

LAMPIRAN 1 UJI STATISTIK

Statistics

		vo2maxsebelumI	vo2maxsesudahI	vo2maxselisihI	vo2maxsebelumII	vo2maxsesudahII	vo2maxselisihII
N	Valid	12	12	12	12	12	12
	Missing	12	12	12	12	12	12
Mean		33.3275	37.8017	4.3908	32.9058	36.2767	3.3725
Std. Deviation		.97841	1.01046	.93781	.70479	.49377	.71221

LAMPIRAN II UJI NORMALITAS

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
nilai VO2max sebelum kelompok perlakuan1	.245	12	.045	.891	12	.123
nilai VO2max sesudah kelompok perlakuan1	.194	12	.200*	.942	12	.528
nilai VO2max sebelum kelompok perlakuan2	.149	12	.200*	.902	12	.171
nilai VO2max sesudah kelompok perlakuan2	.262	12	.023	.882	12	.094
selisih VO2max kelompok perlakuan1	.154	12	.200*	.954	12	.689
selisih VO2max kelompok perlakuan2	.177	12	.200*	.946	12	.573
nilai VO2max sebelum kelompok perlakuan 1 dan 2	.245	12	.045	.891	12	.123
nilai VO2max sesudah kelompok perlakuan 1 dan 2	.194	12	.200*	.942	12	.528
selisih VO2max kelompok perlakuan 1 dan 2	.154	12	.200*	.954	12	.689

a. Lilliefors Significance Correction

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

Uji Homogenitas
Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
nilai VO2max sebelum kelompok perlakuan 1 dan 2	Based on Mean	.064	1	22	.803
	Based on Median	.055	1	22	.817
	Based on Median and with adjusted df	.055	1	15.865	.818
	Based on trimmed mean	.072	1	22	.792
nilai VO2max sesudah kelompok perlakuan 1 dan 2	Based on Mean	5.606	1	22	.027
	Based on Median	4.451	1	22	.046
	Based on Median and with adjusted df	4.451	1	17.223	.050
	Based on trimmed mean	5.305	1	22	.031
selisih VO2max kelompok perlakuan 1 dan 2	Based on Mean	.194	1	22	.664
	Based on Median	.192	1	22	.665
	Based on Median and with adjusted df	.192	1	16.700	.667
	Based on trimmed mean	.194	1	22	.664

LAMPIRAN 3 HIPOTESIS I

Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair 1	nilai VO2max sebelum kelompok perlakuan1 - nilai VO2max sesudah kelompok perlakuan1	-4.47417	1.00586	.29037	-5.11326	-3.83507	-15.409	11	.000

LAMPIRAN 4 UJI HIPOTESIS II

Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair 1	nilai VO2max sebelum kelompok perlakuan2 - nilai VO2max sesudah kelompok perlakuan2	-3.37083	.71295	.20581	-3.82382	-2.91785	-16.378	11	.000

LAMPIRAN 5 UJI HIPOTESIS III

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
selisih VO2max kelompok perlakuan 1 dan 2	Equal variances assumed	.194	.664	2.996	22	.007	1.01833	.33994
	Equal variances not assumed			2.996	20.521	.007	1.01833	.33994