

**PENGARUH *MOTOR COGNITIVE COORDINATION TRAINING* TERHADAP  
*MOTOR COORDINATION* DAN *WORKING MEMORY* PADA ATLET *JUNIOR***

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister Pendidikan (M.Pd.) pada Pendidikan Olahraga Pascasarjana

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## **ABSTRAK**

Tujuan dari penelitian ini untuk mengetahui apakah ada pengaruh dari program permainan *motor cognitive coordination training* terhadap *motor coordination* dan *working memory*. Metode penelitian eksperimen dengan desain *pretest-posttest control group design* digunakan dalam penelitian ini. Hasil penelitian menunjukkan bahwa program latihan *motor cognitive coordination training* memiliki pengaruh yang signifikan terhadap *motor coordination* dan *working memory* pada atlet *junior*. Selanjutnya pelatih menggunakan program latihan *motor cognitive coordination training* untuk meningkatkan performa *motor skill* dan *cognitive skill* pada atlet *junior*.

**Kata Kunci :** *motor cognitive coordination training, motor coordination, working memory*

## **ABSTRACT**

*The purpose of this study is to find out whether there is an influence from the motor cognitive coordination training program on coordination motors and working memory. The experimental research method with the design of the pretest-posttest control group design was used in this study. The results showed that the coordination training cognitive motor training program had a significant effect on coordination motors and working memory in junior athletes. Furthermore the trainers used the cognitive training coordination training program to improve the performance of motor skills and cognitive skills in junior athletes.*

**Key Word : motor cognitive coordination training, motor coordination, working memory**

## DAFTAR ISI

<b>PERNYATAAN KEASLIAN TESIS DAN BEBAS PLAGIARISME .....</b>	<b>i</b>
<b>ABSTRAK .....</b>	<b>ii</b>
<b>KATA PENGANTAR.....</b>	<b>iv</b>
<b>DAFTAR ISI.....</b>	<b>v</b>
<b>DAFTAR TABEL .....</b>	<b>x</b>
<b>DAFTAR GAMBAR.....</b>	<b>xi</b>
<b>DAFTAR LAMPIRAN .....</b>	<b>xii</b>
<b>BAB I</b>	
<b>PENDAHULUAN .....</b>	<b>1</b>
1.1. Latar Belakang Masalah.....	1
1.2. Rumusan Masalah .....	4
1.3. Tujuan Penelitian.....	4
1.4. Batasan Masalah.....	5
1.5. Manfaat Penelitian.....	5
1.5.1. Manfaat Teoritis.....	5
1.5.2. Manfaat Praktis .....	5
1.6. Stuktur Penulisan.....	6
<b>BAB II</b>	
<b>KAJIAN PUSTAKA .....</b>	<b>8</b>
2.1. <i>Motor Coordination</i> .....	8
2.1.1. <i>Balance skill</i> .....	9
2.1.2. <i>Basic Movement Skill</i> .....	9
2.1.3. <i>Object Control</i> .....	10
2.2. <i>Working Memory</i> .....	10
2.2.1. <i>Central Executive</i> .....	11
2.2.2. <i>Phonological Loop</i> .....	12
2.2.3. <i>Visuospatial Sketchpad</i> .....	13
2.2.4. <i>Episodic Buffer</i> .....	13
2.3. <i>Motor Cognitive Coordination Training</i> .....	14
2.3.1. <i>Adaptable Body Control</i> .....	15
2.3.2. <i>Visual System</i> .....	16
2.3.3. <i>Cognitive Skill</i> .....	16

2.4. Atlet <i>Junior</i> .....	18
2.4.1. <i>Fundamental Training</i> .....	18
2.4.2. <i>Learning To Train</i> .....	18
2.4.3. <i>Train To Train</i> .....	19
2.4.4. <i>Training To Compete</i> .....	19
2.4.5. <i>Training To Win</i> .....	20
2.5. Penelitian Yang Relevan .....	20

### **BAB III**

<b>METODELOGI PENELITIAN .....</b>	<b>23</b>
3.1. Metode Penelitian.....	23
3.2. Desain Penelitian.....	23
3.3. Populasi dan Sampel .....	24
3.1.1. Populasi .....	24
3.1.2. Teknik sampling .....	24
3.4. Tempat.....	25
3.5. Instrumen Penelitian.....	25
3.5.1. Test Koordinasi .....	25
3.5.2. Tes <i>Working memory</i> .....	26
3.6. Prosedur Penelitian.....	28
3.7. Analisis Data .....	35
3.7.1. Analisis Deskriptif .....	35
3.7.2. Uji Normalitas.....	36
3.7.3. Uji Homogenitas .....	36
3.7.4. Uji Hipotesis .....	36

### **BAB IV**

<b>TEMUAN DAN PEMBAHASAN.....</b>	<b>37</b>
4.1. Hasil Penelitian.....	37
4.1.1. Pemaparan Data .....	37
4.1.2. Uji Asumsi Statistik .....	39
4.2. Pembahasan .....	45
4.2.1. Pengaruh MCCT Terhadap <i>Motor Coordination</i> .....	45
4.2.2. Pengaruh MCCT Terhadap <i>Working Memory</i> .....	46

### **BAB V**

<b>SIMPULAN, IMPLIKASI DAN REKOMENDASI .....</b>	<b>46</b>
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5.1. Simpulan.....	46
5.2. Implikasi.....	46
5.3. Rekomendasi .....	47
<b>DAFTAR PUSTAKA.....</b>	<b>48</b>
<b>LAMPIRAN.....</b>	<b>54</b>



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