

## DAFTAR PUSTAKA

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.

# LAMPIRAN

## Lampiran 1 Surat Ijin Penelitian dari Fakultas


**FAKULTAS PEDAGOGI DAN PSIKOLOGI  
UNIVERSITAS PGRI ADI BUANA SURABAYA**

Kampus I: Jl. Nanggal Dadi III-B/37 Telp. (031) 8053127, 8041097 Fax. (031) 5662804 Surabaya 60245  
Kampus II: Jl. Dukuh Menanggal XII Telp. (031) 8281181, 8281182, 8281183 Surabaya 60234.

Nomor : 458/Ak.1/FPP/1/2021  
Lampiran : -  
Perihal : Permohonan Izin Penelitian

Kepada Yth. Bapak/Ibu Kepala/Ketua  
UKM BADMINTON UNIVERSITAS PGRI ADI BAUANA SURABAYA  
Jl. Dukuh Menanggal XII, Dukuh Menanggal, Kec. Gayungan, Kota SBY, Jawa Timur  
di Surabaya

Dengan hormat,

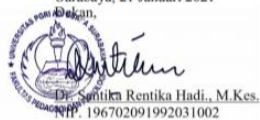
Sesuai dengan kurikulum Universitas PGRI Adi Buana Surabaya, untuk penyelesaian akhir masa studi, mahasiswa diwajibkan menulis skripsi. Berkaitan dengan ini, mohon dengan hormat Bapak/Ibu Kepala/Ketua UKM BADMINTON UNIVERSITAS PGRI ADI BAUANA SURABAYA berkenan memberikan izin penelitian kepada mahasiswa:

Nama : Salman Al Farisi  
NIM : 175900175  
Program Studi : Pendidikan Jasmani  
Fakultas : Pedagogi dan Psikologi  
Judul Penelitian : PENGARUH LATIHAN PLYOMETRIC SQUAT JUMP  
TERHADAP TINGGI LOMPATAN PEMAIN UKM  
BADMINTON UNIVERSITAS PGRI ADI BUANA SURABAYA

Demikian permohonan ini disampaikan, atas perhatian dan kerjasama diucapkan terima kasih.

Surabaya, 21 Januari 2021



  
Dr. Sunitika Rentika Hadi., M.Kes.  
NIP. 196702091992031002

Tembusan :

1. Wakil Dekan I
2. Kaprodi

## Lampiran 2 Data Penelitian

### DATA PENELITIAN LATIHAN PLYOMETRIC SQUAT JUMP TERHADAP TINGGI LOMPATAN PEMAIN UKM BULUTANGKIS UNIVERSITAS ADI BUANA SUARABAYA

No	Tinggi Lompatan Dengan Latihan Plyometric Squat Jump (Kelompok Eksperimen)	
	Pre-Test	Post-Test
1	276	278
2	256	256
3	232	234
4	270	272
5	257	257
6	243	245
7	227	227
8	257	260
9	242	243
10	234	236

No	Tinggi Lompatan Tanpa Latihan (Kelompok Kontrol)	
	Pre-Test	Post-Test
1	273	275
2	272	274
3	262	262
4	229	229
5	277	278
6	226	227
7	227	228
8	235	235
9	235	236
10	227	228

***Lampiran 5 Hasil Pengolahan Data dengan program SPSS 20.00 for Windows***

**Descriptives**

**Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation	Variance
Pre-Test Eksperimen (tinggi lompatan latihan plyometric squat jump)	10	227	276	249.40	16.426	269.822
Post-Test Eksperimen (tinggi lompatan latihan plyometric squat jump)	10	227	278	250.80	16.672	277.956
PreTest Kelompok Kontrol	10	226	277	246.30	21.792	474.900
Post-Test Kelompok Kontrol	10	227	278	247.20	22.135	489.956
Valid N (listwise)	10					

**Frequencies**

**Statistics**

		Pre-Test Eksperimen (tinggi lompatan latihan plyometric squat jump)	Post-Test Eksperimen (tinggi lompatan latihan plyometric squat jump)	PreTest Kelompok Kontrol	Post-Test Kelompok Kontrol
N	Valid	10	10	10	10
	Missing	0	0	0	0

## Frequency Table

### Pre-Test Eksperimen (tinggi lompatan latihan plyometric squat jump)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 227	1	10.0	10.0	10.0
232	1	10.0	10.0	20.0
234	1	10.0	10.0	30.0
242	1	10.0	10.0	40.0
243	1	10.0	10.0	50.0
256	1	10.0	10.0	60.0
257	2	20.0	20.0	80.0
270	1	10.0	10.0	90.0
276	1	10.0	10.0	100.0
Total	10	100.0	100.0	

**Post-Test Eksperimen (tinggi lompatan latihan plyometric squat jump)**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	227	1	10.0	10.0	10.0
	234	1	10.0	10.0	20.0
	236	1	10.0	10.0	30.0
	243	1	10.0	10.0	40.0
	245	1	10.0	10.0	50.0
	256	1	10.0	10.0	60.0
	257	1	10.0	10.0	70.0
	260	1	10.0	10.0	80.0
	272	1	10.0	10.0	90.0
	278	1	10.0	10.0	100.0
	Total	10	100.0	100.0	

**PreTest Kelompok Kontrol**

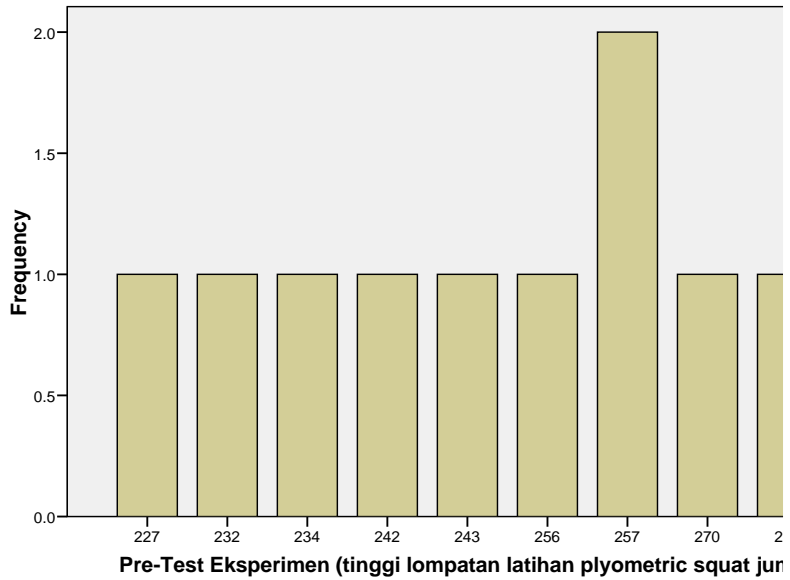
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	226	1	10.0	10.0	10.0
	227	2	20.0	20.0	30.0
	229	1	10.0	10.0	40.0
	235	2	20.0	20.0	60.0
	262	1	10.0	10.0	70.0
	272	1	10.0	10.0	80.0
	273	1	10.0	10.0	90.0
	277	1	10.0	10.0	100.0
	Total	10	100.0	100.0	

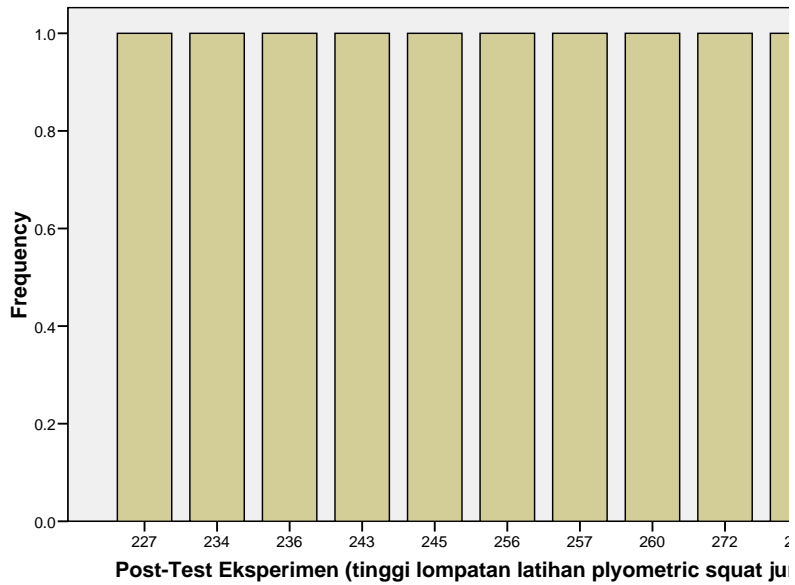


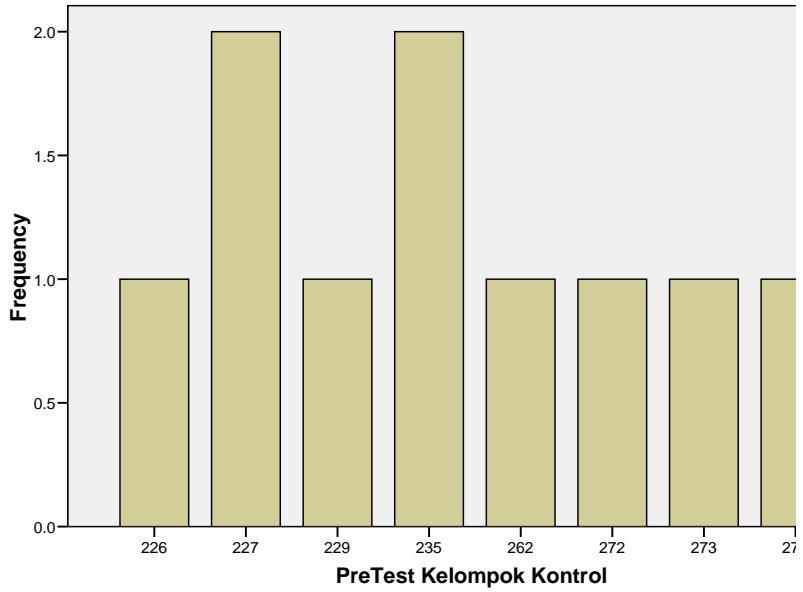
**Post-Test Kelompok Kontrol**

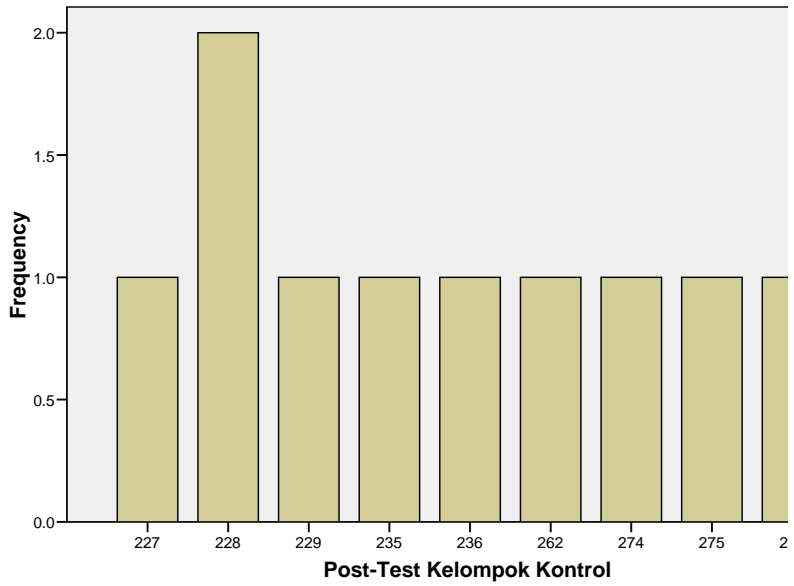
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	227	1	10.0	10.0	10.0
	228	2	20.0	20.0	30.0
	229	1	10.0	10.0	40.0
	235	1	10.0	10.0	50.0
	236	1	10.0	10.0	60.0
	262	1	10.0	10.0	70.0
	274	1	10.0	10.0	80.0
	275	1	10.0	10.0	90.0
	278	1	10.0	10.0	100.0
	Total	10	100.0	100.0	

**Bar Chart**

**Pre-Test Eksperimen (tinggi lompatan latihan plyometric squat jun**

**Post-Test Eksperimen (tinggi lompatan latihan plyometric squat ju**

**PreTest Kelompok Kontrol**

**Post-Test Kelompok Kontrol**

## Uji Normalitas

Case Processing Summary

Kelas		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Hasil Tinggi Lompatan	Pre-Test Eksperimen (Plyometric Squat Jump)	10	100.0%	0	.0%	10	100.0%
	Post-Test Eksperimen (Plyometric Squat Jump)	10	100.0%	0	.0%	10	100.0%
	Pre-Test Kelompok Kontrol	10	100.0%	0	.0%	10	100.0%
	Post-Test Kelompok Kontrol	10	100.0%	0	.0%	10	100.0%

Descriptives								
Kelas					Statistic	Std. Error		
Hasil Tinggi Lompatan	Pre-Test Eksperimen (Plyometric Squat Jump)	Mean			249.40	5.194		
		95% Confidence Interval for Mean	Lower Bound	Upper Bound	237.65	261.15		
		5% Trimmed Mean			249.17			
		Median			249.50			
		Variance			269.822			
		Std. Deviation			16.426			
		Minimum			227			
		Maximum			276			
		Range			49			
		Interquartile Range			27			
		Skewness			.248	.687		
		Kurtosis			-1.061	1.334		
		Post-Test Eksperimen (Plyometric Squat Jump)	Post-Test Eksperimen (Plyometric Squat Jump)	Mean			250.80	5.272
				95% Confidence Interval for Mean	Lower Bound	Upper Bound	238.87	262.73
5% Trimmed Mean					250.61			
Median					250.50			
Variance					277.956			
Std. Deviation					16.672			
Minimum					227			
Maximum					278			
Range					51			
Interquartile Range					28			
Skewness					-.260	.687		
Kurtosis					-.915	1.334		
Pre-Test Kelompok Kontrol	Pre-Test Kelompok Kontrol			Mean			246.30	6.891
				95% Confidence Interval for Mean	Lower Bound	Upper Bound	230.71	261.89
		5% Trimmed Mean			245.72			
		Median			235.00			
		Variance			474.900			
		Std. Deviation			21.792			
		Minimum			226			
		Maximum			277			
		Range			51			
		Interquartile Range			45			
		Skewness			.510	.687		
		Kurtosis			-1.956	1.334		
		Post-Test Kelompok Kontrol	Post-Test Kelompok Kontrol	Mean			247.20	7.000
				95% Confidence Interval for Mean	Lower Bound	Upper Bound	231.37	263.03
5% Trimmed Mean					246.61			
Median					235.50			
Variance					489.956			
Std. Deviation					22.135			
Minimum					227			
Maximum					278			
Range					51			
Interquartile Range					46			
Skewness					.532	.687		
Kurtosis					-1.933	1.334		

## Tests of Normality

Kelas		Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Hasil Tinggi Lompatan	Pre-Test Eksperimen (Plyometric Squat Jump)	.156	10	.200*	.945	10	.611
	Post-Test Eksperimen (Plyometric Squat Jump)	.136	10	.200*	.962	10	.812
	Pre-Test Kelompok Kontrol	.298	10	.012	.790	10	.011
	Post-Test Kelompok Kontrol	.294	10	.015	.781	10	.008

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

a. Lilliefors Significance Correction

## Hasil Tinggi Lompatan

### Stem-and-Leaf Plots

Hasil Tinggi Lompatan Stem-and-Leaf Plot for  
Kelas= *Pre-test* Eksperimen (Plyometric Squat Jump)

Frequency Stem & Leaf

1.00	22 . 7
2.00	23 . 24
2.00	24 . 23
3.00	25 . 677
.00	26 .
2.00	27 . 06

Stem width: 10  
Each leaf: 1 case(s)

Hasil Tinggi Lompatan Stem-and-Leaf Plot for  
Kelas= *Post-test* Eksperimen (Plyometric Squat Jump)

Frequency Stem & Leaf

1.00	22 . 7
2.00	23 . 46
2.00	24 . 35
2.00	25 . 67
1.00	26 . 0
2.00	27 . 28

Stem width: 10  
Each leaf: 1 case(s)



Hasil Tinggi Lompatan Stem-and-Leaf Plot for  
Kelas= *Pre-test* Kelompok Kontrol

Frequency Stem & Leaf

4.00	22 . 6779
2.00	23 . 55
.00	24 .
.00	25 .
1.00	26 . 2
3.00	27 . 237

Stem width: 10  
Each leaf: 1 case(s)

Hasil Tinggi Lompatan Stem-and-Leaf Plot for  
Kelas= *Post-test* Kelompok Kontrol

Frequency Stem & Leaf

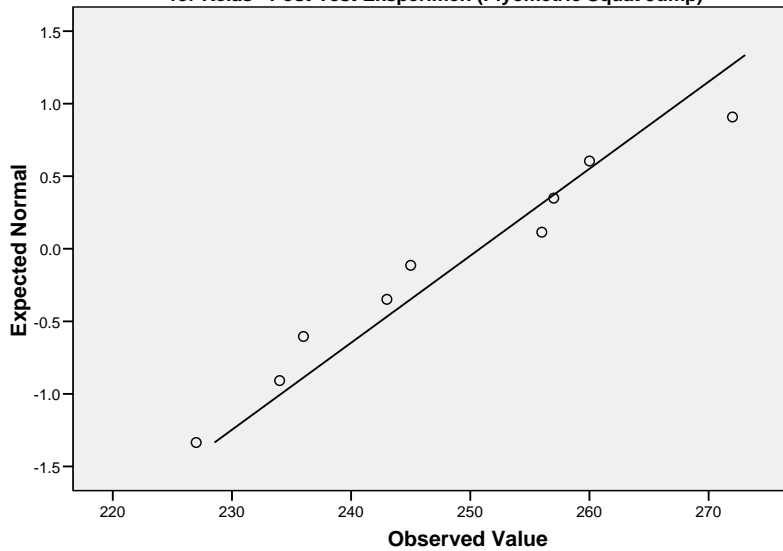
4.00	22 . 7889
2.00	23 . 56
.00	24 .
.00	25 .
1.00	26 . 2
3.00	27 . 458

Stem width: 10  
Each leaf: 1 case(s)

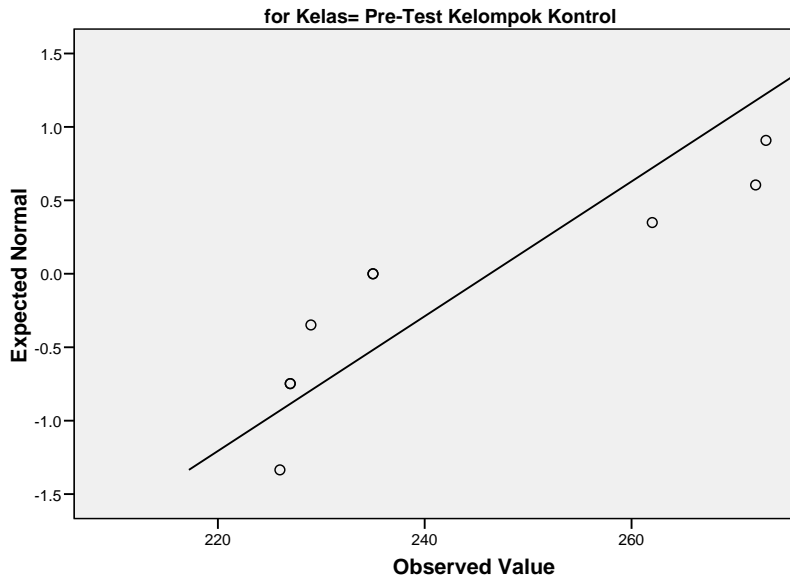
**Normal Q-Q Plots**

### Normal Q-Q Plot of Hasil Tinggi Lompatan

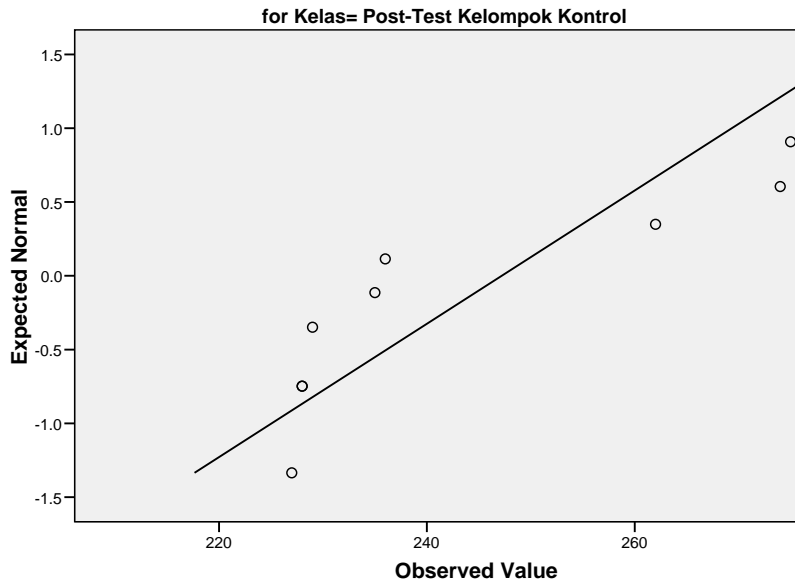
for Kelas= Post-Test Eksperimen (Plyometric Squat Jump)



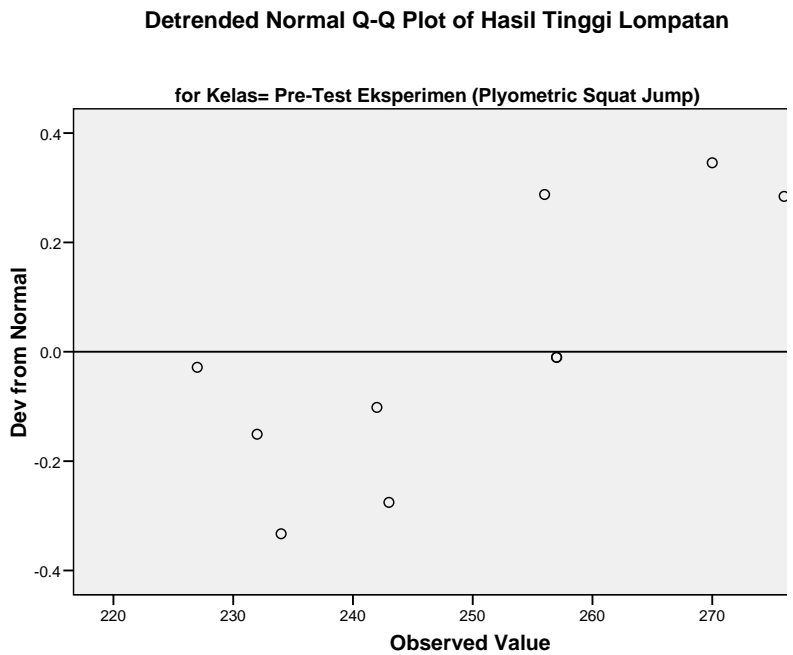
### Normal Q-Q Plot of Hasil Tinggi Lompatan

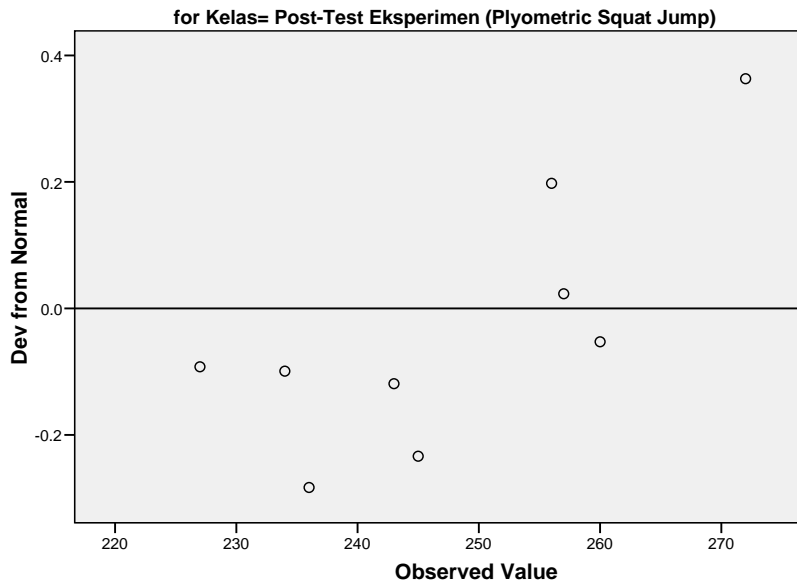


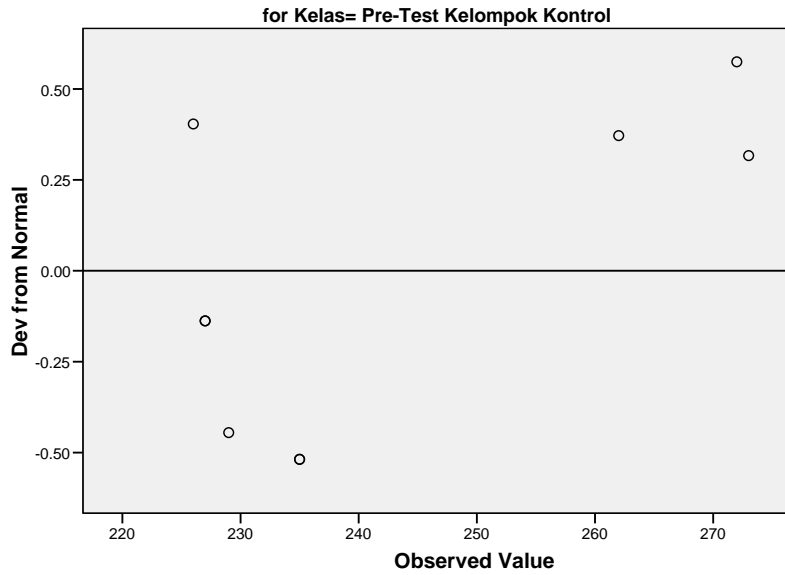
### Normal Q-Q Plot of Hasil Tinggi Lompatan

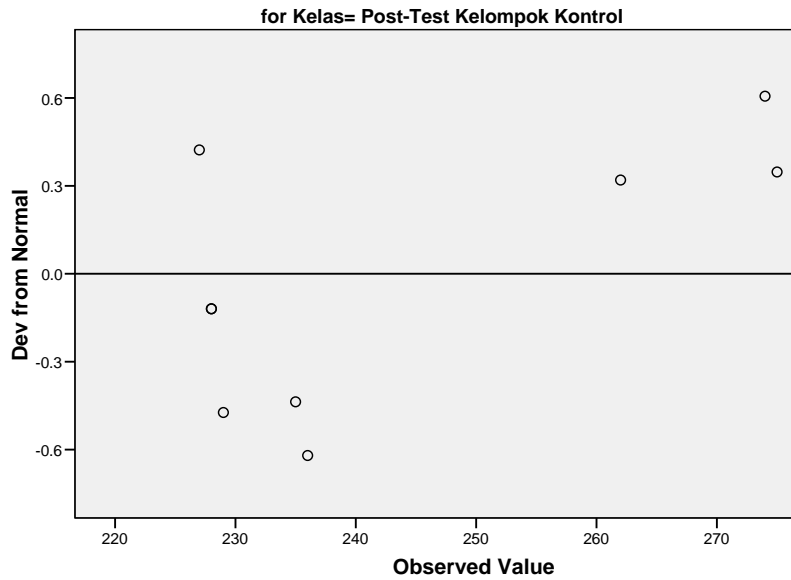


## Detrended Normal Q-Q Plots

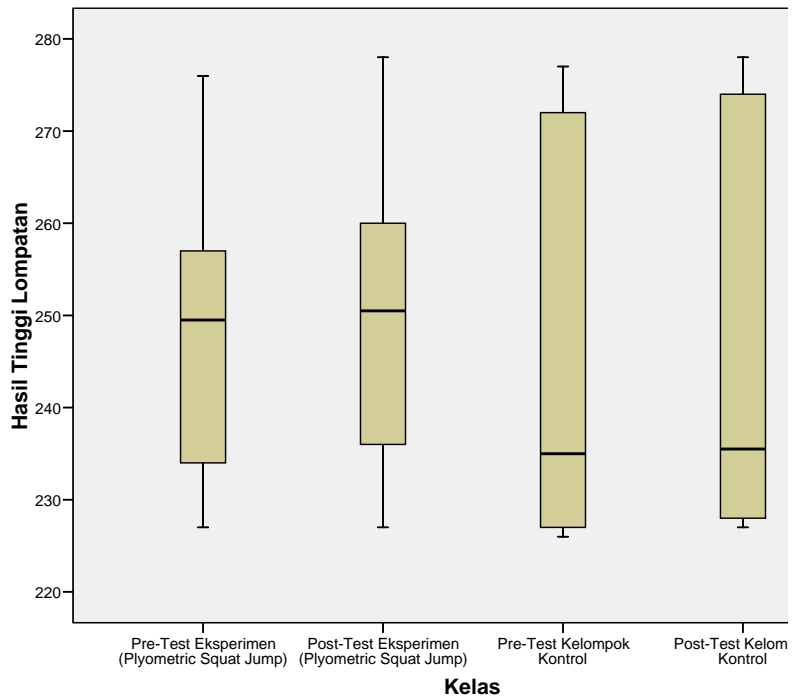


**Detrended Normal Q-Q Plot of Hasil Tinggi Lompatan**

**Detrended Normal Q-Q Plot of Hasil Tinggi Lompatan**

**Detrended Normal Q-Q Plot of Hasil Tinggi Lompatan**





## Uji Homogenitas

### Test of Homogeneity of Variances

Hasil Tinggi Lompatan

Levene Statistic	df1	df2	Sig.
3.537	1	18	.076

### ANOVA

Hasil Tinggi Lompatan

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	64.800	1	64.800	.169	.686
Within Groups	6911.200	18	383.956		
Total	6976.000	19			

## Uji Paired T-Test

### Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre-Test Eksperimen (tinggi lompatan latihan plyometric squat jump)	249.40	10	16.426	5.194
	Post-Test Eksperimen (tinggi lompatan latihan plyometric squat jump)	250.80	10	16.672	5.272
Pair 2	PreTest Kelompok Kontrol	246.30	10	21.792	6.891
	Post-Test Kelompok Kontrol	247.20	10	22.135	7.000

### Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Pre-Test Eksperimen (tinggi lompatan latihan plyometric squat jump) & Post-Test Eksperimen (tinggi lompatan latihan plyometric squat jump)	10	.998	.000
Pair 2	PreTest Kelompok Kontrol & Post-Test Kelompok Kontrol	10	1.000	.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			
Pair 1	Pre-Test Eksperimen (tinggi lompatan latihan plyometric squat jump) - Post-Test Eksperimen (tinggi lompatan latihan plyometric squat jump)	-1.400	1.075	.340	-2.169	-.631	-4.118	9	.003
Pair 2	PreTest Kelompok Kontrol - Post-Test Kelompok Kontrol	-.900	.738	.233	-1.428	-.372	-3.857	9	.004

## Uji Independent Sampel T Test

### Group Statistics

Kelas		N	Mean	Std. Deviation	Std. Error Mean
Hasil Tinggi Lompatan	Post-Test Kelompok Eksperimen (Plyometric Squat Jump)	10	250.80	16.672	5.272
	Post-Test Kelompok Kontrol	10	247.20	22.135	7.000

### 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
Hasil Tinggi Lompatan	Equal variances assumed	3.537	.076	.411	18	.686	3.600	8.763	-14.810	22.010
	Equal variances not assumed			.411	16.725	.686	3.600	8.763	-14.912	22.112

Lampiran 3 Dokumentasi Penelitian.



**Gambar 1. Melakukan Pemanasan**



**Gambar 2. Melakukan Pemanasan**



**Gambar 3. Penjelasan latihan dan ujites terhadap sampel**



**Gambar 4. Treatment Squat Jump**



**Gambar 5. Treatment Squat Jump**



**Gambar 6. Pengambilan Pretest**





**Gambar 7. Pengambilan Pretest**



**Gambar 8. Pengambilan Posttest**



**Gambar 9. Pengambilan Posttest**



**Gambar 10. Foto Bersama Anggota UKM  
Universitas PGRI Adi Buana**