

**PENGARUH JENIS KELELAHAN DAN LEVEL WASIT
TERHADAP PENGAMBILAN KEPUTUSAN
WASIT SEPAKBOLA**

DISERTASI

Diajukan untuk memenuhi sebagian syarat untuk
memperoleh gelar Doktor Pendidikan Olahraga



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Pengaruh Jenis Kelelahan dan Level Wasit Terhadap Pengambilan Keputusan Wasit Sepakbola

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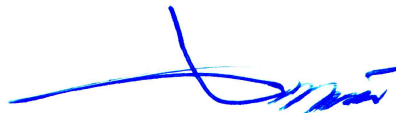
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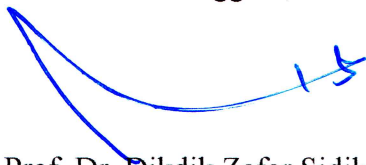
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ABSTRAK

PENGARUH JENIS KELELAHAN DAN LEVEL WASIT TERHADAP PENGAMBILAN KEPUTUSAN WASIT SEPAKBOLA

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Penelitian ini bertujuan untuk mengkaji pengaruh jenis kelelahan dan level wasit terhadap pengambilan keputusan wasit sepakbola. Pengambilan keputusan yang akurat sangat penting untuk menjaga integritas pertandingan, namun faktor kelelahan dapat memengaruhi kualitas keputusan wasit. Metode penelitian yang digunakan adalah metode eksperimen dengan desain penelitian (*factorial Design*) 2 x 2. Populasi dalam penelitian ini adalah wasit sepakbola Jawa Barat yang memiliki lisensi Nasional (C1) dengan usia antara 24-43 tahun, dengan jumlah 76 orang wasit. Dalam penentuan sampel menggunakan teknik *purposive sampling* dengan kriteria wasit yang bertugas di kompetisi tingkat nasional dan memiliki pengalaman lebih dari 3 tahun. Instrumen untuk mengukur pengambilan keputusan wasit menggunakan *FIFA Video Test For Referee 2024*. Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan antara kelelahan fisik dan kelelahan mental terhadap pengambilan keputusan wasit, dimana kelelahan mental memberikan pengaruh yang lebih besar; terdapat pengaruh yang signifikan antara level wasit profesional dan amatir terhadap pengambilan keputusan wasit; terdapat interaksi jenis kelelahan dengan level wasit terhadap pengambilan keputusan wasit; tidak terdapat perbedaan pengaruh antara kelelahan fisik dan kelelahan mental terhadap pengambilan keputusan wasit pada kelompok wasit level profesional; dan terdapat perbedaan pengaruh antara kelelahan fisik dan kelelahan mental terhadap pengambilan keputusan wasit pada kelompok wasit level amatir, dimana kelelahan mental memberikan pengaruh yang lebih besar. Temuan ini menegaskan pentingnya penguatan aspek fisik, mental, dan penguasaan teknis pada program pengembangan wasit untuk meningkatkan kualitas pengambilan keputusan di lapangan.

ABSTRACT

THE EFFECT OF FATIGUE TYPE AND REFEREE LEVEL ON FOOTBALL REFEREE DECISION MAKING

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The purpose of this study was to determine the effect of fatigue type and referee level on soccer referee decision making. Accurate decision making is very important to maintain the integrity of the match, but fatigue factors can affect the quality of referee decisions. The research method used is an experimental method with a 2 x 2 factorial design. The population in this study were West Java football referees who have a National license (C1) aged between 24-43 years, with a total of 76 referees. In determining the sample using a purposive sampling technique with the criteria of referees who are on duty in national level competitions and have more than 3 years of experience. The instrument for measuring referee decision making uses the FIFA Video Test For Referee 2024. The results of the study showed that there was a significant effect between physical fatigue and mental fatigue on referee decision making, where mental fatigue had a greater effect; there was a significant effect between professional and amateur referee levels on referee decision making; there was an interaction between fatigue type and referee level on referee decision making; there was no difference in the effect between physical fatigue and mental fatigue on referee decision making in the professional referee group; and there is a difference in the influence between physical fatigue and mental fatigue on referee decision making in the amateur referee group, where mental fatigue has a greater influence. This finding confirms the importance of strengthening the physical, mental, and technical mastery aspects of the referee development program to improve the quality of decision making on the field.

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