

## LAMPIRAN 1

### Uji Normalitas Sebelum

#### Tests of Normality

	SEBELUM2	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
SEBELUM1	SEBELUM1	,217	9	,200*	,922	9	,407
	SEBELUM2	,216	9	,200*	,887	9	,187

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

a. Lilliefors Significance Correction

### Uji Normalitas Sesudah

#### Tests of Normality

	SESUDAH2	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
SESUDAH1	SESUDAH1	,217	9	,200*	,922	9	,407
	SESUDAH2	,135	9	,200*	,934	9	,520

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

a. Lilliefors Significance Correction

### Uji Normalitas Selisih

#### Tests of Normality

	SELISIH2	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
SELISIH1	SELISIH 1	,192	9	,200*	,917	9	,364
	SELISIH2	,206	9	,200*	,884	9	,172

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

a. Lilliefors Significance Correction

## LAMPIRAN 2

### Uji Homogenitas

#### Test of Homogeneity of Variances

SEBELUM1

Levene Statistic	df1	df2	Sig.
,285	1	16	,601

## LAMPIRAN 3

### UJI HIPOTESIS 1

#### Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 Sebelum1 & Sesudah2	9	,910	,001

#### Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 sebelum1	30,5556	9	1,33333	,44444
Sesudah2	37,22	9	2,048	,683

#### Paired Samples Test

Paired Differences					t	df	Sig. (2-tailed)
Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
			Lower	Upper			
-6,66667	1,00000	,33333	-7,43533	-5,89800	-20,000	8	,000

## UJI HIPOTESIS II

### Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean	
Pair 1	SEBELUM2	38,7778	9	2,38630	,79543
	SESUDAH2	50,67	9	3,354	1,118

### Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 SEBELUM2 & SESUDAH2	9	,973	,000

Paired Differences					t	df	Sig. (2-tailed)
Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
			Lower	Upper			
-11,88889	1,16667	,38889	-12,78567	-10,99211	-30,571	8	,000

## UJI HIPOTESIS III

### Group Statistics

	SELISIH2	N	Mean	Std. Deviation	Std. Error Mean
SELISIH1	SELISIH1	9	6,6667	1,00000	,33333
	SELISIH2	9	11,7778	1,09291	,36430

## LAMPIRAN4

### UJI STANDARA DEVIASI SEBELUM

#### Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SEBELUM1	9	29,00	33,00	30,5556	1,33333
SEBELUM2	9	36	42	38,78	2,386
Valid N (listwise)	9				

### UJI STANDAR DEVIASI SESUDAH

#### Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SESUDAH1	9	35,00	40,00	37,2222	2,04803
SESUDAH2	9	46	55	50,67	3,354
Valid N (listwise)	9				

### UJI STANDAR DEVIASI SELISIH

#### Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SELISIH1	9	5,00	8,00	6,6667	1,00000
SELISIH2	9	10	13	11,78	1,093
Valid N (listwise)	9				

**LAMPIRAN 5**  
**DATA MENTAH HASIL PENGUKURAN**  
**FRENCH FUNCTIONAL METHODE ( FFM )**

No	Nama Peserta	Usia	Jenis Kelamin	Tinggi Badan	Berat Badan	Sebelum Latihan	Sesudah Latihan	Sesudah
1	J	3 th	P	87 cm	13 kg	32	40	8
2	N	3 th	P	87 cm	12 kg	29	35	6
3	MS	2 th	L	85 cm	11 kg	30	35	5
4	B	3 th	L	90 cm	14 kg	33	40	7
5	A	2 th	L	85 cm	11 kg	29	34	5
6	SR	4 th	P	95 cm	14 kg	30	37	7
7	SL	5 th	P	98 cm	16 kg	31	39	8
8	SY	3 th	P	90 cm	12 kg	32	38	6
9	El	4 th	P	95 cm	15 kg	30	38	8

**DATA MENTAH HASIL PENGUKURAN**  
**FRENCH FUNCTIONAL METHODE ( FFM ) DAN**  
**TIGHTROPE WALKER ( TW )**

No	Nama Peserta	Usia	Jenis Kelamin	Tinggi Badan	Berat Badan	Sebelum Latihan	Sesudah Latihan	Sesudah
1	P	5 th	P	115 cm	17 kg	42	53	11
2	D	5 th	L	115 cm	20 kg	41	53	12
3	AU	4 th	P	95 cm	15 kg	40	50	10
4	I R	4 th	L	110 cm	16 kg	38	50	9
5	NM	4 th	P	95 cm	15 kg	40	49	9
6	AH	5 th	P	100 cm	18 kg	42	54	12
7	H	3 th	L	95 cm	13 kg	38	50	9
8	R	5 th	L	112 cm	21 kg	43	54	11
9	A	4 th	P	100 cm	17 kg	40	50	10

