

**ANALISIS PENGGUNAAN STRATEGI BELAJAR *SELF-TALK* MOTIVASIONAL
DALAM PENDIDIKAN JASMANI**

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



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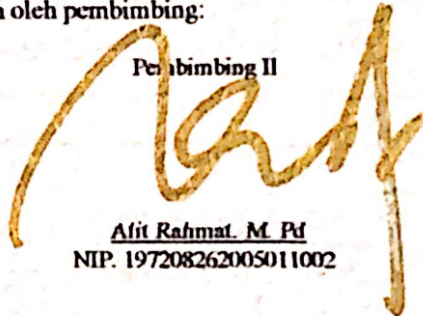
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ABSTRAK

**ANALISIS PENGGUNAAN STRATEGI BELAJAR SELF-TALK
MOTIVASIONAL UNTUK SISWA ATLET PEMULA**

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Penelitian ini bertujuan untuk mengetahui apakah strategi belajar *Self-Talk* dapat diterapkan pada siswa SMPN 14 Bandung. Metode yang digunakan adalah metode deskriptif. Pendekatan dalam penelitian ini adalah kuantitatif. Populasi dalam penelitian ini adalah ahli dan pembina Unit Kegiatan Mahasiswa Badminton Universitas Pendidikan Indonesia, sedangkan sampel dalam penelitian ini adalah 1. siswa SMPN 14 Bandung 2. Pelatih UKM Bulu tangkis UPI 3. Mahasiswa lulusan Fakultas Pendidikan Olahraga dan Kesehatan universitas pendidikan Indonesia. Penelitian ini menggunakan angket, daftar pertanyaan yang dibuat dalam bentuk pernyataan tertutup. Kuesioner yang digunakan penulis bertujuan untuk mengetahui *self-talk* apa yang sering digunakan oleh siswa dalam pembelajaran Pendidikan jasmani. Hasil penelitian ini menerapkan hasil belajar *self-talk* pada siswa SMPN 14 Bandung untuk angket motivasi *self-talk* rata-rata sampel isian sangat cocok dalam hal ini penggunaan dan fungsi pembelajaran self-talk sangat cocok untuk siswa SMPN 14 Bandung.

Kata kunci : Self talk, Strategi belajar self-talk, bulu tangkis

ABSTRACT
ANALYSIS OF MOTIVATIONAL SELF-TALK LEARNING STRATEGIES FOR
BEGINNING ATHLETE STUDENTS

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This study aims to find out whether the Self-Talk learning strategy can be applied to SMPN 14 Bandung students. The method used is the descriptive method. The approach in this study is quantitative. The population in this study is experts and coaches of the Badminton Student Activity Unit of the Indonesian University of Education, while the sample in this study is 1. students of SMPN 14 Bandung 2. UPI Badminton UKM Coach 3. Students graduated from the Faculty of Sports and Health Education, Indonesian University of Education. This study used questionnaires, a list of questions made in the form of closed statements. The questionnaire used by the author aims to find out what self-talk is often used by students in physical education learning. The results of this study apply the results of self-talk learning to SMPN 14 Bandung students for self-talk motivation questionnaires, the average sample of fill-in is very suitable in this case, the use and function of self-talk learning is very suitable for SMPN 14 Bandung students.

Keywords: *Self talk, Self-talk learning strategies, badminton*

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