

## **LAMPIRAN**

Lampiran 1 Uji Statistik

Lampiran 2 Uji Normalitas

Lampiran 3 Uji Hipotesis I (Paired Sampel Test)

Lampiran 4 Uji Hipotesis II (Wilcoxon Signed Rank Test)

Lampiran 5 Uji Hipotesis III (Mann-Whitney Test)

Lampiran 6 Persetujuan Tindakan Kesiediaan Mengikuti Penelitian (Informed Consent)

Lampiran 7 Lembar Penelitian

Lampiran 8 Dosis Latihan dan Kehadiran Sampel

Lampiran 9 Prosedur Pelaksanaan Penelitian

Lampiran 10 Dokumentasi Pribadi