

LAMPIRAN 1

Data Hasil Tes Standing *Broadjump* Ke-Dua Kelompok Penelitian

No	Subjek	Kelompok Penelitian						Ket.
		<i>Forward Squat Jumps</i>			<i>Short Run-up Triple Jump</i>			
		Tes Awal	Tes Akhir	Selisih	Tes Awal	Tes Akhir	Selisih	
1	A	85	87	2	83	85	2	
2	B	70	73	3	68	70	2	
3	C	76	79	3	78	81	3	
4	D	55	59	4	54	55	1	
5	E	78	81	3	62	64	2	
6	F	65	69	4	63	65	2	
7	G	62	64	2	64	66	2	
8	H	91	93	2	77	79	2	
9	I	74	76	2	76	77	1	
10	J	95	97	2	65	68	3	
11	K	83	85	2	74	75	1	
12	L	87	91	4	66	69	3	
13	M	94	96	2	69	71	2	

LAMPIRAN 2

Deskripsi Data Tes Awal dan Tes Akhir *Standing Broadjump* Kelompok *Forward Squat Jumps* dan Kelompok *Short Run-up Triple Jump*

		Descriptives			
	Kelompok		Statistic	Std. Error	
Tesawal	Forward Squat Jumps	Mean	78.0769	3.49626	
		95% Confidence Interval for Mean	Lower Bound	70.4592	
			Upper Bound	85.6946	
		5% Trimmed Mean	78.4188		
		Median	78.0000		
		Variance	158.910		
		Std. Deviation	12.60596		
		Minimum	55.00		
		Maximum	95.00		
		Range	40.00		
		Interquartile Range	21.50		
		Skewness	-.348	.616	
		Kurtosis	-.828	1.191	
			Short Run-up Triple Jump	Mean	69.1538
95% Confidence Interval for Mean	Lower Bound			64.2953	
	Upper Bound			74.0123	
5% Trimmed Mean	69.2265				
Median	68.0000				
Variance	64.641				
Std. Deviation	8.03996				
Minimum	54.00				
Maximum	83.00				
Range	29.00				
Interquartile Range	13.00				
Skewness	-.011			.616	
Kurtosis	-.386			1.191	

LAMPIRAN 2 LANJUTAN

	Kelompok		Statistic	Std. Error			
Tesakhir	Forward Squat Jumps	Mean	80.7692	3.38389			
		95% Confidence Interval for Mean	Lower Bound	73.3964			
			Upper Bound	88.1421			
		5% Trimmed Mean	81.0769				
		Median	81.0000				
		Variance	148.859				
		Std. Deviation	12.20078				
		Minimum	59.00				
		Maximum	97.00				
		Range	38.00				
		Interquartile Range	21.00				
		Skewness	-.337	.616			
		Kurtosis	-.907	1.191			
		Short Run-up Triple Jump	Short Run-up Triple Jump	Mean	71.1538	2.25277	
				95% Confidence Interval for Mean	Lower Bound	66.2455	
					Upper Bound	76.0622	
				5% Trimmed Mean	71.2821		
Median	70.0000						
Variance	65.974						
Std. Deviation	8.12246						
Minimum	55.00						
Maximum	85.00						
Range	30.00						
Interquartile Range	12.50						
Skewness	-.119			.616			
Kurtosis	.010			1.191			

LAMPIRAN 3

Uji Normalitas Tes Awal dan Tes Akhir *Standing Broadjump* Kelompok *Forward Squat Jumps* dan Kelompok *Short Run-up Triple Jump*

Tests of Normality

	Kelompok	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Tesawal	Forward Squat Jumps	.113	13	.200 [*]	.962	13	.786
	Short Run-up Triple Jump	.123	13	.200 [*]	.970	13	.899
Tesakhir	Forward Squat Jumps	.107	13	.200 [*]	.959	13	.744
	Short Run-up Triple Jump	.123	13	.200 [*]	.980	13	.981

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

a. Lilliefors Significance Correction

LAMPIRAN 4

Uji Homogenitas Tes Awal dan Tes Akhir *Standing BroadJump* Kelompok *Forward Squat Jumps* dan Kelompok *Short Run-up Triple Jump*

Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
Tesawal	Based on Mean	2.827	1	24	.106
	Based on Median	2.851	1	24	.104
	Based on Median and with adjusted df	2.851	1	21.382	.106
	Based on trimmed mean	2.873	1	24	.103
Tesakhir	Based on Mean	2.621	1	24	.119
	Based on Median	2.622	1	24	.118
	Based on Median and with adjusted df	2.622	1	22.591	.119
	Based on trimmed mean	2.563	1	24	.123

LAMPIRAN 5

***Paired Sample t-test Kelompok Tes Awal dan Tes Akhir Standing BroadJump
Kelompok Forward Squat Jumps dan Kelompok Short Run-up Triple Jump***

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Tesawal - Tesakhir	-2.69231	.85485	.23709	-3.20889	-2.17573	-11.355	12	.000

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Tesawal - Tesakhir	-2.00000	.70711	.19612	-2.42730	-1.57270	-10.198	12	.000

LAMPIRAN 6

Data Hasil Uji Independent Sample T-test Kelompok Forward Squat Jumps dan Kelompok Short Run-up Triple Jump

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
				F	Sig.	t	df	Sig. (2- tailed)	Mean Difference	Std. Error Difference
		Lower	Upper							
Tesawal	Equal variances assumed	2.827	.106	2.152	24	.042	8.92308	4.14684	.36443	17.48173
	Equal variances not assumed			2.152	20.377	.044	8.92308	4.14684	.28317	17.56299
Tesakhir	Equal variances assumed	2.621	.119	2.365	24	.026	9.61538	4.06517	1.22528	18.00549
	Equal variances not assumed			2.365	20.890	.028	9.61538	4.06517	1.15869	18.07208

LAMPIRAN 7
Dokumentasi Penelitian



LAMPIRAN 8

Surat Izin Penelitian



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Ciamis, 29 Juni 2024

Perihal : Ijin Penelitian

Kepada
 Yth. Kepala SDN 2 BOJONG MENGER
 Di Tempat

Dengan Hormat,

Dalam rangka penyusunan Karya Ilmiah/Skripsi Mahasiswa FKIP Universitas Galuh Ciamis :

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 Tingkat/Semester : IV (EMPAT)/VIII (DELAPAN)

Kami mohon dengan hormat bantuan Bapak/Ibu untuk dapat menerima dan memberikan kesempatan kepada yang bersangkutan dalam hal mengumpulkan data sehubungan dengan penulisan karya ilmiah (Skripsi) yang berjudul : PERBANDINGAN LATIHAN FOWARD SQUAT JUMPS DENGAN SHORT RUN-UP TRIPLE JUMP TERHADAP PENINGKATAN POWER TUNGKAI.

Demikian permohonan kami, atas bantuan dan perhatiannya kami ucapkan terima kasih.

Hormat Kami,
 Wakil Dekan I



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Tembusan disampaikan Kepada Yth,

1. Prodi di FKIP UNIGAL
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