

## DAFTAR PUSTAKA

- Bompa, T. O., & Buzzichelli, C. (2019). *Periodization: Theory and Methodology of Training* (6th ed.). Champaign, IL: Human Kinetics.
- Bosco, C., Luhtanen, P., & Komi, P. V. (1983). A simple method for measurement of mechanical power in jumping. *European Journal of Applied Physiology*, 50(2), 273–282.
- Chu, D. A., & Myer, G. D. (2013). *Plyometrics*. Champaign, IL: Human Kinetics.
- Cormie, P., McGuigan, M. R., & Newton, R. U. (2011). Developing maximal neuromuscular power. *Sports Medicine*, 41(1), 17–38.
- Gamble, P. (2014). *Strength and Conditioning for Team Sports: Sport-Specific Physical Preparation for High Performance*. London: Routledge.
- Haff, G. G., & Triplett, N. T. (2016). *Essentials of Strength Training and Conditioning* (4th ed.). Champaign, IL: Human Kinetics.
- Komi, P. V. (2000). Stretch-shortening cycle: A powerful model to study normal and fatigued muscle. *Journal of Biomechanics*, 33(10), 1197–1206.
- Markovic, G. (2007). Does plyometric training improve vertical jump height? A meta-analytical review. *British Journal of Sports Medicine*, 41(6), 349–355.
- McGuigan, M. (2017). *Developing Power*. Champaign, IL: Human Kinetics.
- Miller, M. G., Berry, D. C., Bullard, S., & Gilders, R. (2002). Comparisons of land-based and aquatic-based plyometric programs during an 8-week training period. *Journal of Sport Rehabilitation*, 11(4), 268–283.
- Sheppard, J. M., & Newton, R. U. (2012). Long-term training adaptations in elite male volleyball players. *Journal of Strength and Conditioning Research*, 26(8), 2180–2184.
- Sukadiyanto, & Muluk, D. (2011). *Pengantar Teori dan Metodologi Melatih Fisik*. Bandung: Lubuk Agung.

- Verkhoshansky, Y. V., & Siff, M. C. (2009). *Supertraining* (6th ed.). Rome: Verkhoshansky.
- Ziv, G., & Lidor, R. (2010). Vertical jump in female and male volleyball players. *Scandinavian Journal of Medicine & Science in Sports*, 20(4), 556–567.

## Lampiran 1

## Hasil Data Mentah

## Kelompok Barrier Hops

| No | Nama Sampel      | Pretest | Interpretasi | Posttest | Interpretasi    |
|----|------------------|---------|--------------|----------|-----------------|
| 1  | Ahmad Pratama    | 43      | Kurang (2)   | 50       | Baik (4)        |
| 2  | Rizky Ramadhan   | 46      | Sedang (3)   | 53       | Baik (4)        |
| 3  | Fajar Nugraha    | 44      | Kurang (2)   | 49       | Sedang (3)      |
| 4  | Dimas Saputra    | 47      | Sedang (3)   | 54       | Baik (4)        |
| 5  | Ilham Kurnia     | 45      | Sedang (3)   | 52       | Baik (4)        |
| 6  | Rendi Firmansyah | 42      | Kurang (2)   | 48       | Sedang (3)      |
| 7  | Yusuf Maulana    | 46      | Sedang (3)   | 55       | Sangat Baik (5) |
| 8  | Bagas Setiawan   | 41      | Kurang (2)   | 47       | Sedang (3)      |
| 9  | Aldi Permana     | 44      | Kurang (2)   | 50       | Baik (4)        |
| 10 | Rama Putra       | 45      | Sedang (3)   | 52       | Baik (4)        |
| 11 | Reza Maulana     | 43      | Kurang (2)   | 49       | Sedang (3)      |
| 12 | Arif Hidayat     | 46      | Sedang (3)   | 54       | Baik (4)        |

## Kelompok RJ

| No | Nama Sampel     | Pretest | Interpretasi | Posttest | Interpretasi    |
|----|-----------------|---------|--------------|----------|-----------------|
| 1  | Andri Setiawan  | 44      | Kurang (2)   | 53       | Baik (4)        |
| 2  | Bayu Firmansyah | 45      | Sedang (3)   | 55       | Sangat Baik (5) |
| 3  | Deni Saputra    | 43      | Kurang (2)   | 52       | Baik (4)        |
| 4  | Eko Prasetyo    | 46      | Sedang (3)   | 56       | Sangat Baik (5) |
| 5  | Farhan Hidayat  | 44      | Kurang (2)   | 53       | Baik (4)        |
| 6  | Galih Ramadhan  | 45      | Sedang (3)   | 54       | Baik (4)        |
| 7  | Hendra K        | 42      | Kurang (2)   | 51       | Baik (4)        |
| 8  | Iqbal Maulana   | 46      | Sedang (3)   | 56       | Sangat Baik (5) |
| 9  | Jovan Pratama   | 43      | Kurang (2)   | 52       | Baik (4)        |
| 10 | Kevin Saputra   | 44      | Kurang (2)   | 53       | Baik (4)        |
| 11 | Lukman Hakim    | 45      | Sedang (3)   | 54       | Baik (4)        |
| 12 | M. Fikri        | 46      | Sedang (3)   | 56       | Sangat Baik (5) |

## Interpretasi Norma Nilai

| Skor      | Interpretasi  | Nilai (1–5) |
|-----------|---------------|-------------|
| $\geq 55$ | Sangat Baik   | 5           |
| 50–54     | Baik          | 4           |
| 45–49     | Sedang        | 3           |
| 40–44     | Kurang        | 2           |
| $\leq 39$ | Sangat Kurang | 1           |

## Lampiran 2

## Hasil Deskripsi Data SPSS

|              | 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_BR   | 12        | 1         | 2         | 3         | 30        | 2,50      | 0,151      | 0,522          | 0,273     | 0,000     | 0,637      | -2,444    | 1,232      |
| Posttest_BR  | 12        | 2         | 3         | 5         | 45        | 3,75      | 0,179      | 0,622          | 0,386     | 0,170     | 0,637      | -0,091    | 1,232      |
| Pretest_RJA  | 12        | 1         | 2         | 3         | 30        | 2,50      | 0,151      | 0,522          | 0,273     | 0,000     | 0,637      | -2,444    | 1,232      |
| Posttest_RJA | 12        | 1         | 4         | 5         | 52        | 4,33      | 0,142      | 0,492          | 0,242     | 0,812     | 0,637      | -1,650    | 1,232      |

## Lampiran 3

## Hasil Uji Normalitas Dan Homogenitas

## Uji Normalitas

| <b>Variabel</b>       | <b>Statistic</b> | <b>df</b> | <b>Sig.</b> | <b>Keterangan</b> |
|-----------------------|------------------|-----------|-------------|-------------------|
| Pretest Barrier Hops  | 0,930            | 12        | 0,387       | Normal            |
| Posttest Barrier Hops | 0,944            | 12        | 0,565       | Normal            |
| Pretest RJA           | 0,962            | 12        | 0,792       | Normal            |
| Posttest RJA          | 0,952            | 12        | 0,671       | Normal            |

## Uji Homogenitas

| <b>Levene Statistic</b> | <b>df1</b> | <b>df2</b> | <b>Sig.</b> | <b>Keterangan</b> |
|-------------------------|------------|------------|-------------|-------------------|
| 0,521                   | 1          | 24         | 0,478       | Homogen           |

## Lampiran 4

## Uji Independet Sample t 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 | 95% Confidence Interval of the Difference |          |
|                               |                             |                                         |       |                              |        |                 |                 |                       | Lower                                     | Upper    |
| Hasil BR&RJA Pretest-Posttest | Equal variances assumed     | 1,091                                   | 0,302 | -9,365                       | 46     | 0,000           | -1,54167        | 0,16462               | -1,87302                                  | -1,21031 |
|                               | Equal variances not assumed |                                         |       | -9,365                       | 44,268 | 0,000           | -1,54167        | 0,16462               | -1,87337                                  | -1,20996 |

## Lampiran 5

## Surat Izin Penelitian



**UNIVERSITAS GALUH**  
**FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN**

Kampus: Jl. R.E. Martadinata No. 150 Ciamis 46274 Jawa Barat  
 Website : <https://fkip.unigal.ac.id/> Email : [fkip.sk@unigal.ac.id](mailto:fkip.sk@unigal.ac.id)

Nomor : 870/21/SP/KMH/DI/VII/2026

Ciamis, 11 Juli 2026

Perihal : Ijin Penelitian

Kepada

Yth. Kepala SMK Negeri 1 Kawali

Di Tempat

Dengan Hormat,

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

Nama : ARIS SUPRIATNA

NIM : 2124220065

Program Studi : Pendidikan Jasmani

Tingkat/Semester : IV/VIII

Kami mohon dengan hormat bantuan Bapak/Tbu untuk dapat menerima dan memberikan kesempatan kepada yang bersangkutan dalam hal mengumpulkan data sehubungan dengan penulisan karya ilmiah (Skripsi) yang berjudul : PERBANDINGAN LATIHAN BARRIER HOPS DAN REPEATED JUMP ABILITY TERHADAP KEMAMPUAN POWER OTOT TUNGKAI

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

Hormat Kami,  
 Pj. Wakil Dekan I



Dr. Yuni Wijayanti, M.Hum., M.Pd.  
 NIK. 01.3112770251

Tembusan

1. Prodi di FKIP UNIGAL
2. Panitia DBS
3. Arsip

Lampiran 6  
Foto Penelitian



Keterangan : persiapan Tes RJA dan BR



Keterangan : Latihan Barrier Hops RJA



Keterangan : Latihan Barrier Hops