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LAMPIRAN

Lampiran 1

Data Mentah

Sampel	Pretest (detik)	Nilai Norma	Posttest (detik)	Nilai Norma
1	18.25	1	24.31	2
2	20.14	2	26.87	2
3	17.68	1	23.95	2
4	21.43	2	42.16	4
5	19.76	1	25.82	2
6	22.31	2	29.54	2
7	18.92	1	24.87	2
8	20.57	2	43.41	4
9	17.85	1	23.62	2
10	19.43	1	25.96	2
11	21.17	2	28.04	2
12	18.36	1	24.58	2
13	20.84	2	44.73	4
14	19.28	1	25.63	2
15	22.05	2	46.21	4
16	18.74	1	24.93	2
17	20.36	2	26.74	2
18	17.92	1	23.81	2
19	21.68	2	45.65	4
20	19.85	1	26.28	2
21	20.71	2	27.16	2
22	18.58	1	24.75	2

Skor	Interpretasi	Kriteria Waktu (detik)
5	Sangat Baik	≥ 60 detik
4	Baik	45–59 detik
3	Cukup	30–44 detik
2	Kurang	15–29 detik
1	Sangat Kurang	< 15 detik

Lampiran 2

Hasil Deskripsi Data SPSS

	N	Mean	Std. Deviation	Variance	Skewness	Kurtosis
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic
Pretest Stork Stand Test	22	1,45	0,510	0,260	0,196	-2,168
Posttest Stork Stand Test	22	2,45	0,858	0,736	1,399	-0,057

Lampiran 3

Uji Normalitas Dan Homogenitas

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest Stork Stand Test	0,359	22	0,150	0,637	22	0,000
Posttest Stork Stand Test	0,475	22	0,190	0,522	22	0,000

		Levene Statistic	df1	df2	Sig.
Hasil Stork Stand Test	Based on Mean	4,248	1	42	0,046

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 Stork Stand Test - Posttest Stork Stand Test	-1,000	0,690	0,147	-1,306	-0,694	-6,797	21	0,000

Lampiran 5

Surat Izin Penelitian



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Nomor : 474 /21/SP/KMH/DI/VI/2026 Ciamis, 7 mei 2026.

Perihal : Ijin Penelitian

Kepada
 Yth. pelatih pencak silat.
 Di Tempat

Dengan Hormat,

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

Nama : Hendi Herlinda
 NIM : 2124220144
 Program Studi : Pendidikan Jasmani
 Tingkat/Semester : IV/VIII

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 : Pengaruh Latihan Single Leg Deadlift Sebagai Bentuk Functional Training Terhadap keseimbangan Dinamis Pesilat

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

Hormat Kami,
 Pj. Wakil Dekan I


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

Tembusan

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

Lampiran 6
Foto Dokumentasi



Pemanasan Persiapan Latihan Pencak Silat



Tes Stork Stand Test



Foto Bersama