

Lampiran 1

Tabel 9
Daftar Nama Sampel Penelitian SMA Fransiskus Bandar Lampung

NO	NAMA	NO	NAMA
1	AFI	16	FARREL
2	ALBIN	17	GIOVANI
3	ANDRO	18	IVAN
4	ARGA	19	JEREMI
5	ATILA	20	KAROL
6	BALDAN	21	MARINUS
7	BOIM	22	MARIO
8	BRYAN	23	MIGEL
a	DANIEL	24	NANDA
10	DHANDA	25	NANDO
11	DHITO	26	NICO
12	DIAZ	27	RADIT
13	DICKY	28	RAFINDRA
14	EGA	29	STEVANUS
15	FAISAL	30	XAVIER

Lampiran 2

Tabel 10
Daftar Hasil Data Tes *Power Shooting* Latihan *Box Jump*

No	Nama	Usia	Tes Awal	Tes Akhir
1	FARREL	18	81,32	86.01
2	MIGEL	17	77.59	82.81
3	JEREMI	17	74.57	79.36
4	NICO	17	71.44	76.18
5	DHITO	17	67.64	72.06
6	MARIO	18	63.53	67.21
7	KAROL	16	61.74	66.03
8	ANDRO	16	59.21	64.34
9	IVAN	16	54.67	59.75
10	MARINUS	16	52.32	56.47
11	DIAZ	16	50.53	54.16
12	EGA	16	40.92	45.09
13	ATILA	16	39.15	44.18
14	GIOVANI	16	35.43	40.18
15	BRYAN	16	34.95	38.32
Σ			864,92	932,15

Tabel 11
Daftar Hasil Data Tes *Power Shooting* Latihan *Hurdle Hops*

No	Nama	Usia	Tes Awal	Tes Akhir
1	DICKY	16	84.08	86.37
2	ALBIN	16	79.07	82.74
3	NANDO	17	77.67	79.59
4	ARGA	16	73.37	76.25
5	BALDAN	16	67.21	69.37
6	RAFINDRA	16	65.77	67.43
7	NANDA	17	62.51	64.04
8	STEVANUS	18	60.56	62.55
9	DANIEL	17	59.21	62.17
10	BOIM	18	53.11	55.54
11	RADIT	16	51.73	53.59
12	DHANDA	16	44.11	46.96
13	FAISAL	16	40.72	43.83
14	AFI	16	36.04	39.09
15	XAVIER	17	35.61	38.63
Σ			890.77	928.15

Lampiran 3

Tabel 12
Hasil test awal kelompok X (*Box Jump*)

No.	X	X ²
1	81,32	6612.9424
2	77.59	6020.2081
3	74.57	5560.6849
4	71.44	5103.6736
5	67.64	4575.1696
6	63.53	4036.0609
7	61.74	3811.8276
8	59.21	3505.8241
9	54.67	2988.8089
10	52.32	2727.9729
11	50.53	2553.2809
12	40.92	1674.4464
13	39.15	1532.7225
14	35.43	1255.2849
15	34.95	1221.5025
Total	864,92	53180.4102

Rata-rata :

$$\begin{aligned}\bar{X} &= \frac{\sum X}{N} \\ &= \frac{864,92}{15} = 57,66\end{aligned}$$

$$\begin{aligned}S^2 &= \frac{n \cdot \sum X^2 - (\sum X)^2}{n(n-1)} \\ &= \frac{15 \cdot (53180,4102) - (864,92)^2}{15(15-1)} \\ &= \frac{797706,153 - 748086,606}{210} \\ &= 236,2835\end{aligned}$$

$$\begin{aligned}S &= \sqrt{S^2} \\ &= \sqrt{236,2835} \\ &= 15,37\end{aligned}$$

Menentukan Rentang (R)

$$\begin{aligned}R &= \text{Max} - \text{Min} \\ &= 81,32 - 34,95 \\ &= 46,37\end{aligned}$$

Menentukan banyaknya kelas (K)

$$\begin{aligned}K &= 1 + 3,3 (\log n) \\ &= 1 + 3,3 (\log 10) \\ &= 1 + 3,88 \\ &= 4,8 \cong 5\end{aligned}$$

Panjang Kelas (P)

$$P = \frac{R}{K} = \frac{46.37}{5} = 9.27 \cong 10$$

Table 13
Distribusi Frekuensi

No.	Interval	Titik Tengah	Frekuensi Absolut	Frekuensi Relatif
1	34.95 – 44.95	39.95	4	27%
2	44.96 – 54.96	49.96	3	20%
3	54.97 – 64.97	59.97	3	20%
4	64.98 – 74.98	69.98	3	20%
5	74.99 – 84.99	79.99	2	13%
	Total		15	100%

Lampiran 4

Tabel 14
Hasil test akhir kelompok X (*Box Jump*)

No.	X	X ²
1	86.01	7226.7001
2	82.81	6857.4961
3	79.36	6298.0096
4	76.18	5803.3924
5	72.06	5192.6436
6	67.21	4517.1841
7	66.03	4359.9609
8	64.34	4139.6359
9	59.75	3570.0625
10	56.47	3188.8609
11	54.16	2933.3056
12	45.09	2033.1081
13	44.18	1951.8724
14	40.18	1614.4324
15	38.32	1546.0624
Total	932,15	61326.107

$$\begin{aligned}\bar{X} &= \frac{\sum X}{N} \\ &= \frac{932.15}{15} = 62.14\end{aligned}$$

$$\begin{aligned}S^2 &= \frac{n \cdot \sum X^2 - (\sum X)^2}{n(n-1)} \\ &= \frac{15 \cdot (61326.107) - (932.15)^2}{15(15-1)} \\ &= \frac{919891.605 - 868903.622}{210} \\ &= 242.799\end{aligned}$$

$$\begin{aligned}S &= \sqrt{S^2} \\ &= \sqrt{242.799} \\ &= 15,58\end{aligned}$$

Menentukan Rentang (R)

$$\begin{aligned}R &= \text{Max} - \text{Min} \\ &= 86.01 - 38.32 \\ &= 47.69\end{aligned}$$

Menentukan banyaknya kelas (K)

$$\begin{aligned}K &= 1 + 3,3 (\log n) \\ &= 1 + 3,3 (\log 10) \\ &= 1 + 3,88 \\ &= 4,8 \cong 5\end{aligned}$$

Panjang Kelas (P)

$$P = \frac{R}{K} = \frac{47.69}{5} = 9.53 \cong 10$$

Table 15
Distribusi Frekuensi

No.	Interval	Titik Tengah	Frekuensi Absolut	Frekuensi Relatif
1	38.32 – 48.32	43.32	4	27%
2	48.33 – 58.33	53.33	2	13%
3	58.34 – 69.34	63.34	4	27%
4	68.35 – 78.35	73.35	2	13%
5	78.36 – 88.36	83.36	3	20%
	Total		15	100%

Lampiran 5

Tabel 16
Hasil test awal kelompok Y (*Hurdle Hops*)

No.	Y	Y ²
1	84.08	7069,4464
2	79.07	6252,0649
3	77.67	6032,6289
4	73.37	5383,1569
5	67.21	4517,1841
6	65.77	4325,6929
7	62.51	3907,5001
8	60.56	3667,5136
9	59.21	3505,8241
10	53.11	2820,6721
11	51.73	2675,9929
12	44.11	1945,6921
13	40.72	1658,1184
14	36.04	1298,8816
15	35.61	1268,0721
Total	890.77	56328,4411

$$\begin{aligned}\bar{X} &= \frac{\sum Y}{n} \\ &= \frac{890,77}{15} = 59,38\end{aligned}$$

$$\begin{aligned}S^2 &= \frac{n \cdot \sum Y^2 - (\sum Y)^2}{n(n-1)} \\ &= \frac{15 \cdot (56328,4411) - (890,77)^2}{15(15-1)} \\ &= \frac{844926,6165 - 793471,1929}{210} \\ &= 245,0258\end{aligned}$$

$$\begin{aligned}S &= \sqrt{S^2} \\ &= \sqrt{245,0258} \\ &= 15.65\end{aligned}$$

Menentukan Rentang (R)

$$\begin{aligned}R &= \text{Max} - \text{Min} \\ &= 84.08 - 35.61 \\ &= 48.47\end{aligned}$$

Menentukan banyaknya kelas (K)

$$\begin{aligned}K &= 1 + 3,3 (\log n) \\ &= 1 + 3,3 (\log 10) \\ &= 1 + 3,88 \\ &= 4,8 \cong 5\end{aligned}$$

Panjang Kelas (P)

$$P = \frac{R}{K} = \frac{48.47}{5} = 9.69 \cong 10$$

Table 17
Distribusi Frekuensi

No.	Interval	Titik Tengah	Frekuensi Absolut	Frekuensi Relatif
1	35.61 – 45.61	40.61	4	27%
2	45.62 – 55.62	50.62	2	13%
3	55.63 – 65.63	60.63	3	20%
4	65.64 – 75.64	70.64	3	20%
5	75.65 – 85.65	80.65	3	20%
	Total		15	100%

Lampiran 6

Tabel 18
Hasil test akhir kelompok Y (*Hurdle Hops*)

No.	Y	Y ²
1	86.37	7459.7769
2	82.74	6845.9076
3	79.59	6334.5681
4	76.25	5814.0625
5	69.37	4812.1969
6	67.43	4546.8049
7	64.04	4101.1216
8	62.55	3912.5025
9	62.17	3865.1089
10	55.54	3084.6916
11	53.59	2871.8881
12	46.96	2205.2416
13	43.83	1921.0689
14	39.09	1528.0281
15	38.63	1492.2769
Total	928.15	60795.2451

$$\begin{aligned}\bar{X} &= \frac{\sum Y}{N} \\ &= \frac{928.15}{15} = 61.87\end{aligned}$$

$$\begin{aligned}S^2 &= \frac{n \cdot \sum Y^2 - (\sum Y)^2}{n(n-1)} \\ &= \frac{15 \cdot (60795.2451) - 928.15^2}{15(15-1)} \\ &= \frac{911928.6765 - 861462.4225}{210} \\ &= 240.32\end{aligned}$$

$$\begin{aligned}S &= \sqrt{S^2} \\ &= \sqrt{240.32} \\ &= 15.50\end{aligned}$$

Menentukan Rentang (R)

$$\begin{aligned}R &= \text{Max} - \text{Min} \\ &= 86.37 - 38.63 \\ &= 47.74\end{aligned}$$

Menentukan banyaknya kelas (K)

$$\begin{aligned}K &= 1 + 3,3 (\log n) \\ &= 1 + 3,3 (\log 10) \\ &= 1 + 3,88 \\ &= 4,8 \cong 5\end{aligned}$$

Panjang Kelas (P)

$$P = \frac{R}{K} = \frac{47.74}{5} = 9.54 \cong 10$$

Table 19
Distribusi Frekuensi

No.	Interval	Titik Tengah	Frekuensi Absolut	Frekuensi Relatif
1	38.63 – 48.63	43.63	4	27%
2	48.64 – 58.64	53.64	2	13%
3	58.65 – 68.65	63.65	4	27%
4	68.66 – 78.66	73.66	2	13%
5	78.67 – 88.67	83.67	3	20%
	Total		15	100%

Lampiran 7

Tabel 20
Perhitungan uji-t paired (Box Jump)

No.	Awal X1	(Akhir) (X2)	D (X ₂ -X ₁)	D ²
1	81,32	86.01	4.69	21.9961
2	77.59	82.81	5.22	27.2484
3	74.57	79.36	4.79	22.9441
4	71.44	76.18	4.74	22.4676
5	67.64	72.06	4.42	19.5364
6	63.53	67.21	3.68	13.5424
7	61.74	66.03	4.29	18.4041
8	59.21	64.34	5.13	26.3169
9	54.67	59.75	5.08	25.8064
10	52.32	56.47	4.24	17.9776
11	50.53	54.16	3.63	13.1769
12	40.92	45.09	4.17	17.3889
13	39.15	44.18	5.03	25.3009
14	35.43	40.18	4.75	22.5625
15	34.95	38.32	3.37	11.3569
Jumlah	864,92	932,15	67.23	306.0261

Diketahui :

$$\sum D = 67.23$$

$$\sum D^2 = 306.026$$

Dicari :

$$M_D = \frac{\sum D}{N} = \frac{67.23}{15} = 4.482$$

$$\begin{aligned} S_{D_D} &= \sqrt{\frac{ED^2}{N} - \left(\frac{ED}{N}\right)^2} \\ &= \sqrt{\frac{306.026}{15} - \left(\frac{67.23}{15}\right)^2} \\ &= \sqrt{20.401 - 8.964} = \sqrt{11.437} = 3.38186 \end{aligned}$$

$$\begin{aligned} SE_{MD} &= \frac{SDd}{\sqrt{n-1}} \\ &= \frac{3.38186}{\sqrt{15-1}} \\ &= \frac{3.38186}{3.741} \\ &= 0.903 \end{aligned}$$

$$\begin{aligned} t_0 &= \frac{Md}{SE_{md}} \\ &= \frac{4.5}{0.912} \\ &= 4.98 \end{aligned}$$

Lampiran 8

Tabel 21
Perhitungan uji-t *paired* (*Hurdle Hops*)

No.	Awal Y1	(Akhir) (Y2)	D (Y ₂ -Y ₁)	D ²
1	84.08	86.37	2.29	5.2441
2	79.07	82.74	3.67	13.4689
3	77.67	79.59	1.92	3.6864
4	73.37	76.25	2.88	8.2944
5	67.21	69.37	2.16	4.6656
6	65.77	67.43	1.66	2.7556
7	62.51	64.04	1.53	2.3409
8	60.56	62.55	1.99	3.9601
9	59.21	62.17	2.96	8.7616
10	53.11	55.54	2.43	5.9049
11	51.73	53.59	1.86	3.4596
12	44.11	46.96	2.85	8.1225
13	40.72	43.83	3.11	9.6721
14	36.04	39.09	3.05	9.3025
15	35.61	38.63	3.02	9.1204
Jumlah	890.77	928.15	37.38	98.7596

Diketahui :

$$\sum D = 37.38$$

$$\sum D^2 = 98.759$$

Dicari :

$$M_D = \frac{\sum D}{N} = \frac{37.38}{15} = 2.492$$

$$\begin{aligned} S_{Dd} &= \sqrt{\frac{\sum ED^2}{N} - \left(\frac{\sum ED}{N}\right)^2} \\ &= \sqrt{\frac{98.759}{15} - \left(\frac{37.38}{15}\right)^2} \\ &= \sqrt{6.583 - 4.984} = \sqrt{1.599} = 1.26451 \end{aligned}$$

$$SE_{MD} = \frac{SDd}{\sqrt{n-1}}$$

$$= \frac{1.26}{\sqrt{15-1}}$$

$$= \frac{1.26}{3.741}$$

$$= 0.336$$

$$t_0 = \frac{Md}{SE_{md}}$$

$$= \frac{2.492}{0.336}$$

$$= 7.41$$

Lampiran 9

Tabel 22
Perhitungan uji-t *Independent*
(Perbandingan *Box Jump* dengan *Hurdle Hops*)

No.	X	Y	X ²	Y ²
1	86.01	86.37	7226.7001	7459.7769
2	82.81	82.74	6857.4961	6845.9076
3	79.36	79.59	6298.0096	6334.5681
4	76.18	76.25	5803.3924	5814.0625
5	72.06	69.37	5192.6436	4812.1969
6	67.21	67.43	4517.1841	4546.8049
7	66.03	64.04	4359.9609	4101.1216
8	64.34	62.55	4139.6359	3912.5025
9	59.75	62.17	3570.0625	3865.1089
10	56.47	55.54	3188.8609	3084.6916
11	54.16	53.59	2933.3056	2871.8881
12	45.09	46.96	2033.1081	2205.2416
13	44.18	43.83	1951.8724	1921.0689
14	40.18	39.09	1614.4324	1528.0281
15	38.32	38.63	1546.0624	1492.2769
Jumlah	932,15	928.15	61326.107	60795.2451

Diketahui :

$$nX = 15$$

$$nY = 15$$

$$\sum x = 932.15$$

$$\sum y = 928.15$$

$$\begin{aligned}\bar{X} &= \frac{\sum X}{N} \\ &= \frac{932.15}{15} = 62.14\end{aligned}$$

$$\begin{aligned}S^2 &= \frac{n \cdot \sum X^2 - (\sum X)^2}{n(n-1)} \\ &= \frac{15 \cdot (61326.107) - 932.15^2}{15(15-1)} \\ &= \frac{919891.605 - 868903.622}{210} \\ &= 242.779\end{aligned}$$

$$\begin{aligned}\bar{Y} &= \frac{\sum Y}{N} \\ &= \frac{928.15}{15} = 61.87\end{aligned}$$

$$\begin{aligned}S^2 &= \frac{n \cdot \sum Y^2 - (\sum Y)^2}{n(n-1)} \\ &= \frac{15 \cdot (60795.2451) - 928.15^2}{15(15-1)} \\ &= \frac{911928.6765 - 861462.4225}{210}\end{aligned}$$

$$= 240.315$$

Varians Gabungan

$$S^2_{gab} = \frac{(n_x-1)S_x^2 + (n_y-1)S_y^2}{n_x + n_y - 2}$$

$$= \frac{(15-1)242.799 + (15-1)240.315}{15(15-2)}$$

$$= \frac{3.399,186 + 3.364,41}{28}$$

$$= 241,557$$

$$= 15.542$$

$$t_0 = \frac{X - Y}{s \sqrt{\frac{1}{n_X} + \frac{1}{n_Y}}}$$

$$= \frac{62.14 - 61.87}{241,557 \sqrt{\frac{1}{15} + \frac{1}{15}}}$$

$$= \frac{0,27}{241,557 \times 0,36}$$

$$= \frac{0,27}{86.960,52}$$

$$= 3,10$$

Mencari t-tabel :

$$= (1/2 \alpha ; n_1 + n_2 - 2)$$

$$= (0,025 ; 28)$$

$$= 2,47$$

Dari data tersebut diperoleh t_{hitung} sebesar 3,10, t_{tabel} dengan taraf signifikan $\frac{1}{2} \alpha = 0,025$ dengan $df (n_1 + n_2 - 2) = 28$ adalah 2,47 maka $t_{hitung} (3,10) > t_{tabel} (2,47)$, berarti terdapat perbedaan yang signifikan antara latihan *box jump* dengan *hurdle hops*.



Lampiran 10

Tabel 23
Uji Reliabilitas

No.	X	Y	X ²	Y ²	XY
1	81,32	84,08	6.612,94	7.069,45	6.837,3856
2	77,59	79,07	6.020,21	6.252,06	6.135,0413
3	74,57	77,67	5.560,68	6.032,63	5.791,8519
4	71,44	73,37	5.103,67	5.383,16	5.241,5528
5	67,64	67,21	4.575,17	4.517,18	4.546,0844
6	63,53	65,77	4.036,06	4.325,69	4.178,3681
7	61,74	62,51	3.811,83	3.907,50	3.859,3674
8	59,21	60,56	3.505,82	3.667,51	3.585,7576
9	54,67	59,21	2.988,81	3.505,82	3.237,0107
10	52,23	53,11	2.727,97	2.820,67	2.773,9353
11	50,53	51,73	2.553,28	2.675,99	2.613,9169
12	40,92	44,11	1.674,45	1.945,69	1.804,9812
13	39,15	40,72	1.532,72	1.658,12	1.594,188
14	35,43	36,04	1.255,28	1.298,88	1.276,8972
15	34,95	35,61	1.221,50	1.268,07	1.244,5695
Jumlah	864,92	890,77	53.180,41	56.328,44	54.700,9079

Diketahui :

N : 15

$\sum X$: 864,92

$\sum Y$: 890,77

$\sum X^2$: 53.180,41

$\sum Y^2$: 56.328,44

$\sum XY$: 54.700,9079

$$\begin{aligned}
 r &= \frac{n \cdot \sum XY - (\sum X)(\sum Y)}{\sqrt{\{n \cdot \sum X^2 - (\sum X)^2\} \{n \cdot \sum Y^2 - (\sum Y)^2\}}} \\
 &= \frac{15 \cdot 54.700,9079 - (864,92)(890,77)}{\sqrt{\{15 \cdot 53.180,41 - (864,92)^2\} \{15 \cdot 56.328,44 - (890,77)^2\}}} \\
 &= \frac{820.513,6185 - 770.444,7884}{\sqrt{\{797.706,15 - 748.086,6064\} \{844.926,6 - 793.471,1929\}}} \\
 &= \frac{50.068,8301}{\sqrt{\{49.619,5436\} \{51.455,4071\}}} \\
 &= \frac{50.068,8301}{101.074,9507} \\
 &= 0,990
 \end{aligned}$$

Dari data tersebut diperoleh r hitung = 0,990 sedangkan rtabel untuk n = 15 dan $\alpha = 0,05$ adalah 0,514 berarti r hitung > rtabel, berarti data tersebut reliabel.