LAMPIRAN

Lampiran 1. Tabulasi Data Penelitian

No	Power Tungkai (X2)							Panjang Tungkai (X1)	Jauhnya Lompatan (Y)
	L/P	Tgg R	Lon 1	Lon 2	lon 3	Terbaik	Selisih		
1	L	186	201	202	202	202	16	80	1,75
2	L	202	225	230	228	230	28	80	1,9
3	L	184	202	202	200	202	18	75	1,7
4	L	200	235	240	237	240	40	80	1,9
5	L	174	200	225	224	225	51	80	1,9
6	L	195	230	230	232	232	37	70	1,7
7	L	196	225	225	226	226	30	77	1,9
8	L	176	205	205	206	206	30	70	1,7
9	L	167	200	200	202	202	35	72	1,85
10	L	178	205	210	208	210	32	78	1,75
11	L	188	225	225	226	226	38	80	1,9
12	L	193	225	220	225	225	32	76	1,75
13	L	181	210	215	215	215	34	80	1,9
14	L	203	236	238	237	238	35	75	1,8
15	L	178	205	207	207	207	29	73	1,65
16	L	178	210	203	204	204	26	74	1,4
17	P	205	225	230	228	230	25	75	1,9
18	P	190	218	218	219	219	29	69	1,75
19	P	174	191	195	194	195	21	74	1,65
20	P	184	200	204	203	204	20	75	1,5
21	P	180	203	206	204	206	26	80	1,75
22	P	174	206	206	207	207	33	82	1,9
23	P	176	205	205	206	206	30	74	1,9
24	P	180	195	203	202	203	23	74	1,7

Lampiran 2. Distribusi Frekuensi dan Tabel Frekuensi

Frequencies

Statistics

		X1 - Panjang Tungkai	X2 - Power Tungkai	Y - Jauhnya Lompatan tanpa Awalan
N	Valid	24	24	24
	Missing	0	0	0
Mean		75,9583	29,9167	1,7708
Median		75,0000	30,0000	1,7500
Mode		80,00	30,00	1,90
Std. Deviation		3,72394	7,71738	,13507
Variance		13,868	59,558	,018
Range		13,00	35,00	,50
Minimum		69,00	16,00	1,40
Maximum		82,00	51,00	1,90
Sum		1823,00	718,00	42,50

Frequency Tabel

X1 - Panjang Tungkai

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	69,00	1	4,2	4,2	4,2
	70,00	2	8,3	8,3	12,5
	72,00	1	4,2	4,2	16,7
	73,00	1	4,2	4,2	20,8
	74,00	4	16,7	16,7	37,5
	75,00	4	16,7	16,7	54,2
	76,00	1	4,2	4,2	58,3
	77,00	1	4,2	4,2	62,5
	78,00	1	4,2	4,2	66,7
	80,00	7	29,2	29,2	95,8
	82,00	1	4,2	4,2	100,0
	Total	24	100,0	100,0	

X2 - Power Tungkai

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	16,00	1	4,2	4,2	4,2
	18,00	1	4,2	4,2	8,3
	20,00	1	4,2	4,2	12,5
	21,00	1	4,2	4,2	16,7
	23,00	1	4,2	4,2	20,8
	25,00	1	4,2	4,2	25,0
	26,00	2	8,3	8,3	33,3
	28,00	1	4,2	4,2	37,5
	29,00	2	8,3	8,3	45,8
	30,00	3	12,5	12,5	58,3
	32,00	2	8,3	8,3	66,7
	33,00	1	4,2	4,2	70,8
	34,00	1	4,2	4,2	75,0
	35,00	2	8,3	8,3	83,3
	37,00	1	4,2	4,2	87,5
	38,00	1	4,2	4,2	91,7
	40,00	1	4,2	4,2	95,8
	51,00	1	4,2	4,2	100,0
	Total	24	100,0	100,0	

Y - Jauhnya Lompatan tanpa Awalan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1,40	1	4,2	4,2	4,2
	1,50	1	4,2	4,2	8,3
	1,65	2	8,3	8,3	16,7
	1,70	4	16,7	16,7	33,3
	1,75	5	20,8	20,8	54,2
	1,80	1	4,2	4,2	58,3
	1,85	1	4,2	4,2	62,5
	1,90	9	37,5	37,5	100,0
	Total	24	100,0	100,0	

Lampiran 3. Hasil Uji Regresi Sederhana X_1 - Y

Regression

Variables Entered/Removed[b]

Model	Variables Entered	Variables Removed	Method
1	X1 - Panjang Tungkai[a]	.	Enter

a. All requested variables entered.

b. Dependent Variable: Y - Jauhnya Lompatan tanpa Awalan

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,464[a]	,216	,180	,12232

a. Predictors: (Constant), X1 - Panjang Tungkai

ANOVA[b]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	,090	1	,090	6,045	,022[a]
	Residual	,329	22	,015		
	Total	,420	23			

a. Predictors: (Constant), X1 - Panjang Tungkai

b. Dependent Variable: Y - Jauhnya Lompatan tanpa Awalan

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	,492	,521		,944	,355
	X1 - Panjang Tungkai	,017	,007	,464	2,459	,022

a. Dependent Variable: Y - Jauhnya Lompatan tanpa Awalan

Lampiran 4. Hasil Uji Regresi Sederhana X_2 - Y

Regression

Variables Entered/Removed[b]

Model	Variables Entered	Variables Removed	Method
1	X2 - Power Tungkai[a]	.	Enter

a. All requested variables entered.

b. Dependent Variable: Y - Jauhnya Lompatan tanpa Awalan

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,506[a]	,256	,223	,11908

a. Predictors: (Constant), X2 - Power Tungkai

ANOVA[b]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	,108	1	,108	7,589	,012[a]
	Residual	,312	22	,014		
	Total	,420	23			

a. Predictors: (Constant), X2 - Power Tungkai

b. Dependent Variable: Y - Jauhnya Lompatan tanpa Awalan

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1,506	,099		15,166	,000
	X2 - Power Tungkai	,009	,003	,506	2,755	,012

a. Dependent Variable: Y - Jauhnya Lompatan tanpa Awalan

Lampiran 5. Hasil Uji Regresi Ganda

Regression
Correlations

Correlations

		X1 - Panjang Tungkai	X2 - Power Tungkai	Y - Jauhnya Lompatan tanpa Awalan
X1 - Panjang Tungkai	Pearson Correlation	1	,187	,464*
	Sig. (2-tailed)		,380	,022
	N	24	24	24
X2 - Power Tungkai	Pearson Correlation	,187	1	,506*
	Sig. (2-tailed)	,380		,012
	N	24	24	24
Y - Jauhnya Lompatan tanpa Awalan	Pearson Correlation	,464*	,506*	1
	Sig. (2-tailed)	,022	,012	
	N	24	24	24

*. Correlation is significant at the 0.05 level (2-tailed).

Variables Entered/Removed[b]

Model	Variables Entered	Variables Removed	Method
1	X2 - Power Tungkai, X1 - Panjang[a] Tungkai	.	Enter

a. All requested variables entered.

b. Dependent Variable: Y - Jauhnya Lompatan tanpa Awalan

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,631[a]	,398	,341	,10969

a. Predictors: (Constant), X2 - Power Tungkai, X1 - Panjang Tungkai

ANOVA[b]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	,167	2	,083	6,938	,005[a]
	Residual	,253	21	,012		
	Total	,420	23			

a. Predictors: (Constant), X2 - Power Tungkai, X1 - Panjang Tungkai

b. Dependent Variable: Y - Jauhnya Lompatan tanpa Awalan

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	,489	,467		1,046	,307
	X1 - Panjang Tungkai	,014	,006	,383	2,220	,038
	X2 - Power Tungkai	,008	,003	,435	2,522	,020

a. Dependent Variable: Y - Jauhnya Lompatan tanpa Awalan

Lampiran 6. Dokumentasi Peneitian

Instrumen Jauhnya Lompatan (Meter)

Instrumen Power Tungkai

Persiapan Penelitain

Pelaksanaan Tes Power Tungkai

Pelaksanaan Tes Jauhnya Lompatan

Pelaksanaan Tes Panjang Tungkai

Lampiran 7. Surat Keterangan Izin Peneitian