**Lampiran 7. Data Penelitian**

**Data Tes Kekuatan**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NO** | **Hand Grip** | **Push Up** | **Sit UP** | **Leg D** |
| **Pretest** | **posttest** | **Pretest** | **posttest** | **Pretest** | **posttest** | **Pretest** | **Posttest** |
| 1 | 33,01 | 34,5 | 31 | 35 | 25 | 25 | 242 | 255 |
| 2 | 36,17 | 36,17 | 18 | 20 | 18 | 20 | 194 | 200 |
| 3 | 34,5 | 36,5 | 30 | 34 | 20 | 23 | 207 | 220 |
| 4 | 54 | 60,7 | 20 | 25 | 20 | 24 | 190,5 | 200,5 |
| 5 | 36 | 36,22 | 20 | 22 | 20 | 20 | 152,5 | 155,5 |
| 6 | 32 | 33,2 | 20 | 27 | 20 | 23 | 208 | 209,5 |
| 7 | 24,02 | 30,08 | 16 | 21 | 20 | 21 | 141,5 | 144,5 |
| 8 | 42,15 | 43,52 | 24 | 27 | 20 | 27 | 164,5 | 164,5 |
| 9 | 28,18 | 33,18 | 15 | 22 | 21 | 23 | 100,5 | 120,5 |
| 10 | 25,13 | 35,33 | 15 | 18 | 15 | 17 | 138,5 | 140,5 |
| 11 | 40 | 45,45 | 28 | 33 | 22 | 28 | 231 | 244 |
| 12 | 30,15 | 31,12 | 20 | 22 | 21 | 22 | 224 | 250 |
| 13 | 45 | 46 | 14 | 17 | 25 | 26 | 300 | 300 |
| 14 | 36,5 | 37,8 | 15 | 25 | 20 | 22 | 186,5 | 188,5 |

**Data Akurasi**

|  |  |  |
| --- | --- | --- |
| **NO** | Forehand | backhand |
| **Pretest** | **posttest** | **Pretest** | **posttest** |
| 1 | 18 | 32 | 31 | 27 |
| 2 | 23 | 26 | 22 | 27 |
| 3 | 27 | 27 | 23 | 28 |
| 4 | 16 | 21 | 20 | 30 |
| 5 | 25 | 32 | 23 | 20 |
| 6 | 21 | 32 | 19 | 21 |
| 7 | 28 | 32 | 19 | 23 |
| 8 | 27 | 27 | 22 | 24 |
| 9 | 20 | 26 | 19 | 26 |
| 10 | 19 | 30 | 20 | 32 |
| 11 | 33 | 35 | 23 | 30 |
| 12 | 20 | 21 | 18 | 22 |
| 13 | 23 | 30 | 18 | 30 |
| 14 | 22 | 21 | 18 | 28 |

**Lampiran 8. Statistik Data Penelitian**

**Frequencies**

[DataSet0]

|  |
| --- |
| **Statistics** |
|  | Hand Grip (Pretest) | Hand Grip (Posttest) |
| N | Valid | 14 | 14 |
| Missing | 0 | 0 |
| Mean | 35,4864 | 38,5550 |
| Median | 35,2500 | 36,1950 |
| Mode | 24,02a | 30,08a |
| Std. Deviation | 8,03670 | 8,06450 |
| Minimum | 24,02 | 30,08 |
| Maximum | 54,00 | 60,70 |
| Sum | 496,81 | 539,77 |

|  |
| --- |
| a. Multiple modes exist. The smallest value is shown |

**Frequency Table**

|  |
| --- |
| **Hand Grip (Pretest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 24,02 | 1 | 7,1 | 7,1 | 7,1 |
| 25,13 | 1 | 7,1 | 7,1 | 14,3 |
| 28,18 | 1 | 7,1 | 7,1 | 21,4 |
| 30,15 | 1 | 7,1 | 7,1 | 28,6 |
| 32,00 | 1 | 7,1 | 7,1 | 35,7 |
| 33,01 | 1 | 7,1 | 7,1 | 42,9 |
| 34,50 | 1 | 7,1 | 7,1 | 50,0 |
| 36,00 | 1 | 7,1 | 7,1 | 57,1 |
| 36,17 | 1 | 7,1 | 7,1 | 64,3 |
| 36,50 | 1 | 7,1 | 7,1 | 71,4 |
| 40,00 | 1 | 7,1 | 7,1 | 78,6 |
| 42,15 | 1 | 7,1 | 7,1 | 85,7 |
| 45,00 | 1 | 7,1 | 7,1 | 92,9 |
| 54,00 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

|  |
| --- |
| **Hand Grip (Posttest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 30,08 | 1 | 7,1 | 7,1 | 7,1 |
| 31,12 | 1 | 7,1 | 7,1 | 14,3 |
| 33,18 | 1 | 7,1 | 7,1 | 21,4 |
| 33,20 | 1 | 7,1 | 7,1 | 28,6 |
| 34,50 | 1 | 7,1 | 7,1 | 35,7 |
| 35,33 | 1 | 7,1 | 7,1 | 42,9 |
| 36,17 | 1 | 7,1 | 7,1 | 50,0 |
| 36,22 | 1 | 7,1 | 7,1 | 57,1 |
| 36,50 | 1 | 7,1 | 7,1 | 64,3 |
| 37,80 | 1 | 7,1 | 7,1 | 71,4 |
| 43,52 | 1 | 7,1 | 7,1 | 78,6 |
| 45,45 | 1 | 7,1 | 7,1 | 85,7 |
| 46,00 | 1 | 7,1 | 7,1 | 92,9 |
| 60,70 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

**Frequencies**

[DataSet0]

|  |
| --- |
| **Statistics** |
|  | Push Up (pretest) | Push Up (posttest) |
| N | Valid | 14 | 14 |
| Missing | 0 | 0 |
| Mean | 20,4286 | 24,8571 |
| Median | 20,0000 | 23,5000 |
| Mode | 20,00 | 22,00 |
| Std. Deviation | 5,74743 | 5,77604 |
| Minimum | 14,00 | 17,00 |
| Maximum | 31,00 | 35,00 |
| Sum | 286,00 | 348,00 |

**Frequency Table**

|  |
| --- |
| **Push Up (pretest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 14,00 | 1 | 7,1 | 7,1 | 7,1 |
| 15,00 | 3 | 21,4 | 21,4 | 28,6 |
| 16,00 | 1 | 7,1 | 7,1 | 35,7 |
| 18,00 | 1 | 7,1 | 7,1 | 42,9 |
| 20,00 | 4 | 28,6 | 28,6 | 71,4 |
| 24,00 | 1 | 7,1 | 7,1 | 78,6 |
| 28,00 | 1 | 7,1 | 7,1 | 85,7 |
| 30,00 | 1 | 7,1 | 7,1 | 92,9 |
| 31,00 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

|  |
| --- |
| **Push Up (posttest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 17,00 | 1 | 7,1 | 7,1 | 7,1 |
| 18,00 | 1 | 7,1 | 7,1 | 14,3 |
| 20,00 | 1 | 7,1 | 7,1 | 21,4 |
| 21,00 | 1 | 7,1 | 7,1 | 28,6 |
| 22,00 | 3 | 21,4 | 21,4 | 50,0 |
| 25,00 | 2 | 14,3 | 14,3 | 64,3 |
| 27,00 | 2 | 14,3 | 14,3 | 78,6 |
| 33,00 | 1 | 7,1 | 7,1 | 85,7 |
| 34,00 | 1 | 7,1 | 7,1 | 92,9 |
| 35,00 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

**Frequencies**

|  |
| --- |
| **Statistics** |
|  | Sit Up (Pretest) | Sit UP (Postest) |
| N | Valid | 14 | 14 |
| Missing | 0 | 0 |
| Mean | 20,5000 | 22,9286 |
| Median | 20,0000 | 23,0000 |
| Mode | 20,00 | 23,00 |
| Std. Deviation | 2,50384 | 2,97332 |
| Minimum | 15,00 | 17,00 |
| Maximum | 25,00 | 28,00 |
| Sum | 287,00 | 321,00 |

**Frequency Table**

|  |
| --- |
| **Sit Up (Pretest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 15,00 | 1 | 7,1 | 7,1 | 7,1 |
| 18,00 | 1 | 7,1 | 7,1 | 14,3 |
| 20,00 | 7 | 50,0 | 50,0 | 64,3 |
| 21,00 | 2 | 14,3 | 14,3 | 78,6 |
| 22,00 | 1 | 7,1 | 7,1 | 85,7 |
| 25,00 | 2 | 14,3 | 14,3 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

|  |
| --- |
| **Sit UP (Postest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 17,00 | 1 | 7,1 | 7,1 | 7,1 |
| 20,00 | 2 | 14,3 | 14,3 | 21,4 |
| 21,00 | 1 | 7,1 | 7,1 | 28,6 |
| 22,00 | 2 | 14,3 | 14,3 | 42,9 |
| 23,00 | 3 | 21,4 | 21,4 | 64,3 |
| 24,00 | 1 | 7,1 | 7,1 | 71,4 |
| 25,00 | 1 | 7,1 | 7,1 | 78,6 |
| 26,00 | 1 | 7,1 | 7,1 | 85,7 |
| 27,00 | 1 | 7,1 | 7,1 | 92,9 |
| 28,00 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

**Frequencies**

[DataSet0]

|  |
| --- |
| **Statistics** |
|  | Leg Dynamometer (pretest) | Leg Dynamometer (Posttest) |
| N | Valid | 14 | 14 |
| Missing | 0 | 0 |
| Mean | 191,4643 | 199,5000 |
| Median | 192,2500 | 200,2500 |
| Mode | 100,50a | 120,50a |
| Std. Deviation | 50,62968 | 51,33712 |
| Minimum | 100,50 | 120,50 |
| Maximum | 300,00 | 300,00 |
| Sum | 2680,50 | 2793,00 |

|  |
| --- |
| a. Multiple modes exist. The smallest value is shown |

**Frequency Table**

|  |
| --- |
| **Leg Dynamometer (pretest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 100,50 | 1 | 7,1 | 7,1 | 7,1 |
| 138,50 | 1 | 7,1 | 7,1 | 14,3 |
| 141,50 | 1 | 7,1 | 7,1 | 21,4 |
| 152,50 | 1 | 7,1 | 7,1 | 28,6 |
| 164,50 | 1 | 7,1 | 7,1 | 35,7 |
| 186,50 | 1 | 7,1 | 7,1 | 42,9 |
| 190,50 | 1 | 7,1 | 7,1 | 50,0 |
| 194,00 | 1 | 7,1 | 7,1 | 57,1 |
| 207,00 | 1 | 7,1 | 7,1 | 64,3 |
| 208,00 | 1 | 7,1 | 7,1 | 71,4 |
| 224,00 | 1 | 7,1 | 7,1 | 78,6 |
| 231,00 | 1 | 7,1 | 7,1 | 85,7 |
| 242,00 | 1 | 7,1 | 7,1 | 92,9 |
| 300,00 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

|  |
| --- |
| **Leg Dynamometer (Posttest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 120,50 | 1 | 7,1 | 7,1 | 7,1 |
| 140,50 | 1 | 7,1 | 7,1 | 14,3 |
| 144,50 | 1 | 7,1 | 7,1 | 21,4 |
| 155,50 | 1 | 7,1 | 7,1 | 28,6 |
| 164,50 | 1 | 7,1 | 7,1 | 35,7 |
| 188,50 | 1 | 7,1 | 7,1 | 42,9 |
| 200,00 | 1 | 7,1 | 7,1 | 50,0 |
| 200,50 | 1 | 7,1 | 7,1 | 57,1 |
| 209,50 | 1 | 7,1 | 7,1 | 64,3 |
| 220,00 | 1 | 7,1 | 7,1 | 71,4 |
| 244,00 | 1 | 7,1 | 7,1 | 78,6 |
| 250,00 | 1 | 7,1 | 7,1 | 85,7 |
| 255,00 | 1 | 7,1 | 7,1 | 92,9 |
| 300,00 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

**Frequencies**

|  |
| --- |
| **Statistics** |
|  | Ground Stroke Fore hand (pretest) | Ground Strioke Fore hand (Posttest) |
| N | Valid | 14 | 14 |
| Missing | 0 | 0 |
| Mean | 23,0000 | 28,0000 |
| Median | 22,5000 | 28,5000 |
| Mode | 20,00a | 32,00 |
| Std. Deviation | 4,59096 | 4,62435 |
| Minimum | 16,00 | 21,00 |
| Maximum | 33,00 | 35,00 |
| Sum | 322,00 | 392,00 |

|  |
| --- |
| a. Multiple modes exist. The smallest value is shown |

**Frequency Table**

|  |
| --- |
| **Ground Stroke Fore hand (pretest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 16,00 | 1 | 7,1 | 7,1 | 7,1 |
| 18,00 | 1 | 7,1 | 7,1 | 14,3 |
| 19,00 | 1 | 7,1 | 7,1 | 21,4 |
| 20,00 | 2 | 14,3 | 14,3 | 35,7 |
| 21,00 | 1 | 7,1 | 7,1 | 42,9 |
| 22,00 | 1 | 7,1 | 7,1 | 50,0 |
| 23,00 | 2 | 14,3 | 14,3 | 64,3 |
| 25,00 | 1 | 7,1 | 7,1 | 71,4 |
| 27,00 | 2 | 14,3 | 14,3 | 85,7 |
| 28,00 | 1 | 7,1 | 7,1 | 92,9 |
| 33,00 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

|  |
| --- |
| **Ground Strioke Fore hand (Posttest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 21,00 | 3 | 21,4 | 21,4 | 21,4 |
| 26,00 | 2 | 14,3 | 14,3 | 35,7 |
| 27,00 | 2 | 14,3 | 14,3 | 50,0 |
| 30,00 | 2 | 14,3 | 14,3 | 64,3 |
| 32,00 | 4 | 28,6 | 28,6 | 92,9 |
| 35,00 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

**Frequencies**

|  |
| --- |
| **Statistics** |
|  | Ground Stroke Back Hand (Posttest) | Ground Stroke Back hand (Posttest) |
| N | Valid | 14 | 14 |
| Missing | 0 | 0 |
| Mean | 21,0714 | 26,2857 |
| Median | 20,0000 | 27,0000 |
| Mode | 18,00a | 30,00 |
| Std. Deviation | 3,45219 | 3,75046 |
| Minimum | 18,00 | 20,00 |
| Maximum | 31,00 | 32,00 |
| Sum | 295,00 | 368,00 |

|  |
| --- |
| a. Multiple modes exist. The smallest value is shown |

**Frequency Table**

|  |
| --- |
| **Ground Stroke Back Hand (Posttest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 18,00 | 3 | 21,4 | 21,4 | 21,4 |
| 19,00 | 3 | 21,4 | 21,4 | 42,9 |
| 20,00 | 2 | 14,3 | 14,3 | 57,1 |
| 22,00 | 2 | 14,3 | 14,3 | 71,4 |
| 23,00 | 3 | 21,4 | 21,4 | 92,9 |
| 31,00 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

|  |
| --- |
| **Ground Stroke Back hand (Posttest)** |
|  | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 20,00 | 1 | 7,1 | 7,1 | 7,1 |
| 21,00 | 1 | 7,1 | 7,1 | 14,3 |
| 22,00 | 1 | 7,1 | 7,1 | 21,4 |
| 23,00 | 1 | 7,1 | 7,1 | 28,6 |
| 24,00 | 1 | 7,1 | 7,1 | 35,7 |
| 26,00 | 1 | 7,1 | 7,1 | 42,9 |
| 27,00 | 2 | 14,3 | 14,3 | 57,1 |
| 28,00 | 2 | 14,3 | 14,3 | 71,4 |
| 30,00 | 3 | 21,4 | 21,4 | 92,9 |
| 32,00 | 1 | 7,1 | 7,1 | 100,0 |
| Total | 14 | 100,0 | 100,0 |  |

**Lampiran 9. Uji Normalitas**

NPAR TESTS

 /K-S(NORMAL)=VAR00005 VAR00006

 /MISSING ANALYSIS.

**NPar Tests**

[DataSet0]

|  |
| --- |
| **One-Sample Kolmogorov-Smirnov Test** |
|  | Hand Grip (Pretest) | Hand Grip (Posttest) |
| N | 14 | 14 |
| Normal Parametersa,b | Mean | 35,4864 | 38,5550 |
| Std. Deviation | 8,03670 | 8,06450 |
| Most Extreme Differences | Absolute | ,164 | ,252 |
| Positive | ,164 | ,252 |
| Negative | -,077 | -,147 |
| Kolmogorov-Smirnov Z | ,614 | ,941 |
| Asymp. Sig. (2-tailed) | ,845 | ,338 |

|  |
| --- |
| a. Test distribution is Normal. |
| b. Calculated from data. |

NPAR TESTS

 /K-S(NORMAL)=VAR00001 VAR00002

 /MISSING ANALYSIS.

**NPar Tests**

[DataSet0]

|  |
| --- |
| **One-Sample Kolmogorov-Smirnov Test** |
|  | Push Up (pretest) | Push Up (posttest) |
| N | 14 | 14 |
| Normal Parametersa,b | Mean | 20,4286 | 24,8571 |
| Std. Deviation | 5,74743 | 5,77604 |
| Most Extreme Differences | Absolute | ,244 | ,190 |
| Positive | ,244 | ,190 |
| Negative | -,132 | -,135 |
| Kolmogorov-Smirnov Z | ,913 | ,709 |
| Asymp. Sig. (2-tailed) | ,375 | ,696 |

|  |
| --- |
| a. Test distribution is Normal. |
| b. Calculated from data. |

NPAR TESTS

 /K-S(NORMAL)=VAR00003 VAR00004

 /MISSING ANALYSIS.

**NPar Tests**

[DataSet0]

|  |
| --- |
| **One-Sample Kolmogorov-Smirnov Test** |
|  | Sit Up (Pretest) | Sit UP (Postest) |
| N | 14 | 14 |
| Normal Parametersa,b | Mean | 20,5000 | 22,9286 |
| Std. Deviation | 2,50384 | 2,97332 |
| Most Extreme Differences | Absolute | ,278 | ,133 |
| Positive | ,222 | ,133 |
| Negative | -,278 | -,092 |
| Kolmogorov-Smirnov Z | 1,040 | ,499 |
| Asymp. Sig. (2-tailed) | ,229 | ,965 |

|  |
| --- |
| a. Test distribution is Normal. |
| b. Calculated from data. |

NPAR TESTS

 /K-S(NORMAL)=VAR00007 VAR00008

 /MISSING ANALYSIS.

**NPar Tests**

[DataSet0]

|  |
| --- |
| **One-Sample Kolmogorov-Smirnov Test** |
|  | Leg Dynamometer (pretest) | Leg Dynamometer (Posttest) |
| N | 14 | 14 |
| Normal Parametersa,b | Mean | 191,4643 | 199,5000 |
| Std. Deviation | 50,62968 | 51,33712 |
| Most Extreme Differences | Absolute | ,104 | ,109 |
| Positive | ,088 | ,109 |
| Negative | -,104 | -,093 |
| Kolmogorov-Smirnov Z | ,388 | ,410 |
| Asymp. Sig. (2-tailed) | ,998 | ,996 |

|  |
| --- |
| a. Test distribution is Normal. |
| b. Calculated from data. |

NPAR TESTS

 /K-S(NORMAL)=VAR00001 VAR00002

 /MISSING ANALYSIS.

**NPar Tests**

[DataSet0]

|  |
| --- |
| **One-Sample Kolmogorov-Smirnov Test** |
|  | Ground Stroke Fore hand (pretest) | Ground Strioke Fore hand (Posttest) |
| N | 14 | 14 |
| Normal Parametersa,b | Mean | 23,0000 | 28,0000 |
| Std. Deviation | 4,59096 | 4,62435 |
| Most Extreme Differences | Absolute | ,143 | ,167 |
| Positive | ,143 | ,149 |
| Negative | -,094 | -,167 |
| Kolmogorov-Smirnov Z | ,535 | ,626 |
| Asymp. Sig. (2-tailed) | ,938 | ,828 |

|  |
| --- |
| a. Test distribution is Normal. |
| b. Calculated from data. |

NPAR TESTS

 /K-S(NORMAL)=VAR00011 VAR00012

 /MISSING ANALYSIS.

**NPar Tests**

[DataSet0]

|  |
| --- |
| **One-Sample Kolmogorov-Smirnov Test** |
|  | Ground Stroke Back Hand (Posttest) | Ground Stroke Back hand (Posttest) |
| N | 14 | 14 |
| Normal Parametersa,b | Mean | 21,0714 | 26,2857 |
| Std. Deviation | 3,45219 | 3,75046 |
| Most Extreme Differences | Absolute | ,217 | ,147 |
| Positive | ,217 | ,095 |
| Negative | -,187 | -,147 |
| Kolmogorov-Smirnov Z | ,811 | ,550 |
| Asymp. Sig. (2-tailed) | ,526 | ,923 |

|  |
| --- |
| a. Test distribution is Normal. |
| b. Calculated from data. |

**Lampiran 10. Uji Homogenitas**

ONEWAY VAR00003 BY VAR00007

 /STATISTICS HOMOGENEITY

 /MISSING ANALYSIS.

**Oneway**

[DataSet2]

|  |
| --- |
| **Test of Homogeneity of Variances** |
| Hand Grip |
| Levene Statistic | df1 | df2 | Sig. |
| ,100 | 1 | 26 | ,798 |

|  |
| --- |
| **ANOVA** |
| Hand Grip |
|  | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | 65,913 | 1 | 65,913 | 1,017 | ,323 |
| Within Groups | 1685,121 | 26 | 64,812 |  |  |
| Total | 1751,034 | 27 |  |  |  |

ONEWAY VAR00001 BY VAR00007

 /STATISTICS HOMOGENEITY

 /MISSING ANALYSIS.

**Oneway**

[DataSet2]

|  |
| --- |
| **Test of Homogeneity of Variances** |
| Push Up |
| Levene Statistic | df1 | df2 | Sig. |
| ,107 | 1 | 26 | ,736 |

|  |
| --- |
| **ANOVA** |
| Push Up |
|  | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | 137,286 | 1 | 137,286 | 4,135 | ,052 |
| Within Groups | 863,143 | 26 | 33,198 |  |  |
| Total | 1000,429 | 27 |  |  |  |

ONEWAY VAR00002 BY VAR00007

 /STATISTICS HOMOGENEITY

 /MISSING ANALYSIS.

**Oneway**

[DataSet2]

|  |
| --- |
| **Test of Homogeneity of Variances** |
| Sit up |
| Levene Statistic | df1 | df2 | Sig. |
| ,689 | 1 | 26 | ,414 |

|  |
| --- |
| **ANOVA** |
| Sit up |
|  | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | 41,286 | 1 | 41,286 | 5,465 | ,027 |
| Within Groups | 196,429 | 26 | 7,555 |  |  |
| Total | 237,714 | 27 |  |  |  |

ONEWAY VAR00004 BY VAR00007

 /STATISTICS HOMOGENEITY

 /MISSING ANALYSIS.

**Oneway**

[DataSet2]

|  |
| --- |
| **Test of Homogeneity of Variances** |
| Leg Dynamometer |
| Levene Statistic | df1 | df2 | Sig. |
| ,045 | 1 | 26 | ,834 |

|  |
| --- |
| **ANOVA** |
| Leg Dynamometer |
|  | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | 452,009 | 1 | 452,009 | ,174 | ,680 |
| Within Groups | 67585,232 | 26 | 2599,432 |  |  |
| Total | 68037,241 | 27 |  |  |  |

ONEWAY VAR00005 BY VAR00007

 /STATISTICS HOMOGENEITY

 /MISSING ANALYSIS.

**Oneway**

[DataSet2]

|  |
| --- |
| **Test of Homogeneity of Variances** |
| Ground Stroke Forehand |
| Levene Statistic | df1 | df2 | Sig. |
| ,090 | 1 | 26 | ,767 |

|  |
| --- |
| **ANOVA** |
| Ground Stroke Forehand |
|  | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | 175,000 | 1 | 175,000 | 8,243 | ,008 |
| Within Groups | 552,000 | 26 | 21,231 |  |  |
| Total | 727,000 | 27 |  |  |  |

ONEWAY VAR00006 BY VAR00007

 /STATISTICS HOMOGENEITY

 /MISSING ANALYSIS.

**Oneway**

[DataSet2]

|  |
| --- |
| **Test of Homogeneity of Variances** |
| Groiund Stroke Back hand |
| Levene Statistic | df1 | df2 | Sig. |
| ,555 | 1 | 26 | ,463 |

|  |
| --- |
| **ANOVA** |
| Groiund Stroke Back hand |
|  | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | 190,321 | 1 | 190,321 | 14,649 | ,001 |
| Within Groups | 337,786 | 26 | 12,992 |  |  |
| Total | 528,107 | 27 |  |  |  |

**Lampiran 11. Uji t**

**T-Test**

|  |
| --- |
| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Hand Grip (Pretest) | 35,4864 | 14 | 8,03670 | 2,14790 |
| Hand Grip (Posttest) | 38,5550 | 14 | 8,06450 | 2,15533 |

|  |
| --- |
| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Hand Grip (Pretest) & Hand Grip (Posttest) | 14 | ,928 | ,000 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | Hand Grip (Pretest) - Hand Grip (Posttest) | 3,06857 | 3,06025 | ,81789 | 4,83551 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences | t | df | Sig. (2-tailed) |
| 95% Confidence Interval of the Difference |
| Upper |
| Pair 1 | Hand Grip (Pretest) - Hand Grip (Posttest) | 1,30164 | 3,752 | 13 | ,002 |

**T-Test**

[DataSet0]

|  |
| --- |
| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Push Up (pretest) | 20,4286 | 14 | 5,74743 | 1,53607 |
| Push Up (posttest) | 24,8571 | 14 | 5,77604 | 1,54371 |

|  |
| --- |
| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Push Up (pretest) & Push Up (posttest) | 14 | ,920 | ,000 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | Push Up (pretest) - Push Up (posttest) | 4,42857 | 2,31099 | ,61764 | 5,76290 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences | t | df | Sig. (2-tailed) |
| 95% Confidence Interval of the Difference |
| Upper |
| Pair 1 | Push Up (pretest) - Push Up (posttest) | 3,09425 | 7,170 | 13 | ,000 |

**T-Test**

|  |
| --- |
| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Sit Up (Pretest) | 20,5000 | 14 | 2,50384 | ,66918 |
| Sit UP (Postest) | 22,9286 | 14 | 2,97332 | ,79465 |

|  |
| --- |
| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Sit Up (Pretest) & Sit UP (Postest) | 14 | ,728 | ,003 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | Sit Up (Pretest) - Sit UP (Postest) | 2,42857 | 2,06488 | ,55186 | -3,62080 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences | t | df | Sig. (2-tailed) |
| 95% Confidence Interval of the Difference |
| Upper |
| Pair 1 | Sit Up (Pretest) - Sit UP (Postest) | 1,23634 | 4,401 | 13 | ,001 |

**T-Test**

|  |
| --- |
| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Leg Dynamometer (pretest) | 191,4643 | 14 | 50,62968 | 13,53135 |
| Leg Dynamometer (Posttest) | 199,5000 | 14 | 51,33712 | 13,72042 |

|  |
| --- |
| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Leg Dynamometer (pretest) & Leg Dynamometer (Posttest) | 14 | ,988 | ,000 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | Leg Dynamometer (pretest) - Leg Dynamometer (Posttest) | 8,03571 | 8,05382 | 2,15247 | -12,68585 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences | t | df | Sig. (2-tailed) |
| 95% Confidence Interval of the Difference |
| Upper |
| Pair 1 | Leg Dynamometer (pretest) - Leg Dynamometer (Posttest) | 3,38558 | 3,733 | 13 | ,003 |

**T-Test**

|  |
| --- |
| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Ground Stroke Fore hand (pretest) | 23,0000 | 14 | 4,59096 | 1,22699 |
| Ground Strioke Fore hand (Posttest) | 28,0000 | 14 | 4,62435 | 1,23591 |

|  |
| --- |
| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Ground Stroke Fore hand (pretest) & Ground Strioke Fore hand (Posttest) | 14 | ,496 | ,071 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | Ground Stroke Fore hand (pretest) - Ground Strioke Fore hand (Posttest) | 5,00000 | 4,62435 | 1,23591 | 7,67002 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences | t | df | Sig. (2-tailed) |
| 95% Confidence Interval of the Difference |
| Upper |
| Pair 1 | Ground Stroke Fore hand (pretest) - Ground Strioke Fore hand (Posttest) | 2,32998 | 4,046 | 13 | ,001 |

**T-Test**

|  |
| --- |
| **Paired Samples Statistics** |
|  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Ground Stroke Back Hand (Posttest) | 21,0714 | 14 | 3,45219 | ,92264 |
| Ground Stroke Back hand (Posttest) | 26,2857 | 14 | 3,75046 | 1,00235 |

|  |
| --- |
| **Paired Samples Correlations** |
|  | N | Correlation | Sig. |
| Pair 1 | Ground Stroke Back Hand (Posttest) & Ground Stroke Back hand (Posttest) | 14 | ,052 | ,860 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower |
| Pair 1 | Ground Stroke Back Hand (Posttest) - Ground Stroke Back hand (Posttest) | 5,21429 | 4,96416 | 1,32673 | 8,08050 |

|  |
| --- |
| **Paired Samples Test** |
|  | Paired Differences | t | df | Sig. (2-tailed) |
| 95% Confidence Interval of the Difference |
| Upper |
| Pair 1 | Ground Stroke Back Hand (Posttest) - Ground Stroke Back hand (Posttest) | 2,34807 | 3,930 | 13 | ,002 |

**Lampiran 12. Dokumentasi**

**Tes kekuatan lengan**

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**Tes kekutan perut**

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**Tes kekuatan tungkai**

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**Tes akurasi**

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**Foto bersama**

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