

## LAMPIRAN

### Lampiran I

1. Test Normalitas
- 2.

#### Tests of Normality

		Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statisti			Statisti		
	Kelompok	c	df	Sig.	c	df	Sig.
Selisi antar kel. I dan II	Kelompok I	.367	5	.026	.684	5	.006
	Kelompok II	.367	5	.026	.684	5	.006

a. Lilliefors Significance Correction

- 3.
- 4.

#### Tests of Normality

		Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
	Kelompok						
Seudah Perlakuan	Kelompok I	.182	5	.200*	.946	5	.711
	Kelompok II	.277	5	.200*	.841	5	.169

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

a. Lilliefors Significance Correction

- 5.
- 6.

#### Tests of Normality

		Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
	Kelompok						
Sebelum Perlakuan	Kelompok I	.214	5	.200*	.928	5	.582
	Kelompok II	.243	5	.200*	.894	5	.377

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

a. Lilliefors Significance Correction

## 7. Test Homogenitas

**Test of Homogeneity of Variance**

		Levene Statistic	df1	df2	Sig.
Selisi antar kel. I dan II	Based on Mean	.000	1	8	1.000
	Based on Median	.000	1	8	1.000
	Based on Median and with adjusted df	.000	1	8.000	1.000
	Based on trimmed mean	.000	1	8	1.000

## 8. Uji Hipotesis I

**Paired Samples Statistics**

	Mean	N	Std. Deviation	Std. Error Mean
SEBELUM PERLAKUAN I	92.00	5	5.612	2.510
SESUDAH PERLAKUAN I	89.60	5	5.899	2.638

**Paired Samples Correlations**

	N	Correlation	Sig.
SEBELUM PERLAKUAN I & SESUDAH PERLAKUAN I	5	.997	.000

### Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
sebelum perlakuan i - sesudah perlakuan i	2.400	.548	.245	1.720	3.080	9.798	4	.001

### 9. Uji Hipotesis II

#### Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
SEBELUM PERLAKUAN II	93.60	5	5.367	2.400
SESUDAH PERLAKUAN II	90.00	5	5.477	2.449

#### Paired Samples Correlations

	N	Correlation	Sig.
SEBELUM PERLAKUAN II & SESUDAH PERLAKUAN II	5	.995	.000

	Mean	Paired Differences				t	df	Sig. (2-tailed)
		Standard Deviation	Standard Error of the Difference	Lower	Upper			
SEBELUM PERLAK UAN II - SESUDAH PERLAK UAN II	3.600	.548	.245	2.920	4.280	14.697	4	.000

### 10. Uji Hipotesis III

Ranks				
	Kelompok	N	Mean Rank	Sum of Ranks
Selisih pengukuran lingkaran perut	Kelompok I	5	3.40	17.00
	Kelompok II	5	7.60	38.00
	Total	10		

### Test Statistics<sup>a</sup>

	Selisih pengukuran lingkaran perut
Mann-Whitney U	2.000
Wilcoxon W	17.000
Z	-2.324
Asymp. Sig. (2-tailed)	.020
Exact Sig. [2*(1-tailed Sig.)]	.032 <sup>b</sup>

a. Grouping Variable: Kelompok

b. Not corrected for ties.

## 11. Lampiran II

### 1. Pengukuran Lingkar Perut



## 2. Core Stability Exercise

### a) Prone Plank



### b) Side Plank



c) *Leg lift*



3. *Bicycle Crunch Exercise*

