FORMAT JURNAL

|  |  |  |
| --- | --- | --- |
|   | Laki-laki (25) | Perempuan (25) |
| Tinggi Badan | 147.78 ± 12.96 | 147.78 ± 12.60 |
| Berat Badan | 41± 03 | 38.5 ± 13.19 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|   |   | Mean | Stdev | Min | Max | P Value |
| Lari 20 Meter (dtk) | Laki-laki | 39.188 | 0.40719 | 3.21 | 4.85 | 0.049 |
|  | Perempuan | 41.548 | 0.41898 | 3.34 | 5.13 |
| T Test (dtk) | Laki-laki | 89.676 | 134.884 | 6.68 | 11.94 | 0.191 |
|  | Perempuan | 94.892 | 143.132 | 7.35 | 13.27 |
| Push Up | Laki-laki | 950.000 | 2.277.791 | 57 | 144 | 0.320 |
|  | Perempuan | 887.200 | 2.136.102 | 52 | 138 |
| Sit Up | Laki-laki | 456.000 | 1.345.672 | 28 | 74 | 0.086 |
|  | Perempuan | 396.000 | 1.050.000 | 24 | 66 |
| Sit & Reach | Laki-laki | 361.600 | 353.471 | 31 | 44 | 0.727 |
|  | Perempuan | 366.000 | 518.411 | 30 | 50 |
| Kayang | Laki-laki | 471.600 | 1.119.032 | 23 | 65 | 0.000 |
|  | Perempuan | 295.600 | 1.285.198 | 12 | 54 |
| Vertical Jump | Laki-laki | 375.600 | 887.450 | 24 | 56 | 0.021 |
|   | Perempuan | 321.200 | 714.913 | 20 | 48 |

Ada beda nyata indicator lari *20 meter* antara jenis kelamin karena nilai sig. < 0.05. laki-laki lebih cepat secara bermakna dibandingkan perempuan.

Tidak ada beda nyata indicator *t test* antara jenis kelamin karena nilai sig. > 0.05.

Tidak ada beda nyata indicator *push up* antara jenis kelamin karena nilai sig. > 0.05.

Tidak ada beda nyata indicator *sit up* antara jenis kelamin karena nilai sig. > 0.05.

Tidak ada beda nyata indicator *Sit & Reach* antara jenis kelamin karena nilai sig. > 0.05.

Ada beda nyata indicator *kayang* antara jenis kelamin laki-laki dan perempuan karena nilai sig. < 0.05. perempuan memiliki kelentukan (fleksibilitas) secara bermakna dibandingkan laki-laki.

Ada beda nyata indicator *vertical jump* antara jenis kelamin laki-laki dan perempuan karena nilai sig. < 0.05. laki-laki memiliki ketinggian vertical jump lebih tinggi secara bermakna dibandingkan perempuan.

KARAKTERISTIK RESPONDEN

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| **Descriptives** |
|  | N | Mean | Std. Deviation | Std. Error | 95% Confidence Interval for Mean | Minimum | Maximum |
| Lower Bound | Upper Bound |
| Tinggi Badan | Laki-laki | 25 | 147.7800 | 12.96797 | 2.59359 | 142.4271 | 153.1329 | 123.50 | 173.00 |
| Perempuan | 25 | 147.7800 | 12.60711 | 2.52142 | 142.5760 | 152.9840 | 127.00 | 173.00 |
| Total | 50 | 147.7800 | 12.65764 | 1.79006 | 144.1827 | 151.3773 | 123.50 | 173.00 |
| Berat Badan | Laki-laki | 25 | 41.0360 | 14.04430 | 2.80886 | 35.2388 | 46.8332 | 22.90 | 74.50 |
| Perempuan | 25 | 38.5000 | 13.19286 | 2.63857 | 33.0543 | 43.9457 | 17.90 | 71.80 |
| Total | 50 | 39.7680 | 13.54618 | 1.91572 | 35.9182 | 43.6178 | 17.90 | 74.50 |

UJI PRASYARAT ANALISIS

NORMALITAS

|  |
| --- |
| **Tests of Normality** |
|  | Kelompok | Kolmogorov-Smirnova | Shapiro-Wilk |
|  | Statistic | df | Sig. | Statistic | df | Sig. |
| Lari 20 Meter (dtk) | Laki-laki | .121 | 25 | .200\* | .973 | 25 | .731 |
| Perempuan | .139 | 25 | .200\* | .950 | 25 | .254 |
| T Test (dtk) | Laki-laki | .130 | 25 | .200\* | .930 | 25 | .086 |
| Perempuan | .122 | 25 | .200\* | .936 | 25 | .117 |
| Push Up | Laki-laki | .099 | 25 | .200\* | .968 | 25 | .599 |
| Perempuan | .159 | 25 | .103 | .927 | 25 | .073 |
| Sit Up | Laki-laki | .137 | 25 | .200\* | .928 | 25 | .078 |
| Perempuan | .163 | 25 | .086 | .937 | 25 | .125 |
| Sit & Reach | Laki-laki | .158 | 25 | .108 | .942 | 25 | .165 |
| Perempuan | .132 | 25 | .200\* | .933 | 25 | .104 |
| Kayang | Laki-laki | .087 | 25 | .200\* | .965 | 25 | .526 |
| Perempuan | .114 | 25 | .200\* | .936 | 25 | .122 |
| Vertical Jump | Laki-laki | .116 | 25 | .200\* | .962 | 25 | .454 |
| Perempuan | .124 | 25 | .200\* | .974 | 25 | .741 |
| \*. This is a lower bound of the true significance. |
| a. Lilliefors Significance Correction |

Lari 20 Meter (dtk), laki-laki dan perempuan terdistribusi normal karena nilai sig. > 0.05

T Test (dtk) laki-laki dan perempuan terdistribusi normal karena nilai sig. > 0.05

Push Up laki-laki dan perempuan terdistribusi normal karena nilai sig. > 0.05

Sit Up laki-laki dan perempuan terdistribusi normal karena nilai sig. > 0.05

Sit & Reach laki-laki dan perempuan terdistribusi normal karena nilai sig. > 0.05

Kayang laki-laki dan perempuan terdistribusi normal karena nilai sig. > 0.05

Vertical Jump laki-laki dan perempuan terdistribusi normal karena nilai sig. > 0.05

JI BEDA

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| **Group Statistics** |
|  | Kelompok | N | Mean | Std. Deviation | Std. Error Mean |
| Lari 20 Meter (dtk) | Laki-laki | 25 | 3.9188 | .40719 | .08144 |
| Perempuan | 25 | 4.1548 | .41898 | .08380 |
| T Test (dtk) | Laki-laki | 25 | 8.9676 | 1.34884 | .26977 |
| Perempuan | 25 | 9.4892 | 1.43132 | .28626 |
| Push Up | Laki-laki | 25 | 95.0000 | 22.77791 | 4.55558 |
| Perempuan | 25 | 88.7200 | 21.36102 | 4.27220 |
| Sit Up | Laki-laki | 25 | 45.6000 | 13.45672 | 2.69134 |
| Perempuan | 25 | 39.6000 | 10.50000 | 2.10000 |
| Sit & Reach | Laki-laki | 25 | 36.1600 | 3.53471 | .70694 |
| Perempuan | 25 | 36.6000 | 5.18411 | 1.03682 |
| Kayang | Laki-laki | 25 | 47.1600 | 11.19032 | 2.23806 |
| Perempuan | 25 | 29.5600 | 12.85198 | 2.57040 |
| Vertical Jump | Laki-laki | 25 | 37.5600 | 8.87450 | 1.77490 |
| Perempuan | 25 | 32.1200 | 7.14913 | 1.42983 |

|  |
| --- |
| **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 | 95% Confidence Interval of the Difference |
| Lower | Upper |
| Lari 20 Meter (dtk) | Equal variances assumed | .303 | .585 | -2.020 | 48 | .049 | -.23600 | .11685 | -.47094 | -.00106 |
| Equal variances not assumed |  |  | -2.020 | 47.961 | .049 | -.23600 | .11685 | -.47095 | -.00105 |
| T Test (dtk) | Equal variances assumed | .210 | .649 | -1.326 | 48 | .191 | -.52160 | .39335 | -1.31248 | .26928 |
| Equal variances not assumed |  |  | -1.326 | 47.832 | .191 | -.52160 | .39335 | -1.31255 | .26935 |
| Push Up | Equal variances assumed | .002 | .962 | 1.006 | 48 | .320 | 6.28000 | 6.24540 | -6.27723 | 18.83723 |
| Equal variances not assumed |  |  | 1.006 | 47.803 | .320 | 6.28000 | 6.24540 | -6.27856 | 18.83856 |
| Sit Up | Equal variances assumed | 2.193 | .145 | 1.758 | 48 | .085 | 6.00000 | 3.41370 | -.86370 | 12.86370 |
| Equal variances not assumed |  |  | 1.758 | 45.321 | .086 | 6.00000 | 3.41370 | -.87420 | 12.87420 |
| Sit & Reach | Equal variances assumed | 4.037 | .050 | -.351 | 48 | .727 | -.44000 | 1.25490 | -2.96314 | 2.08314 |
| Equal variances not assumed |  |  | -.351 | 42.349 | .728 | -.44000 | 1.25490 | -2.97187 | 2.09187 |
| Kayang | Equal variances assumed | .582 | .449 | 5.164 | 48 | .000 | 17.60000 | 3.40821 | 10.74734 | 24.45266 |
| Equal variances not assumed |  |  | 5.164 | 47.108 | .000 | 17.60000 | 3.40821 | 10.74399 | 24.45601 |
| Vertical Jump | Equal variances assumed | .857 | .359 | 2.387 | 48 | .021 | 5.44000 | 2.27918 | .85740 | 10.02260 |
| Equal variances not assumed |  |  | 2.387 | 45.919 | .021 | 5.44000 | 2.27918 | .85203 | 10.02797 |