

ABSTRAK

Ferry Fendrian. 2015. Pengaruh Latihan *Brain Jogging* Terhadap Kemampuan Kognitif Siswa Kelas VIII SMP Negeri 9 Bandung
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Tujuan dari penelitian ini adalah untuk mengetahui pengaruh latihan *brain jogging* terhadap kemampuan kognitif khususnya kemampuan daya ingat dan atensi. Metode yang digunakan dalam penelitian ini adalah metode pre-eksperimen dengan *one group pretest-posttest design*. Adapun teknik pengambilan sampel yang digunakan dalam penelitian ini menggunakan teknik *cluster random sampling*. Sampel dalam penelitian ini adalah Siswa Kelas VIII 8 SMP Negeri 9 Bandung yang berjumlah 29 orang. Instrumen yang digunakan dalam penelitian ini *Concentration Grid Test* untuk mengukur kemampuan atensi siswa dan *Merk Aufgaben Test* untuk mengukur kemampuan daya ingat siswa. Hasil analisis pengolahan data menunjukkan terdapat pengaruh latihan *brain jogging* terhadap kemampuan daya ingat ($t=6,990$ $p=,000$) dan atensi ($t=5,215$ $p=,000$). Kesimpulan dalam penelitian menunjukkan bahwa terdapat pengaruh yang signifikan latihan *brain jogging* terhadap kemampuan daya ingat dan atensi Siswa kelas VIII SMPN 9 Bandung.

Kata Kunci: *Brain Jogging*, Daya ingat, Atensi, Kognitif.

ABSTRACT

Ferry Fendrian. 2015. The Effect of Brain Jogging's Exercise Against Cognitive Ability of 8th Grade Students of 9 Junior High School Bandung

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The aim of this research was to determine the effect of Brain Jogging's exercise on cognitive abilities, especially the ability to remember and pay an attention. The method used in this research is a pre-experiment method with *one group pretest-posttest design*. The sampling technique that used in this research was *random cluster sampling* technique. The sample in this research was 29 students of 9 Junior High School Bandung. The instrument used in this research was *Concentration Test Grid* to measure student's ability to pay an attention and *Merk Aufgaben Test* to measure student's ability to remember. Based on data processing analysis results, it showed there are significant result of Brain Jogging's Exercise on student's ability to remember ($t=6,990$ $p= ,000$) and to pay an attention ($t=5,215$ $p= ,000$). The conclusion of this research shows that there is a significant results of Brain Jogging's Exercise to improve student's ability to remember and pay an attention.

Keyword: *Brain Jogging, Remembering, Attention, Cognitive.*