

**PENGARUH LATIHAN KOGNISI TERHADAP PENGAMBILAN
KEPUTUSAN ATLET INTELEKTUAL RENDAH PADA
CABANG OLAHRAGA *OPEN SKILL***

SKRIPSI

Diajukan untuk memenuhi syarat memperoleh gelar Sarjana Pendidikan



oleh
Mohammad Hafiz Alfariz
2005600

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FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
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LEMBAR HAK CIPTA**

Oleh
Mohammad Hafiz Alfariz
2005600

Sebuah Skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Pendidikan (S.Pd.) Program Studi Pendidikan Kepelatihan Olahraga Fakultas Pendidikan Olahraga dan Kesehatan

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LEMBAR PENGESAHAN

MOHAMMAD HAFIZ ALFARIZ

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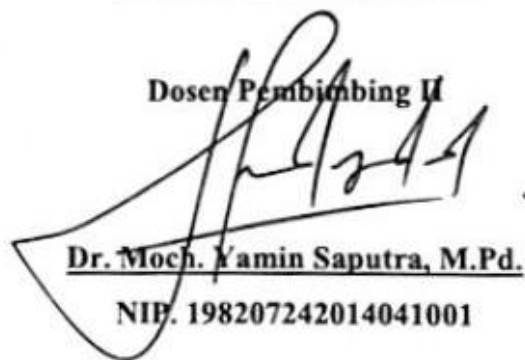
Dosen Pembimbing I,



Prof. Dr. Komarudin, M.Pd.

NIP. 197204031999031003

Dosen Pembimbing II

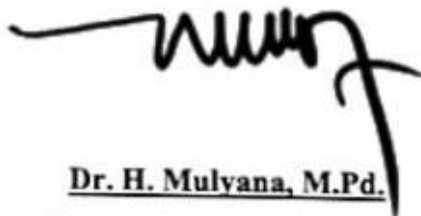


Dr. Moch. Yamin Saputra, M.Pd.

NIP. 198207242014041001

Mengetahui,

Ketua Prodi Pendidikan Kepelatihan Olahraga



Dr. H. Mulyana, M.Pd.

NIP. 197108041998021001

ABSTRAK

PENGARUH LATIHAN KOGNISI TERHADAP PENGAMBILAN KEPUTUSAN ATLET INTELEKTUAL RENDAH PADA CABANG OLAHRAGA *OPEN-SKILL*

Pembimbing : 1. Prof. Dr. Komarudin M.Pd.

2. Dr. Moch. Yamin Saputra, M.Pd.

Mohammad Hafiz Alfariz

2005600

Penelitian ini membahas mengenai model latihan kognisi (*life kinetik dan brain gym*) terhadap Pengambilan keputusan atlet intelektual rendah pada cabang olahraga *open-skill*. Tujuan penelitian ini untuk mengetahui pengaruh model latihan kognisi (*life kinetik dan brain gym*) terhadap pengambilan keputusan atlet intelektual rendah pada cabang olahraga *open-skill*. Metode yang digunakan ini adalah metode eksperimen. Populasi yang di gunakan adalah atlet pada cabang olahraga *open-skill* yang berjumlah 48 atlet. Sampel anak yang di ambil adalah 27 atlet yang diambil menggunakan teknik *purposive sampling*. Instrumen penelitian ini menggunakan Tes *Advanced Progressive Matrices* (APM) dan Tes *The Decision Style Questionnaire* (DSQ). Teknik Analisis data yang digunakan adalah uji *paired sample t-test* dan uji *independent sample t-test*, dan hasil dari penelitian ini menunjukkan bahwa terdapat pengaruh yang signifikan dari model latihan *life kinetik dan brain gym* terhadap Pengambilan keputusan atlet intelektual rendah pada cabang olahraga *open-skill* dan Tidak terdapat perbedaan pengaruh yang signifikan antara latihan *life kinetik dan brain gym* terhadap pengambilan keputusan atlet intelektual rendah pada cabang olahraga *open-skill*.

Kata kunci: *Open-skill, Life kinetik, Brain gym, Pengambilan Keputusan.*

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