

**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Nilai VO2 Max Perlakuan 1	10	50.0%	10	50.0%	20	100.0%
Nilai VO2 Max Perlakuan 2	10	50.0%	10	50.0%	20	100.0%

**Descriptives**

		Statistic	Std. Error
Nilai VO2 Max Perlakuan 1	Mean	41.5160	1.12023
	95% Lower Confidence Bound	38.9819	
	Interval for Upper Mean Bound	44.0501	
	5% Trimmed Mean	41.6294	
	Median	42.4500	
	Variance	12.549	
	Std. Deviation	3.54248	
	Minimum	34.94	
	Maximum	46.05	
	Range	11.11	
	Interquartile Range	4.99	
	Skewness	-.825	.687
	Kurtosis	-.045	1.334
	Nilai VO2 Max Perlakuan 2	Mean	28.5980
95% Lower Confidence Bound		25.6898	
Interval for Upper Mean Bound		31.5062	
5% Trimmed Mean		28.8222	
Median		28.9950	
Variance		16.527	
Std. Deviation		4.06538	
Minimum		20.57	
Maximum		32.59	
Range		12.02	
Interquartile Range		7.46	
Skewness		-.860	.687
Kurtosis		-.056	1.334

**Tests of Normality**

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Nilai VO2 Max Perlakuan 1	.183	10	.200 <sup>*</sup>	.922	10	.371
Nilai VO2 Max Perlakuan 2	.192	10	.200 <sup>*</sup>	.888	10	.159

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

a. Lilliefors Significance Correction

**Group Statistics**

VAR00002		N	Mean	Std. Deviation	Std. Error Mean
VAR00001	1	10	41.5160	3.54248	1.12023
	2	10	28.5980	4.06538	1.28559

**Independent Samples Test**

		Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2- tailed)	Mean Difference	Std. Error Difference	Interval of the	
									Lower	Upper
VAR00001	Equal variances assumed	.144	.708	7.576	18	.000	12.91800	1.70518	9.33554	16.50046
	Equal variances not assumed			7.576	17.669	.000	12.91800	1.70518	9.33073	16.50527