

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

**SKRIPSI**

*Diajukan untuk memenuhi syarat memperoleh gelar sarjana pendidikan Program  
studi pendidikan kepelatihan olahraga*



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2024**

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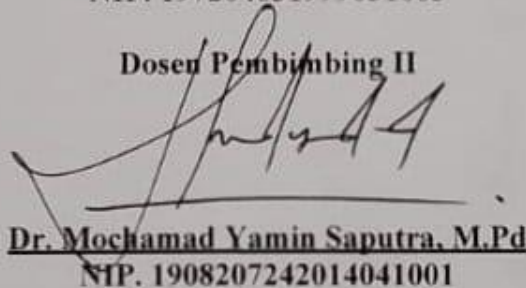
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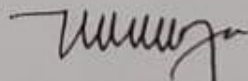


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## ABSTRAK

### **PENGARUH LATIHAN KOGNISI TERHADAP KONSENTRASI ATLET INTELEKTUAL RENDAH PADA CABANG OLAHRAGA *OPEN-SKILL***

**Pembimbing:**

**Prof. Dr. Komarudin, M. Pd. & Dr. Mochamad Yamin Saputra, M. Pd.**

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Penelitian ini membahas tentang pengaruh latihan kognisi (*life kinetik* dan *brain gym*) terhadap konsentrasi atlet intelektual rendah pada cabang olahraga *open-skill*. Penelitian ini dilakukan untuk mengetahui pengaruh latihan kognisi (*life kinetik* dan *brain gym*) terhadap konsentrasi atlet intelektual rendah pada cabang olahraga *open-skill* serta mengetahui perbedaan pengaruh diantara keduanya. Penelitian ini menggunakan metode eksperimen. Populasi sebanyak 48 atlet cabang olahraga *open-skill*. Sampel berjumlah 27 atlet yang diambil dengan teknik *purposive sampling*. Instrumen yang digunakan pada penelitian ini adalah *Advanced Progressive Matrices* (APM) dan *Concentration Grid Test* (CGT). Teknik analisis data yang digunakan yaitu uji *paired sample t-test* dan uji *independent sample t-test*. Hasil penelitian yang dilakukan menunjukkan bahwa terdapat pengaruh yang signifikan latihan *life kinetik* dan *brain gym* terhadap konsentrasi atlet intelektual rendah pada cabang olahraga *open-skill*, namun tidak terdapat perbedaan pengaruh yang signifikan antara latihan *life kinetik* dengan latihan *brain gym* terhadap konsentrasi atlet intelektual rendah pada cabang olahraga *open-skill*.

Kata Kunci: *Life Kinetik, Brain Gym, Olahraga, Kognisi, Konsentrasi, Intelektual Rendah, Open-skill*

## **ABSTRACT**

### **THE EFFECT OF COGNITION TRAINING ON THE CONCENTRATION OF LOW INTELLECTUAL ATHLETE IN OPEN-SKILL SPORT**

**Supervisor:**

**Prof. Dr. Komarudin, M. Pd. & Dr. Mochamad Yamin Saputra, M. Pd.**

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This research discusses the effect of cognitive training (life kinetik and brain gym) on the concentration of low-intellectual athletes in open-skill sports. This research was conducted to determine the effect of cognitive training (life kinetik and brain gym) on the concentration of low-intellectual athletes in open-skill sports and to determine the differences in influence between the two. This research is using experimental method. The population is 48 athletes in open-skill sports. The sample consisted of 27 athletes taken using purposive sampling technique. The instruments used in this research were Advanced Progressive Matrices (APM) and Concentration Grid Test (CGT). The data analysis technique used is the paired sample t-test and the independent sample t-test. The results of the research showed that there was a significant influence between life kinetik training and brain gym training on the concentration of low intellectual athletes in open-skill sports, but there was no significant difference in the influence between life kinetik training and brain gym training on the concentration of low intellectual athletes in sports. open skill sports.

Keywords: Life Kinetik, Brain Gym, Sports, Cognitive, Concentration, Low Intellectual,  
Open-skill

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