation Coefficient	1,000	,363
		Sig. (2-tailed)		,046
		N	30	30
	Kemampuan Menggiring	Correlation Coefficient	,363	1,000

	Bola	Sig. (2-tailed)	,046	
		N	30	30

Frequencies statistics

		Tingkat Kesegaran Jasmani Siswa (X)	Kemampuan Menggiring Bola (Y)
N	Valid	30	30
	Missing	0	0
Mean		13,30	51,9300
Median		13,00	52,6700
Std. Deviation		1,512	7,519
Variance		2,286	56,5408
Range		6	27,00
Minimum		10	34,00
Maximum		16	61,00
Sum		399	1558,03

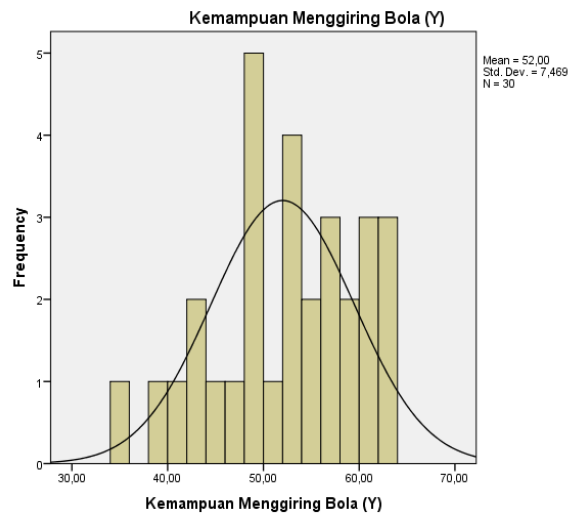
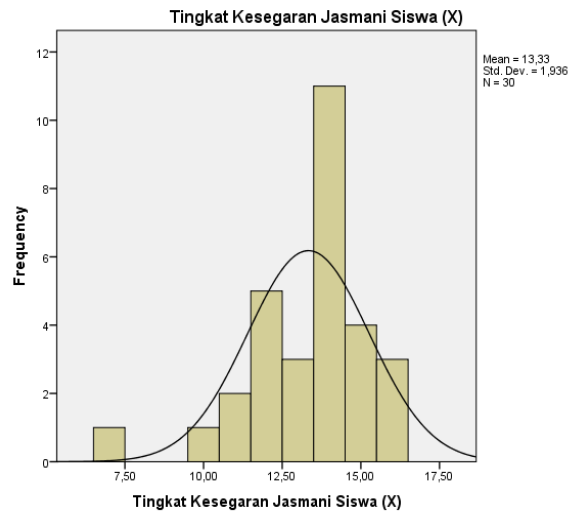
Tingkat Kesegaran Jasmani Siswa (X)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	7,00	1	3,3	3,3	3,3
	10,00	1	3,3	3,3	6,7
	11,00	2	6,7	6,7	13,3
	12,00	5	16,7	16,7	30,0
	13,00	3	10,0	10,0	40,0

14,00	11	36,7	36,7	76,7
15,00	4	13,3	13,3	90,0
16,00	3	10,0	10,0	100,0
Total	30	100,0	100,0	

**Kemampuan
Menggiring
Bola (Y)**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	35,00	1	3,3	3,3	3,3
	38,00	1	3,3	3,3	6,7
	41,00	1	3,3	3,3	10,0
	42,00	2	6,7	6,7	16,7
	45,00	1	3,3	3,3	20,0
	47,00	1	3,3	3,3	23,3
	49,00	5	16,7	16,7	40,0
	50,00	1	3,3	3,3	43,3
	53,00	4	13,3	13,3	56,7
	54,00	2	6,7	6,7	63,3
	56,00	1	3,3	3,3	66,7
	57,00	2	6,7	6,7	73,3
	58,00	1	3,3	3,3	76,7
	59,00	1	3,3	3,3	80,0
	60,00	1	3,3	3,3	83,3
	61,00	2	6,7	6,7	90,0
	62,00	3	10,0	10,0	100,0
Total		30	100,0	100,0	



Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation	Variance	Range
Tingkat Kesegaran Jasmani Siswa (X)	30	10	16	12,93	1,93	3,747	9
Kemampuan Menggiring	30	35	62	52	7,4695	55,793	27,19

Bola (Y)							
Valid N (listwise)	30						

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	,363 ^a	,132	,101	713,090	,132	4,246	1	28	,046

a. Predictors: (Constant), Tingkat Kesegaran Jasmani Siswa (X)

b. Dependent Variable: Kemampuan Menggiring Bola (Y)

ANOVA^a

Model	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	2158897,484	1	2158897,484	4,246	,046 ^b
Residual	14237939,88	28	508497,853		
Total	16396837,37	29			

a. Dependent Variable: Kemampuan Bermain Sepak Bola (Y)

b. Predictors: (Constant), Tingkat Kesegaran Jasmani Siswa (X)

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	7593,431	1172,022		6,479	,000

Tingkat Kesegaran Jasmani Siswa (X)	-180,451	87,577	-,363	-2,060	,046
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a. Dependent Variable:
Kemampuan Bermain Sepak
Bola (Y)

Test of normality

	Kolmogorov-smirnov ^a			Shapiro-wilk		
	Statistic	Df	Sig.	Statistic	Df	Sig.
Kesegaran	,166	30	,065	,946	30	,136
Menggiring Bola	,104	30	,200*	,946	30	,136

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

a. Lilliefors Significance Correction

Lampiran 6.Dokumentasi



Gambar 1. Pemberian Arahan Dari Peneliti



Gambar 2. Pemberian Arahan Dari Peneliti



Gambar 2. Pemberian Arahan Dari Peneliti



Gambar 3. Pemanasan



Gambar 4.Pemanasan



Gambar 5.Pemanasan



Gambar 6. Lari 60 Meter



Gambar 7. Lari 60 Meter



Gambar 8.Pull Up



Gambar 8.Pull Up



Gambar 9. Vertical Jump



Gambar 10. Sit Up



Gambar 11. Lari 1200 meter



Gambar 12. Lari 1200 meter



Gambar 13. Menggiring Bola



Gambar 14. Menggiring Bola



Gambar 15. Menggiring Bola