

ABSTRAK

PENGARUH LATIHAN *BRAIN JOGGING* TERHADAP KONSENTRASI DAN HASIL BELAJAR KETERAMPILAN CABANG OLAHRAGA SEPAK BOLA

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Proses latihan konsentrasi memegang peranan penting dalam mencapai prestasi belajar yang optimal. Seorang atlet yang konsentrasinya rendah seringkali mengalami gangguan pada keahlian teknisnya, sehingga bisa saja tendangannya meleset dan tidak tepat sasaran. Gejala-gejala tersebut menunjukkan proses latihan yang menarik dan bervariasi, sehingga diperlukan latihan *brain jogging*. Penelitian ini bertujuan untuk mengetahui pengaruh *brain jogging* terhadap peningkatan konsentrasi dan hasil belajar keterampilan sepakbola. Percobaan dilakukan dengan metode eksperimen. Populasi adalah 30 atlet UKM sepakbola Universitas Pendidikan Indonesia. Sampel 14 orang diambil secara *purposive sampling*. Sampel diberikan latihan *brain jogging* 11 kali pertemuan, seminggu 2 kali. Desain *Pretest-Posttest Control Group* dilakukan sebagai rancangan penelitian. Instrumen yang digunakan untuk mengukur konsentrasi adalah Concentration Grid Test (CGT), untuk mengukur hasil belajar keterampilan sepakbola, menggunakan tes keterampilan sepakbola. T-test digunakan sebagai teknik analisis data. Hasil penelitian menunjukkan bahwa terdapat pengaruh *brain jogging* terhadap peningkatan konsentrasi dan hasil belajar keterampilan sepakbola. Penulis menyarankan bahwa latihan *brain jogging* seharusnya dimasukkan dalam sebuah program latihan, sehingga setiap sesi latihan para atlet diberikan latihan *brain jogging* untuk meningkatkan konsentrasi dan hasil belajar keterampilan sepakbola.

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ABSTRACT

THE EFFECT OF BRAIN JOGGING EXERCISE TO THE CONCENTRATION AND THE RESULT OF SKILL LEARNING IN FOOTBALL SPORT BRANCH

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Concentration exercise process holds essential role in attaining optimum learning achievement. An athlete with less concentration often has disturbance in his technical skill, thus, his hit may be inaccurate and missed on hitting the ball. Those symptoms indicate that varied and interesting exercise process, so the needed of brain jogging exercise. This research is aimed to know out what the brain jogging effects toward the increase of concentration and learning achievement in football skill. The experiment is conducted with research method. The population is 30 athletes from football UKM of Indonesia Education University (UPI). From purposive sampling, 14 samples are gained. Sample group is given the treatment of brain jogging in 11 meetings, twice a week. Pretest-Posttest Control Group design is conducted as a research design. Instruments that used to measure concentration is Concentration Grid Test (CGT), to measure football skill learning achievement by using football skill test. T-test is used as a technique of data analysis. The result of this research indicates that there is effect of brain jogging toward the increase of concentration and the result of football skill learning. The writer suggests that brain jogging exercise should be insert in an exercise program, so that in every athletes exercise session is given brain jogging exercise program to increase the concentration and the result of football skill learning.

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