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LAMPIRAN

Lampiran 1

Data Mentah *Vertical Jump*

No	Nama	Pretest (cm)	Posttest (cm)
1	Ahmad Fauzan	42	47
2	Muhammad Rizki	40	45
3	Dimas Pratama	38	43
4	Andi Saputra	45	50
5	Fajar Nugraha	41	46
6	Rendi Kurniawan	39	44
7	Arif Hidayat	43	48
8	Bagus Setiawan	37	42
9	Yoga Pratama	44	49
10	Wahyu Firmansyah	40	46
11	Rina Oktaviani	42	48
12	Siti Nurjanah	39	45
13	Dian Puspitasari	41	47
14	Fitri Handayani	38	44
15	Putri Maharani	46	52
16	Ayu Lestari	43	49
17	Nabila Safitri	40	45
18	Intan Permatasari	42	47
19	Desi Anggraini	39	44
20	Rahmawati	44	50
21	Indra Gunawan	41	46
22	Mahmud Alayabi	37	43
23	Iqbal Anshori	45	51
24	Zenzen	43	48

Lampiran 2

Hasil Deskripsi Data SPSS

Descriptive Statistics													
	N	Range	Minimum	Maximum	Sum	Mean		Std. Deviation	Variance	Skewness		Kurtosis	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Statistic	Statistic	Std. Error	Statistic	Std. Error
Pretest	24	9	37	46	989	41,21	0,528	2,587	6,694	0,078	0,472	-0,901	0,918
Posttest	24	10	42	52	1119	46,63	0,548	2,683	7,201	0,217	0,472	-0,711	0,918

Lampiran 3

Uji Normalitas Dan Homogenitas

Uji Normalitas

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	0,096	24	.200 [*]	0,967	24	0,588
Posttest	0,103	24	.200 [*]	0,975	24	0,788

Uji Homogenitas

Test of Homogeneity of Variance					
		Levene Statistic	df1	df2	Sig.
Hasil Tes	Based on Mean	0,026	1	46	0,873

Lampiran 4

Uji Hipotesis

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pretest - Posttest	-5,417	0,504	0,103	-5,629	-5,204	-52,692	23	0,000

Lampiran 5

Surat Penelitian



PEMERINTAH DAERAH PROVINSI JAWA BARAT
DINAS PENDIDIKAN
CABANG DINAS PENDIDIKAN WILAYAH XIII
SMK NEGERI 1 KAWALI
Jalan Talagasari No. 35 Tlp. (0265) 791727 Fax. (0265) 2797676
e-mail : smkn1kawali@gmail.com
Kawali - 46253

SURAT KETERANGAN
Nomor: 436/TU.01.02/SMKN1KWL

Berdasarkan surat dari Universitas Galuh Nomor: 832/21/SP/KMH/WDI/VI/2026 Perihal: Izin Penelitian, dengan ini Kepala SMK Negeri 1 Kawali Kabupaten Ciamis menerangkan bahwa nama mahasiswa dibawah ini:

Nama : Deka Dian Romdoni
NIM : 2124220081
Program/ Semester : S1 Pendidikan Jasmani/ VIII

Telah “selesai” melaksanakan Penelitian di SMK Negeri 1 Kawali sebagai syarat penyusunan Skripsi dengan topik penelitian “**Perbandingan Pengaruh Latihan Squat Jump dan Nordic Curls Terhadap Peningkatan Power Tungkal**”.

Demikian Surat Keterangan kami sampaikan untuk dipergunakan sebagaimana mestinya.

Kawali, 21 Juli 2026
KEPALA SMK NEGERI 1 KAWALI



Ditandatangani secara elektronik oleh:
KEPALA SMK NEGERI 1 KAWALI

DEDE FAJRIADI, S.Pd., M.Pd.
Penata Tk. I


5837597D65

Dokumen ini telah ditandatangani secara elektronik menggunakan sertifikat elektronik yang diterbitkan oleh Balai Besar Sertifikasi Elektronik (BSrE) Badan Siber dan Sandi Negara. Dokumen digital yang asli dapat diperoleh dengan memindai QR Code atau memasukkan kode pada Aplikasi NDE Pemerintah Daerah Provinsi Jawa Barat.

Lampiran 6

Foto Penelitian

Keterangan : Pengarahan Persiapan Tes Vertical Jump



Keterangan : Pemasaran



Latihan Squat Jump



Latihan Nordic Curls



Tes Vertical Jump

