

LAMPIRAN 3  
HASIL PENELITIAN

### Data Hasil Penelitian Motivasi Pemanasan siklus satu

| No     | Jumlah keseluruhan |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | Jumlah |
|--------|--------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--------|
|        | 1                  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |        |
| 1      | 4                  | 5  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 4  | 4  | 2  | 4  | 4  | 4  | 5  | 96     |
| 2      | 1                  | 5  | 4  | 4  | 4  | 4  | 4  | 2  | 5  | 4  | 4  | 5  | 5  | 5  | 4  | 5  | 5  | 5  | 5  | 4  | 5  | 4  | 5  | 98     |
| 3      | 4                  | 5  | 4  | 4  | 4  | 4  | 4  | 3  | 5  | 5  | 4  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 2  | 3  | 5  | 3  | 4  | 95     |
| 4      | 4                  | 4  | 3  | 4  | 3  | 3  | 4  | 3  | 3  | 4  | 3  | 4  | 4  | 4  | 3  | 5  | 4  | 4  | 3  | 2  | 4  | 4  | 4  | 83     |
| 5      | 2                  | 3  | 2  | 2  | 2  | 2  | 3  | 2  | 2  | 2  | 2  | 3  | 3  | 2  | 2  | 3  | 3  | 4  | 4  | 4  | 3  | 3  | 3  | 61     |
| 6      | 4                  | 5  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 5  | 4  | 4  | 5  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 95     |
| 7      | 4                  | 4  | 5  | 5  | 5  | 4  | 5  | 4  | 4  | 5  | 4  | 4  | 4  | 4  | 4  | 5  | 5  | 4  | 4  | 4  | 4  | 4  | 4  | 99     |
| 8      | 4                  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 5  | 5  | 4  | 2  | 4  | 4  | 5  | 4  | 93     |
| 9      | 3                  | 4  | 5  | 4  | 4  | 4  | 2  | 3  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 5  | 5  | 5  | 4  | 5  | 5  | 4  | 4  | 94     |
| 10     | 4                  | 4  | 3  | 4  | 3  | 4  | 4  | 4  | 4  | 3  | 4  | 4  | 4  | 4  | 3  | 4  | 4  | 3  | 2  | 4  | 3  | 4  | 4  | 84     |
| 11     | 5                  | 5  | 4  | 5  | 5  | 5  | 5  | 5  | 5  | 4  | 4  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 4  | 4  | 4  | 5  | 4  | 105    |
| 12     | 3                  | 5  | 4  | 4  | 4  | 2  | 4  | 2  | 4  | 4  | 4  | 4  | 5  | 4  | 4  | 4  | 4  | 3  | 4  | 4  | 4  | 4  | 4  | 88     |
| 13     | 4                  | 5  | 4  | 5  | 4  | 4  | 5  | 5  | 5  | 4  | 3  | 4  | 5  | 4  | 3  | 4  | 4  | 4  | 2  | 4  | 4  | 4  | 4  | 94     |
| 14     | 4                  | 3  | 3  | 4  | 4  | 3  | 3  | 2  | 3  | 4  | 3  | 4  | 3  | 4  | 3  | 5  | 3  | 3  | 2  | 3  | 4  | 4  | 5  | 79     |
| 15     | 4                  | 5  | 4  | 4  | 4  | 5  | 4  | 5  | 5  | 4  | 4  | 5  | 5  | 5  | 5  | 4  | 4  | 4  | 4  | 3  | 4  | 4  | 4  | 99     |
| 16     | 4                  | 5  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 5  | 5  | 5  | 4  | 5  | 4  | 4  | 4  | 4  | 4  | 4  | 5  | 98     |
| 17     | 4                  | 4  | 4  | 4  | 4  | 4  | 2  | 2  | 4  | 4  | 3  | 4  | 4  | 4  | 3  | 4  | 4  | 4  | 3  | 4  | 4  | 3  | 4  | 84     |
| 18     | 2                  | 5  | 2  | 4  | 4  | 3  | 4  | 4  | 4  | 4  | 3  | 4  | 5  | 5  | 4  | 5  | 4  | 4  | 3  | 5  | 4  | 4  | 4  | 90     |
| 19     | 4                  | 4  | 5  | 3  | 3  | 3  | 2  | 4  | 5  | 5  | 4  | 3  | 4  | 4  | 4  | 4  | 4  | 4  | 3  | 2  | 2  | 5  | 5  | 86     |
| 20     | 4                  | 5  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 4  | 4  | 2  | 4  | 4  | 4  | 5  | 96     |
| Jumlah | 72                 | 89 | 76 | 80 | 77 | 74 | 75 | 70 | 82 | 80 | 75 | 83 | 87 | 86 | 76 | 90 | 84 | 79 | 63 | 75 | 79 | 80 | 85 | 1817   |

Tabel 22. Data Identitas Responden

| No | Nama              | Usia | Asal Klub |
|----|-------------------|------|-----------|
| 1  | Ekky Pranata      | 22   | SWAP      |
| 2  | Aris Septiawan    | 21   | SWAP      |
| 3  | Mozez Manuhutu    | 22   | SWAP      |
| 4  | Reinhart Tutalehu | 22   | SWAP      |
| 5  | Alex              | 22   | SWAP      |
| 6  | Putra Tambun      | 25   | SWAP      |
| 7  | Juan              | 24   | SWAP      |
| 8  | Noel              | 25   | SWAP      |
| 9  | Richard           | 19   | SWAP      |
| 10 | Ryan              | 20   | SWAP      |
| 11 | Yosua             | 22   | SWAP      |
| 12 | Antonius Kembaren | 25   | SWAP      |
| 13 | Jhon              | 22   | SWAP      |
| 14 | Anjar             | 23   | SWAP      |
| 15 | M.Rahmad Firdin   | 22   | SWAP      |
| 16 | Corneles          | 22   | SWAP      |
| 17 | Setia Limbeng     | 22   | SWAP      |
| 18 | Fredrik Manuk     | 21   | SWAP      |
| 19 | Marlon Hasudungan | 22   | SWAP      |
| 20 | Thorik ramadhan   | 24   | SWAP      |

Menghitung rentang, kelas interval, dan panjang kelas

Variabel X

1 menentukan rentang

$$\text{rentang} = \text{Data terbesar} - \text{Data terkecil}$$

$$= \frac{105 - 61}{44}$$

2 Banyak kelas interval

$$K = \frac{1 + (3.3) \log n}{1 + (3.3) \log 20}$$

$$= \frac{1 + (3.3) \cdot 1.3}{1 + 4.293399}$$

$$= 5.29 \quad (\text{Ditetapkan menjadi } 5)$$

3 Panjang Kelas (KI)

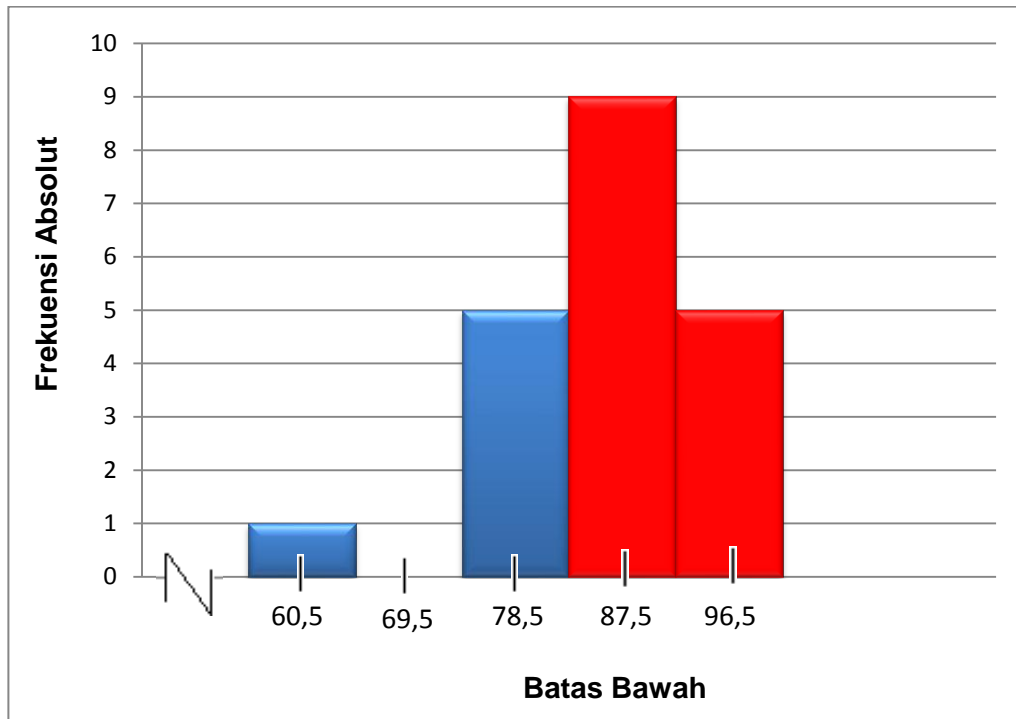
$$P = \frac{\text{Rentang Kelas}}{K} = \frac{44}{5.29}$$

$$= 8.31758$$

Dibulatkan menjadi 9

| No | Kelas Interval |   |     | Batas Bawah | Frek Absolut | Frek Relatif |
|----|----------------|---|-----|-------------|--------------|--------------|
| 1  | 61             | - | 69  | 60,5        | 1            | 5.00%        |
| 2  | 70             | - | 78  | 69,5        | 0            | 0.00%        |
| 3  | 79             | - | 87  | 78,5        | 5            | 25.00%       |
| 4  | 88             | - | 96  | 87,5        | 9            | 45.00%       |
| 5  | 97             | - | 105 | 96,5        | 5            | 25.00%       |
|    |                |   |     | Jumlah      | 20           | 100.00%      |

Diagram histogram



### Foto-Foto Penelitian



Klub melakukan doa bersama

Kutipan : Pribadi



Pelatih membagi atlet menjadi dua kelompok

Kutipan: Pribadi



Kolaborator mengamati dan menilai aktivitas atlet

Kutipan: Peneliti



Pelatih memberikan arahan dan aturan permainan

Kutipan: Peneliti



Kolaborator mengamati aktivitas pelatih

Kutipan: Pribadi



Atlet melakukan aktivitas pemanasan dengan permainan tradisional

Kutipan: Peneliti





Peneliti dan kolaborator mengamati aktivitas secara keseluruhan

Kutipan: Peneliti



Pelatih menjelaskan manfaat/kegunaan permainan

Kutipan : Peneliti



Peneliti menjelaskan cara pengisian kuisioner

Kutipan: Peneliti



Responden mengajukan pertanyaan kepada peneliti

Kutipan: Peneliti



Foto bersama

Kutipan: Peneliti