

**PENGEMBANGAN MODIFIKASI SKRIP IMAJERI  
MENTAL MOTIVASIONAL DAN INTRUKSIONAL  
UNTUK ATLET PEMULA BULU TANGKIS**

SKRIPSI

Diajukan Untuk Memenuhi Syarat untuk Memperoleh Gelar Sarjana Pendidikan  
pada Program Pendidikan Jasmani Kesehatan dan Rekreasi  
Universitas Pendidikan Indonesia



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**UNIVERSITAS PENDIDIKAN INDONESIA**

**2023**

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# **PENGEMBANGAN MODIFIKASI SKRIP IMAJERI MENTAL MOTIVASIONAL UNTUK ATLET PEMULA BULU TANGKIS**

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S. Pd. UPI Bandung, 2023

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**ABSTRAK**  
**PENGEMBANGAN MODIFIKASI SKRIP IMAJERI MENTAL**  
**MOTIVASIONAL DAN INTRUKSIONAL UNTUK ATLET PEMULA**  
**BULU TANGKIS**

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Tujuan penelitian ini adalah untuk mengetahui Bagaimana validasi pengembangan skrip imajeri mental motivasional dan intruksional untuk atlet pemula cabang olahraga bulu tangkis.

Studi *Research and Development* dilakukan menggunakan *Expert Judgement Panel* terhadap 1 orang pakar psikologi olahraga, 1 pakar metode penelitian dan 2 orang pakar cabor Bulu Tangkis. Uji Coba Lapangan/*Field Test* terhadap 15 *Student-athlete/* atlet pemula bulu tangkis. Pengembangan Skrip Imajeri mental motivasional disusun berdasarkan Model *Mental Imagery Applicative Model*. Hasil penelitian ini menunjukkan bahwa Secara umum, studi validitas isi menunjukkan bahwa instrumen ini mempunyai tingkat validitas isi yang sesuai. produk skrip Imajeri-Instruksional dan imajery motivasional relevan atau sesuai untuk digunakan.

Kata Kunci: Pengembangan; Modifikasi; Imajeri; Instruksional; Mental-Motivational; Badminton

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