

Lampiran 1

Data Tes Awal dan Tes Akhir

Tabel 1. Data Kadar Asam Laktat Pada Recovery Treatment Contrast

Bath

| No. | Nama | DN | Durasi | X ₁ (mmol/L) | X ₂ (mmol/L) |
|-----|-----------|----|--------|----------------------------|----------------------------|
| 1 | Desi | 18 | 1.13 | 14,2 | 3,4 |
| 2 | Aklili | 16 | 1.13 | 13,1 | 2,5 |
| 3 | Hikmah | 18 | 1.14 | 13,3 | 3,4 |
| 4 | Clara | 17 | 1.13 | 7,5 | 1,8 |
| 5 | Yuliana | 16 | 1.11 | 13,2 | 1,8 |
| 6 | Elia | 19 | 1.08 | 12,2 | 3,3 |
| 7 | Lidya | 17 | 1.05 | 10,1 | 2,6 |
| 8 | Rani | 17 | 1.13 | 13,6 | 4,1 |
| 9 | Yuni | 16 | 1.18 | 11,4 | 1,8 |
| 10 | Ulfanny | 20 | 1.21 | 7,7 | 1,8 |
| 11 | Ica | 17 | 1.12 | 9,6 | 0,8 |
| 12 | Anastasia | 17 | 1.09 | 12,2 | 3,5 |
| 13 | Uli | 19 | 1.10 | 10,8 | 2,0 |
| 14 | Ocha | 18 | 1.16 | 11,6 | 1,0 |
| 15 | Mia | 18 | 1.14 | 11,2 | 1,8 |

Tabel 2. Data Kadar Asam Laktat Pada Treatment Recovery Massage

| No. | Nama | DN | Durasi | X ₁ (mmol/L) | X ₂ (mmol/L) |
|-----|-----------|----|--------|----------------------------|----------------------------|
| 1 | Desi | 19 | 1.34 | 12,9 | 1,1 |
| 2 | Aklili | 17 | 1.36 | 12,1 | 3,6 |
| 3 | Hikmah | 18 | 1.35 | 10,9 | 2,4 |
| 4 | Clara | 19 | 1.33 | 12,1 | 2,0 |
| 5 | Yuliana | 18 | 1.21 | 10,8 | 2,1 |
| 6 | Elia | 17 | 1.19 | 14,5 | 1,6 |
| 7 | Lidya | 19 | 1.34 | 7,6 | 1,3 |
| 8 | Rani | 17 | 1.20 | 12,2 | 2,2 |
| 9 | Yuni | 18 | 1.22 | 14,3 | 1,8 |
| 10 | Ulfanny | 16 | 1.37 | 10,3 | 1,8 |
| 11 | Ica | 16 | 1.12 | 7,3 | 3,1 |
| 12 | Anastasia | 18 | 1.16 | 13,5 | 1,0 |
| 13 | Uli | 17 | 1.25 | 11,4 | 1,6 |
| 14 | Ocha | 19 | 1.35 | 13,6 | 2,3 |
| 15 | Mia | 17 | 1.32 | 9,1 | 2,0 |

Lampiran 2

Langkah-langkah Perhitungan Distribusi Frekuensi

A. Variabel tes awal pada kelompok recovery Contrast Bath

1. Sampel (N) = 15
2. Rentang (R) = Data tertinggi – data terendah
= 14,2 – 7,5
= 6,7
3. Banyak kelas = $1 + (3,31 \times \log n)$
= $1 + (3,31 \times \log 15)$
= $1 + (3,31 \times 1,17)$
= 4,86
4. Panjang kelas = $\frac{R}{BK}$
= $\frac{6,7}{4,86}$
= 1,37

B. Variabel tes awal pada kelompok recovery Massage

1. Sampel (N) = 15
2. Rentang (R) = Data tertinggi – data terendah
= 14,5 – 7,3
= 7,2
5. Banyak kelas = $1 + (3,31 \times \log n)$

$$= 1 + (3,31 \times \log 15)$$

$$= 1 + (3,31 \times 1,17)$$

$$= 4,86$$

$$3. \text{ Panjang kelas} = \frac{R}{BK}$$

$$= \frac{7,2}{4,86}$$

$$= 1,48$$

C. Variabel tes akhir pada kelompok recovery Contrast Bath

$$1. \text{ Sampel (N)} = 15$$

$$2. \text{ Rentang (R)} = \text{Data tertinggi} - \text{data terendah}$$

$$= 4,1 - 0,8$$

$$= 3,3$$

$$6. \text{ Banyak kelas} = 1 + (3,31 \times \log n)$$

$$= 1 + (3,31 \times \log 15)$$

$$= 1 + (3,31 \times 1,17)$$

$$= 4,86$$

$$3. \text{ Panjang kelas} = \frac{R}{BK}$$

$$= \frac{3,3}{4,86}$$

$$= 0,67$$

D. Variabel tes akhir pada kelompok recovery Massage

$$1. \text{ Sampel (N)} = 15$$

$$\begin{aligned} 2. \text{ Rentang (R)} &= \text{Data tertinggi} - \text{data terendah} \\ &= 3,6 - 1,0 \\ &= 2,6 \end{aligned}$$

$$\begin{aligned} 7. \text{ Banyak kelas} &= 1 + (3,31 \times \log n) \\ &= 1 + (3,31 \times \log 15) \\ &= 1 + (3,31 \times 1,17) \\ &= 4,86 \end{aligned}$$

$$\begin{aligned} 3. \text{ Panjang kelas} &= \frac{R}{BK} \\ &= \frac{2,6}{4,86} \\ &= 0,53 \end{aligned}$$

Lampiran 3

Data awal kadar asam laktat pada recovery Treatment Contrast Bath dan recovery Massage

Tabel. 3. Data Awal Kadar Asam Laktat Pada Kelompok Recovery Contrast Bath Dan Recovery Massage

| No. | Contrast Bath | X_1^2 | Massage | Y_1^2 |
|----------|---------------|---------|---------|---------|
| | (X1) | | (Y1) | |
| 1 | 14,2 | 201,64 | 12,9 | 166,41 |
| 2 | 13,1 | 171,61 | 12,1 | 146,41 |
| 3 | 13,3 | 176,89 | 10,9 | 118,81 |
| 4 | 7,5 | 56,25 | 12,1 | 146,41 |
| 5 | 13,2 | 174,24 | 10,8 | 116,64 |
| 6 | 12,2 | 148,84 | 14,5 | 210,25 |
| 7 | 10,1 | 102,01 | 7,6 | 57,76 |
| 8 | 13,6 | 184,96 | 12,2 | 148,84 |
| 9 | 11,4 | 129,96 | 14,3 | 204,49 |
| 10 | 7,7 | 59,29 | 10,3 | 106,09 |
| 11 | 9,6 | 92,16 | 7,3 | 53,29 |
| 12 | 12,2 | 148,84 | 13,5 | 182,25 |
| 13 | 10,8 | 116,64 | 11,4 | 129,96 |
| 14 | 11,6 | 134,56 | 13,6 | 184,96 |
| 15 | 11,2 | 125,44 | 9,1 | 82,81 |
| Σ | 171,7 | 2023,33 | 172,6 | 2055,38 |

Lampiran 4

Perhitungan Tes Awal Kadar Asam Laktat Pada Kelompok Recovery Contrast Bath Dan Recovery Massage

Hipotesis

$$H_0 : \mu_1 = \mu_2$$

$$H_1 : \mu_1 > \mu_2$$

1. Mencari Nilai rata-rata

$$M_{x1} = \frac{\sum x}{n}$$

$$= \frac{171,7}{15}$$

$$= 11,44$$

$$M_{y1} = \frac{\sum y}{n}$$

$$= \frac{172,6}{15}$$

$$= 11,50$$

2. Mencari simpangan baku

$$Sx1 = \sqrt{\frac{\sqrt{n \sum x_1^2 - (\sum x_1)^2}}{n(n-1)}}$$

$$Sx1 = \sqrt{\frac{\sqrt{15(2023,33) - (171,7)^2}}{15(15-1)}}$$

$$Sx1 = \sqrt{\frac{\sqrt{30349,95 - 29480,89}}{15(14)}}$$

$$Sx1 = \sqrt{\frac{869,08}{210}}$$

$$Sx1 = \sqrt{4,13}$$

$$Sx1 = 2,03$$

$$Sy1 = \sqrt{\frac{\sqrt{n \sum y_1^2 - (\sum y_1)^2}}{n(n-1)}}$$

$$Sy1 = \sqrt{\frac{\sqrt{15 (2055,38) - (172,6)^2}}{15(15-1)}}$$

$$Sy = \sqrt{\frac{\sqrt{30830,7 - 29790,76}}{15(14)}}$$

$$Sy = \sqrt{\frac{\sqrt{1039,94}}{210}}$$

$$Sy = \sqrt{4,95}$$

$$Sy1 = 2,22$$

3. Mencari standar kesalahan

$$SE_{Mx1} = \frac{Sx_1}{\sqrt{(n-1)}}$$

$$SE_{Mx1} = \frac{2,03}{\sqrt{(15-1)}}$$

$$SE_{Mx1} = \frac{2,03}{\sqrt{14}}$$

$$SE_{Mx1} = \frac{2,03}{3,74}$$

$$SE_{Mx1} = 0,54$$

$$SE_{My1} = \frac{Sy_1}{\sqrt{(n-1)}}$$

$$SE_{My1} = \frac{2,22}{\sqrt{(15-1)}}$$

$$SE_{My1} = \frac{2,22}{\sqrt{14}}$$

$$SE_{My1} = \frac{2,22}{3,74}$$

$$SE_{My1} = 0,59$$

Lampiran 5

Data Akhir Kadar Asam Laktat Pada Treatment Contrast Bath Dan Massage

Tabel. 4. Data Akhir Kadar Asam Laktat Pada Recovery Treatment Contrast Bath Dan Recovery Massage

| No. | Contrast Bath | X ² | Massage | Y ² |
|-----|-------------------|----------------|-------------------|----------------|
| | (X ₂) | | (Y ₂) | |
| 1 | 3,4 | 11,56 | 1,1 | 1,21 |
| 2 | 2,5 | 6,25 | 3,6 | 12,96 |
| 3 | 3,4 | 11,56 | 2,4 | 5,76 |
| 4 | 1,8 | 3,24 | 2 | 4 |
| 5 | 1,8 | 3,24 | 2,1 | 4,41 |
| 6 | 3,3 | 10,89 | 1,6 | 2,56 |
| 7 | 2,8 | 7,84 | 1,3 | 1,69 |
| 8 | 4,1 | 16,81 | 2,2 | 4,84 |
| 9 | 1,8 | 3,24 | 1,8 | 3,24 |
| 10 | 1,8 | 3,24 | 1,8 | 3,24 |
| 11 | 0,8 | 0,64 | 3,1 | 9,61 |
| 12 | 3,5 | 12,25 | 1 | 1 |
| 13 | 2 | 4 | 1,6 | 2,56 |
| 14 | 1 | 1 | 2,3 | 5,29 |
| 15 | 1,8 | 3,24 | 2 | 4 |
| Σ | 35,8 | 99 | 29,9 | 66,37 |

Lampiran 6

Perhitungan tes akhir kadar asam laktat pada recovery contrast bath dan massage

Hipotesis

$$H_0 : \mu_1 = \mu_2$$

$$H_1 : \mu_1 > \mu_2$$

4. Mencari Nilai rata-rata

$$M_{x2} = \frac{\sum x^2}{n}$$

$$= \frac{35,8}{15}$$

$$= 2,38$$

$$M_{y2} = \frac{\sum y^2}{n}$$

$$= \frac{29,9}{15}$$

$$= 1,99$$

5. Mencari simpangan baku

$$S_{x2} = \sqrt{\frac{\sqrt{n \sum x_1^2 - (\sum x_1)^2}}{n(n-1)}}$$

$$S_{x2} = \sqrt{\frac{\sqrt{15(99) - (35,8)^2}}{15(15-1)}}$$

$$Sx2 = \sqrt{\frac{\sqrt{1485 - 1281,64}}{15(14)}}$$

$$Sx2 = \sqrt{\frac{\sqrt{203,36}}{210}}$$

$$Sx2 = \sqrt{0,96}$$

$$Sx2 = 0,97$$

$$Sy2 = \sqrt{\frac{\sqrt{n \sum y_1^2 - (\sum y_1)^2}}{n(n-1)}}$$

$$Sy2 = \sqrt{\frac{\sqrt{15 (66,37) - (29,9)^2}}{15(15-1)}}$$

$$Sy2 = \sqrt{\frac{\sqrt{995,55 - 894,01}}{15(14)}}$$

$$Sy2 = \sqrt{\frac{\sqrt{101,54}}{210}}$$

$$Sy2 = \sqrt{0,48}$$

$$Sy2 = 0,69$$

6. Mencari standar kesalahan

$$SE_{Mx2} = \frac{Sx_1}{\sqrt{(n-1)}}$$

$$SE_{Mx2} = \frac{0,97}{\sqrt{(15 - 1)}}$$

$$SE_{Mx2} = \frac{0,97}{\sqrt{14}}$$

$$SE_{Mx2} = \frac{0,97}{3,74}$$

$$SE_{Mx2} = 0,25$$

$$SE_{My2} = \frac{Sy_1}{\sqrt{(n - 1)}}$$

$$SE_{My2} = \frac{0,69}{\sqrt{(15 - 1)}}$$

$$SE_{My2} = \frac{0,69}{\sqrt{14}}$$

$$SE_{My2} = \frac{0,69}{3,74}$$

$$SE_{My2} = 0,18$$

Lampiran 7

Data selisih tes awal dan tes akhir kelompok recovery treatment contrast bath.

Tabel 5. Selisih tes awal dan tes akhir kadar asam laktat pada kelompok recovery treatment contrast bath

| No. | Tes Awal | Tes Akhir | Selisih | D ² |
|-----|----------|-----------|---------|----------------|
| 1 | 14,2 | 3,4 | 10,8 | 116,64 |
| 2 | 13,1 | 2,5 | 10,6 | 112,36 |
| 3 | 13,3 | 3,4 | 9,9 | 98,01 |
| 4 | 7,5 | 1,8 | 5,7 | 32,49 |
| 5 | 13,2 | 1,8 | 11,4 | 129,96 |
| 6 | 12,2 | 3,3 | 8,9 | 79,21 |
| 7 | 10,1 | 2,8 | 7,3 | 53,29 |
| 8 | 13,6 | 4,1 | 9,5 | 90,25 |
| 9 | 11,4 | 1,8 | 9,6 | 92,16 |
| 10 | 7,7 | 1,8 | 5,9 | 34,81 |
| 11 | 9,6 | 0,8 | 8,8 | 77,44 |
| 12 | 12,2 | 3,5 | 8,7 | 75,69 |
| 13 | 10,8 | 2 | 8,8 | 77,44 |
| 14 | 11,6 | 1 | 10,6 | 112,36 |
| 15 | 11,2 | 1,8 | 9,4 | 88,36 |
| Σ | 171,7 | 35,8 | 135,3 | 1270,47 |

Lampiran 8

Perhitungan kadar asam laktat tes awal dan tes akhir kelompok recovery treatment contrast bath

Hipotesis

- $H_0 : \mu_1 = \mu_2$
- $H_1 : \mu_1 > \mu_2$

1. Mencari nilai rata-rata

$$M_D = \frac{\sum D}{n}$$

$$M_D = \frac{35,3}{15} = 9,02$$

2. Mencari simpangan baku

$$S_D = \sqrt{\frac{n \sum D^2 - (\sum D)^2}{n(n-1)}}$$

$$S_D = \sqrt{\frac{15(1270,47) - (135,3)^2}{15(15-1)}}$$

$$S_D = \sqrt{\frac{19057,05 - 18306,09}{15(14)}}$$

$$S_D = \sqrt{\frac{750,96}{210}}$$

$$S_D = \sqrt{3,57} = 1,88$$

3. Mencari standar kesalahan mean

$$SE_{MD} = \frac{SD}{\sqrt{(n-1)}}$$

$$SE_{MD} = \frac{1,88}{\sqrt{(15-1)}}$$

$$SE_{MD} = \frac{1,88}{\sqrt{(14)}}$$

$$SE_{MD} = \frac{1,88}{3,74} = 0,50$$

4. Mencari nilai hitung

$$t_0 = \left| \frac{M_D}{SE_{MD}} \right|$$

$$t_0 = \left| \frac{9,02}{0,50} \right| = 18,04$$

5. Mencari nilai t-table

Nilai t-table dengan derajat kebebasan (dk) $n_1 - 1 = 15-1 = 14$

Pada taraf kepercayaan $\alpha = 0,05$ adalah 2,145

6. Kriteria pengujian

Jika t-hitung > t-tabel maka H_0 ditolak

Jika t-hitung < t-tabel maka H_0 diterima

7. Kesimpulan

Karena t -hitung (18,04) > t -tabel (2,145) maka H_0 ditolak , sehingga dapat disimpulkan bahwa terbukti *recovery* dengan *treatment contrast bath* dapat berpengaruh terhadap penurunan asam laktat.

Lampiran 9

Data selisih tes awal dan tes akhir kelompok recovery treatment massage

Tabel 6. Selisih tes awal dan tes akhir kadar asam laktat pada recovery treatment massage

| No. | Tes Awal | Tes Akhir | Selisih | D ² |
|----------|----------|-----------|---------|----------------|
| 1 | 12,9 | 1,1 | 11,8 | 139,24 |
| 2 | 12,1 | 3,6 | 8,5 | 72,25 |
| 3 | 10,9 | 2,4 | 8,5 | 72,25 |
| 4 | 12,1 | 2 | 10,1 | 102,01 |
| 5 | 10,8 | 2,1 | 8,7 | 75,69 |
| 6 | 14,5 | 1,6 | 12,9 | 166,41 |
| 7 | 7,6 | 1,3 | 6,3 | 39,69 |
| 8 | 12,2 | 2,2 | 10 | 100 |
| 9 | 14,3 | 1,8 | 12,5 | 156,25 |
| 10 | 10,3 | 1,8 | 8,5 | 72,25 |
| 11 | 7,3 | 3,1 | 4,2 | 17,64 |
| 12 | 13,5 | 1 | 12,5 | 156,25 |
| 13 | 11,4 | 1,6 | 9,8 | 96,04 |
| 14 | 13,6 | 2,3 | 11,3 | 127,69 |
| 15 | 9,1 | 2 | 7,1 | 50,41 |
| Σ | 172,6 | 29,9 | 142,7 | 1444,07 |

Lampiran 10

Perhitungan kadar asam laktat tes awal dan tes akhir recovery treatment massage.

Hipotesis

- $H_0 : \mu_1 = \mu_2$
- $H_1 : \mu_1 > \mu_2$

1. Mencari nilai rata-rata

$$M_0 = \frac{\sum D}{n}$$

$$M_0 = \frac{142,7}{15} = 9,51$$

2. Mencari simpangan baku

$$S_D = \sqrt{\frac{n \sum D^2 - (\sum D)^2}{n(n-1)}}$$

$$S_D = \sqrt{\frac{15(1444,07) - (142,7)^2}{15(15-1)}}$$

$$S_D = \sqrt{\frac{21661,05 - 20363,29}{15(14)}}$$

$$S_D = \sqrt{\frac{1297,76}{210}}$$

$$S_D = \sqrt{6,17} = 2,48$$

3. Mencari standar kesalahan mean

$$SE_{MD} = \frac{SD}{\sqrt{(n-1)}}$$

$$SE_{MD} = \frac{2,48}{\sqrt{(15-1)}}$$

$$SE_{MD} = \frac{2,48}{\sqrt{(14)}}$$

$$SE_{MD} = \frac{2,48}{3,74} = 0,66$$

4. Mencari nilai hitung

$$t_0 = \left| \frac{M_D}{SE_{MD}} \right|$$

$$t_0 = \left| \frac{9,51}{0,66} \right| = 14,4$$

5. Mencari nilai t-table

Nilai t-table dengan derajat kebebasan (dk) $n_1 - 1 = 15-1 = 14$

Pada taraf kepercayaan $\alpha = 0,05$ adalah 2,145

6. Kriteria pengujian

Jika t-hitung > t-tabel maka H_0 ditolak

Jika t-hitung < t-tabel maka H_0 diterima

7. Kesimpulan

Karena t-hitung (14,4) > t-tabel (2,145) maka H_0 ditolak , sehingga dapat disimpulkan bahwa terbukti recovery dengan treatment massage dapat berpengaruh terhadap penurunan asam laktat.

Lampiran 11

Data Perhitungan Selisih tes awal dan tes akhir kadar asam laktat.

Tabel. 7 Perhitungan untuk membandingkan hasil selisih tes awal dan tes akhir kadar asam laktat pada recovery treatment contrast bath dan treatment massage

| No | (x_1-x_2) | $(x_1-x_2)^2$ | (y_1-y_2) | $(y_1-y_2)^2$ |
|----------|-------------|---------------|-------------|---------------|
| 1 | 10,8 | 116,64 | 11,8 | 139,24 |
| 2 | 10,6 | 112,36 | 8,5 | 72,25 |
| 3 | 9,9 | 98,01 | 8,5 | 72,25 |
| 4 | 5,7 | 32,49 | 10,1 | 102,01 |
| 5 | 11,4 | 129,96 | 8,7 | 75,69 |
| 6 | 8,9 | 79,21 | 12,9 | 166,41 |
| 7 | 7,3 | 53,29 | 6,3 | 39,69 |
| 8 | 9,5 | 90,25 | 10 | 100 |
| 9 | 9,6 | 92,16 | 12,5 | 156,25 |
| 10 | 5,9 | 34,81 | 8,5 | 72,25 |
| 11 | 8,8 | 77,44 | 4,2 | 17,64 |
| 12 | 8,1 | 75,69 | 12,5 | 156,25 |
| 13 | 8,8 | 77,44 | 9,8 | 96,04 |
| 14 | 10,6 | 112,36 | 11,3 | 127,69 |
| 15 | 9,4 | 88,36 | 7,1 | 50,41 |
| Σ | 135,3 | 1270,47 | 142,7 | 1444,07 |

1. Mencari Standar Kesalahan Perbedaan Mean (SE)

$$\begin{aligned}
 SEM_{xM_y} &= \sqrt{(SEM_x)^2 + (SEM_y)^2} \\
 &= \sqrt{(0,50)^2 + (0,66)^2} \\
 &= \sqrt{0,25 + 0,4356} \\
 &= \sqrt{0,6856} = 0,82
 \end{aligned}$$

2. Mencari Nilai t-hitung

$$\begin{aligned}
 t_0 &= \left| \frac{M_x - M_y}{SEM_{xM_y}} \right| \\
 &= \left| \frac{9,02 - 9,51}{0,82} \right| \\
 &= \left| \frac{0,49}{0,82} \right| = 0,59
 \end{aligned}$$

3. Mencari Nilai t-tabel

Mencari t-table dengan derajat kebebasan (dk) $= (n_1 + n_2) - 2 = 15 + 15 - 2 = 28$

Pada taraf kepercayaan $\alpha = 0,05$ adalah 2,048

4. Kesimpulan

Karena t-hitung (0,59) < t-tabel (2,048), dengan demikian H_0 diterima, tidak terdapat perbedaan yang signifikan terhadap penurunan kadar asam laktat antara recovery contrast bath dan massage, dimana

recovery dengan treatment massage lebih besar 0,49 dibandingkan treatment contrast bath.

Lampiran 12

Tabel 8 - Nilai "t" untuk berbagai Dk

| dk | α untuk Uji Satu Pihak (<i>one tail test</i>) | | | | | |
|----------|--|-------|-------|--------|--------|--------|
| | 0,25 | 0,10 | 0,05 | 0,025 | 0,01 | 0,005 |
| | α untuk Uji Dua Pihak (<i>two tail test</i>) | | | | | |
| | 0,50 | 0,20 | 0,10 | 0,05 | 0,02 | 0,01 |
| 1 | 1,000 | 3,078 | 6,314 | 12,706 | 31,821 | 63,657 |
| 2 | 0,816 | 1,886 | 2,920 | 4,303 | 6,965 | 9,925 |
| 3 | 0,765 | 1,638 | 2,353 | 3,182 | 4,541 | 5,841 |
| 4 | 0,741 | 1,533 | 2,132 | 2,776 | 3,747 | 4,604 |
| 5 | 0,727 | 1,476 | 2,015 | 2,571 | 3,365 | 4,032 |
| 6 | 0,718 | 1,440 | 1,943 | 2,447 | 3,143 | 3,707 |
| 7 | 0,711 | 1,415 | 1,895 | 2,365 | 2,998 | 3,499 |
| 8 | 0,706 | 1,397 | 1,860 | 2,306 | 2,896 | 3,355 |
| 9 | 0,703 | 1,383 | 1,833 | 2,262 | 2,821 | 3,250 |
| 10 | 0,700 | 1,372 | 1,812 | 2,228 | 2,764 | 3,169 |
| 11 | 0,697 | 1,363 | 1,796 | 2,201 | 2,718 | 3,106 |
| 12 | 0,695 | 1,356 | 1,782 | 2,179 | 2,681 | 3,055 |
| 13 | 0,692 | 1,350 | 1,771 | 2,160 | 2,650 | 3,012 |
| 14 | 0,691 | 1,345 | 1,761 | 2,145 | 2,624 | 2,977 |
| 15 | 0,690 | 1,341 | 1,753 | 2,131 | 2,602 | 2,947 |
| 16 | 0,689 | 1,337 | 1,746 | 2,120 | 2,583 | 2,921 |
| 17 | 0,688 | 1,333 | 1,740 | 2,110 | 2,567 | 2,898 |
| 18 | 0,688 | 1,330 | 1,734 | 2,101 | 2,552 | 2,878 |
| 19 | 0,687 | 1,328 | 1,729 | 2,093 | 2,539 | 2,861 |
| 20 | 0,687 | 1,325 | 1,725 | 2,086 | 2,528 | 2,845 |
| 21 | 0,686 | 1,323 | 1,721 | 2,080 | 2,518 | 2,831 |
| 22 | 0,686 | 1,321 | 1,717 | 2,074 | 2,508 | 2,819 |
| 23 | 0,685 | 1,319 | 1,714 | 2,069 | 2,500 | 2,807 |
| 24 | 0,685 | 1,318 | 1,711 | 2,064 | 2,492 | 2,797 |
| 25 | 0,684 | 1,316 | 1,708 | 2,060 | 2,485 | 2,787 |
| 26 | 0,684 | 1,315 | 1,706 | 2,056 | 2,479 | 2,779 |
| 27 | 0,684 | 1,314 | 1,703 | 2,052 | 2,473 | 2,771 |
| 28 | 0,683 | 1,313 | 1,701 | 2,048 | 2,467 | 2,763 |
| 29 | 0,683 | 1,311 | 1,699 | 2,045 | 2,462 | 2,756 |
| 30 | 0,683 | 1,310 | 1,697 | 2,042 | 2,457 | 2,750 |
| 40 | 0,681 | 1,303 | 1,684 | 2,021 | 2,423 | 2,704 |
| 60 | 0,679 | 1,296 | 1,671 | 2,000 | 2,390 | 2,660 |
| 120 | 0,677 | 1,289 | 1,658 | 1,980 | 2,358 | 2,617 |
| ∞ | 0,674 | 1,282 | 1,645 | 1,960 | 2,326 | 2,576 |

Lampiran 13

Foto-foto Penelitian



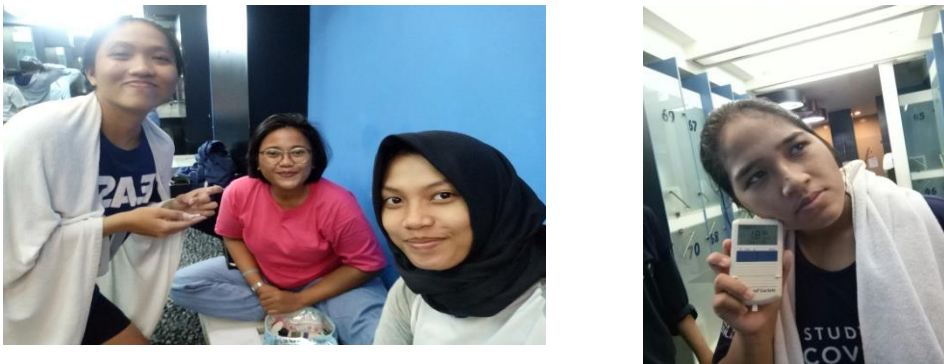
Gambar 1. Pemberian Arahan dan intruksi



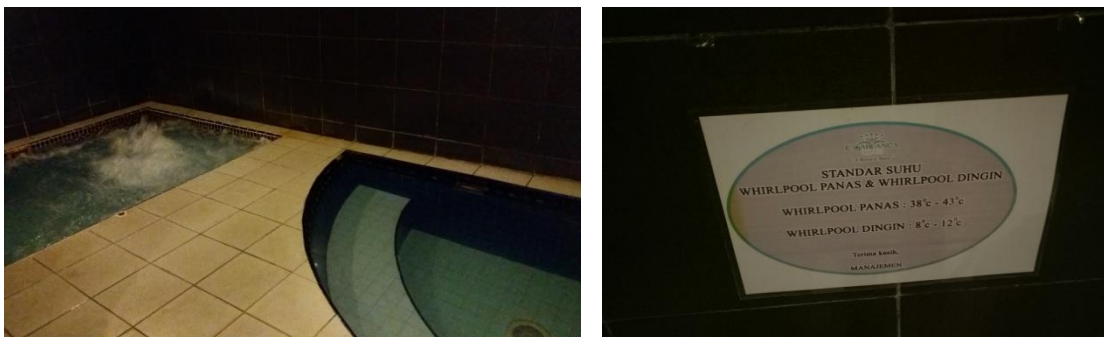
Gambar 2. Sampel melakukan Passing Give and GO dan langsung melakukan pengecekan kadar asam laktat.



Gambar 3. Sampel melakukan contrast bath di kolam air dingin dan panas



Gambar 4. Sampel melakukan tes akhir asam laktat



Gambar 5. Kolam Whirpool dan Suhu air



Gambar 6. Pengecekan Denyut Nadi dan Tes Kadar Asam Laktat Sesudah Passing Give and Go



Gambar 7. Pemberian treatment massage pada sampel



Gambar 8. Pengecekan kadar asam Laktat dan hasilnya