

Lampiran 1

Data Variabel Hasil *Jump Shoot* (Y), Variabel *Power Tungkai* (X₁),
Variabel Kekuatan Otot Lengan (X₂), Variabel Percayan Diri (X₃) Sebelum
dan Sesudah di Tscore

No.	Sebelum Tscore				Sesudah Tscore			
	X ₁	X ₂	X ₃	Y	X ₁	X ₂	X ₃	Y
1	40	22	130	10	52	51	58	50
2	45	24	129	12	59	61	56	63
3	40	23	126	11	52	56	51	57
4	30	20	120	9	37	42	41	44
5	36	19	117	8	46	37	36	37
6	41	22	120	10	53	51	41	50
7	33	19	118	9	41	37	37	44
8	35	22	129	11	44	51	56	57
9	42	20	130	9	55	42	58	44
10	31	19	123	8	38	37	46	37
11	40	23	128	11	52	56	54	57
12	41	22	129	8	53	51	56	37
13	44	23	122	11	58	56	44	57
14	35	24	126	10	44	61	51	50
15	30	21	125	9	37	47	49	44
16	36	20	120	11	46	42	41	57
17	39	25	138	13	50	66	71	70
18	37	21	120	8	47	47	41	37
19	35	23	120	10	44	56	41	50
20	33	21	123	8	41	47	46	37
21	60	24	128	11	81	61	54	57
22	46	22	134	8	60	51	64	37
23	47	23	122	11	62	56	44	57
24	37	24	126	10	47	61	51	50
25	30	21	125	9	37	47	49	44
26	39	16	120	11	50	23	41	57
27	50	26	138	13	66	70	71	70
28	29	21	120	8	36	47	41	37
29	40	22	120	10	52	51	41	50
30	45	20	137	12	59	42	70	63
∑	1166	652	3763	299				
Rt2	38,87	21,73	125,43	9,97				
S	6,81	2,10	5,92	1,52				

Lampiran 2

Proses Penghitungan Menggambar Grafik Histogram Variabel *Jump Shoot* (Y)

1. Menentukan Rentang

$$\begin{aligned} R &= \text{Data Terbesar} - \text{Data Terkecil} \\ &= 81 - 36 \\ &= 45 \end{aligned}$$

2. Banyak Kelas

$$\begin{aligned} BK &= 1 + (3,3) \text{ Log } n \\ &= 1 + (3,3) \text{ Log } 30 \\ &= 1 + (3,3) 1,477 \\ &= 5,87 \text{ (Menjadi 6)} \end{aligned}$$

3. Panjang Kelas Inteval

$$\begin{aligned} p &= R / BK \\ &= 45 / 6 \\ &= 7,66 \text{ (dibulatkan menjadi 8)} \end{aligned}$$

Kelas Interval	BB	BA	f	(%)
36 – 43	35,5	43,5	7	23
44 – 51	43,5	51,5	9	30
52 – 59	51,5	59,5	10	33
60 – 67	59,5	67,5	3	10
68 – 75	67,5	75,5	0	0
76 – 83	75,5	83,5	1	3
Jumlah			30	100

Proses Penghitungan Menggambar Grafik Histogram Variabel *Power Tungkai* (X_1)

1. Menentukan Rentang

$$\begin{aligned} R &= \text{Data Terbesar} - \text{Data Terkecil} \\ &= 70 - 23 \\ &= 47 \end{aligned}$$

2. Banyak Kelas

$$\begin{aligned} BK &= 1 + (3,3) \text{ Log } n \\ &= 1 + (3,3) \text{ Log } 30 \\ &= 1 + (3,3) 1,477 \\ &= 5,87 \text{ (Menjadi 6)} \end{aligned}$$

3. Panjang Kelas Inteval

$$\begin{aligned} P &= R / BK \\ &= 47 / 6 \\ &= 8,00 \text{ (dibulatkan menjadi 8)} \end{aligned}$$

Kelas Interval	BB	BA	f	(%)
23 – 30	22,5	30,5	1	3
31 – 38	30,5	38,5	3	10
39 – 46	38,5	46,5	4	13
47 -54	46,5	54,5	11	37
55 – 62	54,5	62,5	9	30
63 -70	62,5	70,5	2	7
Jumlah			30	100

Proses Penghitungan Menggambar Grafik Histogram Variabel Kekuatan Otot Lengan (X_2)

1. Menentukan Rentang

$$\begin{aligned} R &= \text{Data Terbesar} - \text{Data Terkecil} \\ &= 71 - 36 \\ &= 35 \end{aligned}$$

2. Banyak Kelas

$$\begin{aligned} BK &= 1 + (3,3) \text{ Log } n \\ &= 1 + (3,3) \text{ Log } 30 \\ &= 1 + (3,3) 1,477 \\ &= 5,87 \text{ (Menjadi 6)} \end{aligned}$$

3. Panjang Kelas Inteval

$$\begin{aligned} P &= R / BK \\ &= 35 / 6 \\ &= 5,96 \text{ (dibulatkan menjadi 6)} \end{aligned}$$

Kelas Interval	BB	BA	f	(%)
36 – 41	35,5	41,5	10	33
42 – 47	41,5	47,5	4	13
48 – 53	47,5	53,5	5	17
54 -59	53,5	59,5	7	23
60 – 65	59,5	65,5	1	3
66 -71	65,5	71,5	3	10
Jumlah			30	100

Proses Penghitungan Menggambar Grafik Histogram Variabel Percaya Diri (X_3)

1. Menentukan Rentang

$$\begin{aligned} R &= \text{Data Terbesar} - \text{Data Terkecil} \\ &= 71 - 38 \\ &= 30 \end{aligned}$$

2. Banyak Kelas

$$\begin{aligned} BK &= 1 + (3,3) \text{ Log } n \\ &= 1 + (3,3) \text{ Log } 30 \\ &= 1 + (3,3) 1,477 \\ &= 5,87 \text{ (Menjadi 6)} \end{aligned}$$

3. Panjang Kelas Inteval

$$\begin{aligned} P &= R / BK \\ &= 33 / 6 \\ &= 5,62 \text{ (dibulatkan Menjadi 6)} \end{aligned}$$

Kelas Interval	BB	BA	f	(%)
37 – 42	36,5	42,5	7	23
43 – 48	42,5	48,5	5	17
49 – 54	48,5	54,5	6	20
55 – 60	54,5	60,5	8	27
61 – 66	60,5	66,5	2	7
67 – 72	66,5	72,5	2	7
Jumlah			30	100

Lampiran 3

Perhitungan Statistik Deskriptif dan Normalitas

A. Statistik Deskriptif

		Statistics			
		JS	PT	KOL	PD
N	Valid	30	30	30	30
	Missing	0	0	0	0
Mean		50.0333	49.9667	50.1000	50.0000
Std. Error of Mean		1.82353	1.82982	1.81396	1.81564
Median		50.0000	50.0000	51.0000	49.0000
Mode		57.00	52.00	51.00	41.00
Std. Deviation		9.98787	1.00223E1	9.93548	9.94467
Variance		99.757	100.447	98.714	98.897
Minimum		37.00	36.00	23.00	36.00
Maximum		70.00	81.00	70.00	71.00
Sum		1501.00	1499.00	1503.00	1500.00

B. UJI NORMALITAS

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
JS	30	49.2%	31	50.8%	61	100.0%
PT	30	49.2%	31	50.8%	61	100.0%
KOL	30	49.2%	31	50.8%	61	100.0%
PD	30	49.2%	31	50.8%	61	100.0%

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
JS	.157	30	.056	.914	30	.019
PT	.114	30	.200	.935	30	.066
KOL	.111	30	.200	.969	30	.501
PD	.151	30	.081	.911	30	.016

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

Lampiran 4

Hasil Analisis Uji Homogenitas dan Uji Linearitas

A. UJI HOMOGENITAS

Test of Homogeneity of Variances

JS & X1

Levene Statistic	df1	df2	Sig.
.093	1	58	.762

ANOVA

JS & X1	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.067	1	.067	.001	.980
Within Groups	5805.933	58	100.102		
Total	5806.000	59			

Test of Homogeneity of Variances

JS & X2

Levene Statistic	df1	df2	Sig.
.101	1	58	.752

ANOVA

JS & X2	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.067	1	.067	.001	.979
Within Groups	5755.667	58	99.236		
Total	5755.733	59			

Test of Homogeneity of Variances

JS & X3

Levene Statistic	df1	df2	Sig.
.001	1	58	.978

ANOVA

JS & X3	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.017	1	.017	.000	.990
Within Groups	5760.967	58	99.327		
Total	5760.983	59			

B. UJI LINEARITAS**a. Variabel *Power Tungkai* (X_1) dengan *Jump Shoot* Siswa (Y)****Case Processing Summary**

	Cases					
	Included		Excluded		Total	
	N	Percent	N	Percent	N	Percent
JS * PT	30	49.2%	31	50.8%	61	100.0%

ANOVA Table

	Sum of Squares	df	Mean Square	F	Sig.
JS * PT Between Groups (Combined)	2333.300	16	145.831	3.387	.016
Linearity	776.568	1	776.568	18.038	.001
Deviation from Linearity	1556.732	15	103.782	2.411	.059
Within Groups	559.667	13	43.051		
Total	2892.967	29			

b. Variabel Kekuatan Otot Lengan (X_2) dengan *Jump Shoot* Siswa (Y)**Case Processing Summary**

	Cases					
	Included		Excluded		Total	
	N	Percent	N	Percent	N	Percent
JS * KOL	30	49.2%	31	50.8%	61	100.0%

ANOVA Table

	Sum of Squares	df	Mean Square	F	Sig.
JS * KOL Between Groups (Combined)	2043.467	8	255.433	6.314	.000
Linearity	689.469	1	689.469	17.044	.000
Deviation from Linearity	1353.997	7	193.428	4.782	.002
Within Groups	849.500	21	40.452		
Total	2892.967	29			

c. Variabel Percaya Diri(X_3) dengan *Jump Shoot* Siswa (Y)

Case Processing Summary

	Cases					
	Included		Excluded		Total	
	N	Percent	N	Percent	N	Percent
JS * PD	30	49.2%	31	50.8%	61	100.0%

ANOVA Table

	Sum of Squares	df	Mean Square	F	Sig.
JS * PD Between Groups (Combined)	2040.133	12	170.011	3.389	.011
Linearity	712.009	1	712.009	14.193	.002
Deviation from Linearity	1328.125	11	120.739	2.407	.050
Within Groups	852.833	17	50.167		
Total	2892.967	29			

Lampiran 5

Pengujian Hipotesis Power Tungkai (X_1) Dengan *Jump Shoot* Siswa (Y)

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.518 ^a	.268	.242	8.69400

a. Predictors: (Constant), PT

T_{hitung} dan Signifikansi Variabel Power Tungkai (X_1) Dengan Variabel *Jump Shoot* Siswa (Y)

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	24.234	8.204		2.954	.006
	PT	.516	.161	.518	3.205	.003

a. Dependent Variable: JS

F_{hitung} variabel Power Tungkai (X_1) Dengan Variabel *Jump Shoot* Siswa (Y)

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	776.568	1	776.568	10.274	.003 ^a
	Residual	2116.399	28	75.586		
	Total	2892.967	29			

a. Predictors: (Constant), PT

b. Dependent Variable: JS

Lampiran 6

Pengujian Hipotesis Kekuatan Otot Lengan (X_2) Dengan *Jump Shoot* Siswa (Y)

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.488 ^a	.238	.211	8.87110

a. Predictors: (Constant), KOL

Nilai Koefisien Korelasi (r) dan Koefisien Determinasi (R Square) Dari Variabel Kekuatan Otot Lengan (X_2) Dengan Variabel *Jump Shoot* Siswa (Y)

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	25.446	8.463		3.007	.006
	KOL	.491	.166	.488	2.960	.006

a. Dependent Variable: JS

T_{hitung} dan Signifikansi Variabel Kekuatan Otot Lengan (X_2) Dengan Variabel *Jump Shoot* Siswa (Y)

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	689.469	1	689.469	8.761	.006 ^a
	Residual	2203.497	28	78.696		
	Total	2892.967	29			

a. Predictors: (Constant), KOL

b. Dependent Variable: JS

Lampiran 7

Pengujian Hipotesis Percaya Diri(X_3) Dengan *Jump Shoot* Siswa (Y)

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.496 ^a	.246	.219	8.82561

a. Predictors: (Constant), PD

**T_{hitung} dan Signifikansi Percaya Diri (X_3)
Dengan Variabel Kesearan Jasmani (Y)**

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	25.121	8.396		2.992	.006
	PD	.498	.165	.496	3.023	.005

a. Dependent Variable: JS

**F_{hitung} Variabel Percaya Diri (X_3) Dengan
Variabel *Jump Shoot* Siswa (Y)**

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	712.009	1	712.009	9.141	.005 ^a
	Residual	2180.958	28	77.891		
	Total	2892.967	29			

a. Predictors: (Constant), PD

b. Dependent Variable: JS

Lampiran 8

Pengujian Hipotesis Power Tungkai (X_1), Kekuatan Otot Lengan (X_2), dan Percaya Diri (X_3) Dengan *Jump Shoot* Siswa (Y)

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.623 ^a	.389	.318	8.24863

a. Predictors: (Constant), PD, PT, KOL

T_{hitung} dan Signifikansi Variabel Power Tungkai (X_1), Kekuatan Otot Lengan (X_2), dan Percaya Diri (X_3) Dengan Variabel *Jump Shoot* Siswa (Y)

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	11.290	9.666		1.168	.253
	PT	.302	.180	.303	1.681	.105
	KOL	.235	.186	.234	1.264	.218
	PD	.237	.188	.236	1.264	.218

a. Dependent Variable: JS

F_{hitung} variabel Kemampuan Gerak (X_1), Kekuatan Otot Lengan (X_2), dan Percaya Diri (X_3) Dengan Variabel *Jump Shoot* Siswa (Y)

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1123.931	3	374.644	5.506	.005 ^a
	Residual	1769.036	26	68.040		
	Total	2892.967	29			

a. Predictors: (Constant), PD, PT, KOL

b. Dependent Variable: JS

Lampiran 9

Validitas dan Reliabilitas Angket Percaya Diri
Rekapitulasi Hasil Pengujian Validitas

No Item	Korelasi (r)	R Krikitik	Ket	No Item	Korelasi (r)	R Krikitik	Ket
Item 1	0,546	0,312	Drop	Item 25	0,174	0,312	Valid
Item 2	0,171	0,312	Valid	Item 26	0,523	0,312	Drop
Item 3	0,085	0,312	Valid	Item 27	0,164	0,312	Valid
Item 4	0,255	0,312	Valid	Item 28	0,173	0,312	Valid
Item 5	0,439	0,312	Valid	Item 29	0,380	0,312	Valid
Item 6	0,323	0,312	Valid	Item 30	0,229	0,312	Drop
Item 7	0,451	0,312	Drop	Item 31	0,196	0,312	Drop
Item 8	0,034	0,312	Drop	Item 32	0,317	0,312	Drop
Item 9	0,025	0,312	Valid	Item 33	0,531	0,312	Valid
Item 10	0,191	0,312	Valid	Item 34	0,143	0,312	Drop
Item 11	0,358	0,312	Drop	Item 35	0,359	0,312	Valid
Item 12	0,415	0,312	Valid	Item 36	0,087	0,312	Valid
Item 13	0,485	0,312	Valid	Item 37	0,198	0,312	Drop
Item 14	0,432	0,312	Drop	Item 38	0,340	0,312	Drop
Item 15	0,320	0,312	Valid	Item 39	0,051	0,312	Drop
Item 16	0,196	0,312	Drop	Item 40	0,434	0,312	Drop
Item 17	0,077	0,312	Valid				
Item 18	0,335	0,312	Valid				
Item 19	0,494	0,312	Drop				
Item 20	0,408	0,312	Valid				
Item 21	0,476	0,312	Drop				
Item 22	0,424	0,312	Drop				
Item 23	0,051	0,312	Drop				
Item 24	0,550	0,312	Drop				

Keterangan :

Butir soal dinyatakan valid jika $r_{hitung} > 0,312$

0,396 adalah nilai r_{tabel} product momen pada uji satu sisi dengan taraf signifikansi (α) = 0,05 dan derajat kepercayaan (df) = k - 2 (dimana k = banyaknya responden uji coba).

Pada penelitian ini karena uji coba instrumen dilakukan pada 40 Siswa Kelas X maka nilai r_{tabel} adalah 0,312

Reliability Statistics

Cronbach's Alpha	N of Items
.712	40

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted						
Y1	115,43	90,66	0,493	0,694	Y21	115,85	90,64	0,405	0,696	
Y2	115,85	96,13	0,108	0,711	Y22	116,35	91,72	0,353	0,699	
Y3	115,18	97,33	0,040	0,713	Y23	115,65	99,11	-0,122	0,722	
Y4	115,73	101,74	-0,317	0,729	Y24	115,625	89,11	0,484	0,691	
Y5	115,73	91,95	0,375	0,699	Y25	116,9	95,43	0,073	0,716	
Y6	115,78	93,46	0,249	0,705	Y26	116	89,38	0,452	0,692	
Y7	116,33	90,07	0,367	0,697	Y27	116,6	95,94	0,085	0,713	
Y8	115,33	98,94	-0,109	0,722	Y28	115,7	95,75	0,090	0,713	
Y9	115,6	98,09	-0,052	0,719	Y29	116,5	91,33	0,288	0,702	
Y10	115,93	95,51	0,111	0,712	Y30	115,6	95,37	0,165	0,709	
Y11	116,3	89,96	0,227	0,707	Y31	115,925	95,76	0,131	0,711	
Y12	116,3	90,47	0,323	0,699	Y32	115,675	93,51	0,242	0,705	
Y13	116	91,03	0,421	0,696	Y33	115,925	90,12	0,469	0,693	
Y14	116,25	88,50	0,317	0,699	Y34	116	96,26	0,061	0,714	
Y15	116,15	91,52	0,200	0,709	Y35	115,875	92,06	0,271	0,703	
Y16	116,1	95,37	0,114	0,712	Y36	115,625	97,21	0,027	0,714	
Y17	115,83	99,43	-0,146	0,723	Y37	115,475	95,79	0,136	0,710	
Y18	116,35	91,98	0,235	0,705	Y38	115,65	92,80	0,259	0,704	
Y19	116,1	89,58	0,418	0,694	Y39	116,125	97,80	-0,042	0,721	
Y20	115,6	91,73	0,332	0,700	Y40	116,225	91,05	0,357	0,698	

Lihat nilai reliabilitas alpha 0,712. Hasil uji instrumen yang positif dan > 0.6 dikatakan reliable. Jadi instrument tersebut reliable. Hasil item < 0.712 item yang Reliabel, sebaliknya setiap item > 0.712 gugur/Tidak Reliabel.

Lampiran 10

Foto – Foto Penelitian