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Lampiran – Lampiran

Lampiran 1

Hasil Data Mentah Tes *Vertical Jump*

Kelompok Asymmetric Split Squat Jump

No	Nama	Pretest (cm)	Skor	Posttest (cm)	Skor
1	Andi Pratama	39	2	48	3
2	Budi Saputra	42	3	53	4
3	Candra Wijaya	44	3	54	4
4	Dimas Firmansyah	40	2	50	3
5	Eko Setiawan	38	2	47	3
6	Fajar Nugraha	45	3	56	4
7	Galih Ramadhan	43	3	52	4
8	Hendra Kurniawan	39	2	49	3
9	Irfan Maulana	46	3	57	4
10	Joko Susanto	40	2	51	4
11	Kevin Prakoso	42	3	53	4
12	Lukman Hakim	41	3	52	4

Kelompok Squat Jump

No	Nama	Pretest (cm)	Skor	Posttest (cm)	Skor
1	M. Rizki	40	2	47	3
2	Nanda Putra	42	3	50	3
3	Oki Prasetyo	39	2	46	3
4	Putra Hidayat	44	3	52	4
5	Qori Ramadhan	41	3	48	3
6	Rafi Akbar	43	3	50	3
7	Sandy Maulana	38	2	45	3
8	Taufik Hidayat	45	3	53	4
9	Ujang Kurniawan	40	2	48	3
10	Vicky Saputra	42	3	49	3
11	Wahyu Firmansyah	41	3	48	3
12	Yoga Pratama	46	3	54	4

Norma Vertical Jump

Tinggi Lompatan	Skor	Interpretasi
≥ 61 cm	5	Sangat Baik
51–60 cm	4	Baik
41–50 cm	3	Sedang
31–40 cm	2	Kurang
≤ 30 cm	1	Sangat Kurang

Lampiran 2

Hasil Deskriptif Penelitian 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 ASSJ	12	8	38	46	499	41,58	0,733	2,539	6,447	0,363	0,637	-0,918	1,232
Posttest ASSJ	12	10	47	57	622	51,83	0,878	3,040	9,242	0,097	0,637	-0,570	1,232
Pretest SJ	12	8	38	46	501	41,75	0,698	2,417	5,841	0,304	0,637	-0,614	1,232
Posttest SJ	12	9	45	54	590	49,17	0,796	2,758	7,606	0,385	0,637	-0,611	1,232

Lampiran 3

Uji Normalitas Dan Homogenitas

Uji Normalitas

Kelompok	Statistik Shapiro-Wilk	df	Sig.	Keterangan
ASSJ Pretest	0,957	12	0,745	Normal
SJ Pretest	0,974	12	0,951	Normal
ASSJ Posttest	0,978	12	0,972	Normal
SJ Posttest	0,960	12	0,779	Normal

Uji Homogenitas

Uji	Levene Statistic	Sig.	Keterangan
Homogenitas	0,487	0,492	Homogen

Uji Hipotesis

Group Statistics

Kelompok		N	Mean	Std. Deviation	Std. Error Mean
ASSJ	Pretest	12	41,58	2,539	0,733
	Posttest	12	41,75	2,417	0,698
SJ	Pretest	12	51,83	3,040	0,878
	Posttest	12	49,17	2,758	0,796
Gain	Pretest	12	10,2500	0,86603	0,25000
	Posttest	12	7,4167	0,51493	0,14865

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	95% Confidence Interval of the Difference	
								Lower	Upper

ASSJ	Equal variances assumed	0,094	0,762	-0,165	22	0,871	-0,167	1,012	-2,265	1,932
	Equal variances not assumed			-0,165	21,947	0,871	-0,167	1,012	-2,266	1,932
SJ	Equal variances assumed	0,060	0,808	2,250	22	0,035	2,667	1,185	0,209	5,124
	Equal variances not assumed			2,250	21,794	0,035	2,667	1,185	0,208	5,125
Gain	Equal variances assumed	5,814	0,025	9,741	22	0,000	2,83333	0,29085	2,23014	3,43653
	Equal variances not assumed			9,741	17,914	0,000	2,83333	0,29085	2,22206	3,44461

Lampiran 5

Surat Penelitian

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Nomor : 748/21/SP/KMH/DI/VI/2026
Perihal : Ijin Penelitian

Ciamis, 9 Juni 2026

Kepada
Yth. Kepala Sekolah SDN 2 Kondangjajar
Di Tempat

Dengan Hormat,

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

Nama : Tyas Aihwar Drizal
NIM : 2124220098
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 : Perbandingan Efektivitas Latihan Asymetric Split Squat Jump dan Squat Jump Terhadap Peningkatan Power Otot Tungkai Pada Atlet Bola Voli.

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

Hormat Kami,
Pr. Wakil Dekan I


Dr. Yeni Wiljayanti, M.Hum., M.Pd.
NIK. 01.3112770251

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

Lampiran 6

Foto Penelitian



Latihan Asymmetric Split Squat Jump



Latihan Squat Jump