

**PENGARUH AUDIOVISUAL TRAINING DAN IMAGERY  
TRAINING TERHADAP MOTIVASI DAN PERFORMA  
BERMAIN SEPAK BOLA**

**TESIS**

*Diajukan Untuk Memenuhi Sebagian Syarat Untuk Memperoleh Gelar Magister  
Pendidikan Olahraga*



**Oleh**

**Fahmi Hidayat**

**1706627**

**PROGRAM STUDI PENDIDIKAN OLAHRAGA**

**SEKOLAH PASCA SARJANA**

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Oleh

Fahmi Hidayat

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**LEMBAR PENGESAHAN**

**FAHMI HIDAYAT**

**PENGARUH AUDIOVISUAL TRAINING DAN IMAGERY TRAINING  
TERHADAP MOTIVASI DAN PERFORMA BERMAIN SEPAK BOLA**

disetujui dan disahkan oleh pembimbing :

Pembimbing I :



**Prof. Dr. Herman Subarjah, M.Si**  
NIP. 196009181986031003

Pembimbing II :



**Dr. Komarudin, M.Pd**  
NIP. 197204031999031003

Mengetahui,

Ketua Prodi Pendidikan Olahraga SPS



**Dr. H. Amung Ma'mun, M.Pd**  
NIP. 196001191986031002

## **ABSTRAK**

### **PENGARUH AUDIOVISUAL TRAINING DAN IMAGERY TRAINING TERHADAP MOTIVASI DAN PERFORMA BERMAIN SEPAK BOLA**

Tujuan penelitian ini mengetahui pengaruh audiovisual training dan imagery training terhadap motivasi dan performa bermain sepak bola. Metode penelitian yang digunakan eksperimen. Desain penelitian yang digunakan *The Pretest-Post-Test Two Treatment Design*. Populasi SSB Ranggajati Kabupaten Cirebon sebanyak 50 orang. Sampel yang diambil sebanyak 30 orang dengan menggunakan purposive sampling. Instrumen penelitian GPET (Game Performance Evaluation Tool). Hasil penelitian ini menunjukkan bahwa 1) terdapat pengaruh antara metode latihan audiovisual terhadap motivasi bermain sepak bola. 2) terdapat pengaruh antara metode latihan audiovisual terhadap performa bermain sepak bola. 3) terdapat pengaruh antara metode latihan imagery terhadap motivasi bermain sepak bola. 4) terdapat pengaruh antara metode latihan imagery terhadap performa bermain sepak bola. 5) terdapat perbedaan antara metode latihan audiovisual dan imagery terhadap motivasi bermain sepak bola. 6) terdapat perbedaan antara metode latihan audiovisual dan imagery terhadap performa bermain sepak bola.

kata kunci : audiovisual, imagery, motivasi, performa, sepak bola

## **ABSTRACT**

### **THE EFFECT OF AUDIOVISUAL TRAINING AND IMAGERY TRAINING ON MOTIVATION AND PERFORMANCE PLAYING SOCCER**

The purpose of this study is to determine the effect of audiovisual training and imagery training on motivation and performance in playing football. The research method used is experiments. The research design used was The Pretest-Post-Test Two Treatment Design. The population of SSB Ranggajati Cirebon Regency is 50 people. Samples taken as many as 30 people using purposive sampling. GPET (Game Performance Evaluation Tool) research instrument. The results of this study indicate that 1) there is an influence between audiovisual training methods on motivation to play soccer. 2) there is an influence between audiovisual training methods on the performance of playing soccer. 3) there is an influence between imagery training methods on motivation to play soccer. 4) there is an influence between imagery training methods on soccer playing performance. 5) there is a difference between audiovisual training methods and imagery on motivation to play soccer. 6) there is a difference between audiovisual and imagery training methods on soccer playing performance.

keywords: audiovisual, imagery, motivation, performance, football

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