

**ANALISIS KONSEPTUAL PENGGUNAAN SELF-TALK MOTIVASIONAL
DALAM PENDIDIKAN JASMANI DI SMAN 1 PARUNG**

SKRIPSI

**Diajukan Untuk Memenuhi Sebagian Dari Syarat Memperoleh Gelar Sarjana
Pendidikan Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi**



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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Pendidikan pada Fakultas Pendidikan Olahraga dan Kesehatan

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ABSTRAK

Fahmi Khairu Sidqi. NIM. 1603545. Skripsi: ANALISIS KONSEPTUAL PENGGUNAAN *SELF TALK* MOTIVASIONAL DALAM PENDIDIKAN JASMANI DI SMAN 1 PARUNG. Skripsi ini dibimbing oleh Dr. Yusuf Hidayat, M.Si., dan Alit Rahmat, M. Pd. Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi. Universitas Pendidikan Indonesia.

Tujuan penelitian ini adalah untuk menganalisis *self talk* motivasional manakan dari ketiga indikator tersebut yaitu inikator kepercayaan diri, ungkapan kekuatan dan kontrol kecemasan yang paling dipercaya siswa kelas X SMAN 1 Parung untuk meningkatkan semangat belajar. Penelitian ini menggunakan metode deskriptif kuantitatif dengan teknik penyebaran angket. Populasi penelitian ini adalah siswa kelas X Sekolah Menengah Atas Negeri (SMAN) 1 Parung yang berjumlah 377 siswa. Dengan pengambilan sampel menggunakan teknik random sampling maka didapatkan jumlah sampel penelitian yang dibutuhkan sebanyak 79 siswa. Instrumen yang digunakan dalam penelitian ini berupa angket *self talk* yang diadopsi dari jurnal yang berjudul “Automatic Self-Talk Questionnaire for Sports (ASTQS)” oleh (Zourbanos, Hatzigeorgiadis, Chroni, Theodorakis, & Papaioannou, 2009. Teknik analisis data yang digunakan pada penelitian ini adalah analisis deskriptif dengan menggunakan Tingkat Capaian Responden (TCR) untuk mengetahui indikator mana yang mendapat poin tertinggi dalam data tersebut. Berdasarkan hasil analisis dan pengolahan data, Indikator kepercayaan diri dari 5 butir pernyataan setelah dianalisis memiliki tingkat capaian responden (TCR) sebesar 87,44 dan masuk dalam katagori “sangat baik” (SB). Hasil tersebut merupakan nilai tertinggi dan dapat disimpulkan bahwa indikator kepercayaan diri merupakan indikator yang paling dipercaya dapat meningkatkan semangat belajar siswa.

Kata Kunci: Pembelajaran Pendidikan Jasmani, *self talk* motivasional

ABSTRACT

Fahmi Khairu Sidqi. NIM. 1603545. Thesis: CONCEPTUAL ANALYSIS OF THE USE OF PHYSICAL EDUCATION MOTIVATIONAL SELF TALK IN IN SMAN 1 PARUNG. This thesis is guided by Dr. Yusuf Hidayat, M.Si., and Alit Rahmat, M. Pd. Physical Education, Health, and Recreation Study Program. Universitas Pendidikan Indonesia.

The purpose of this study is to analyze motivational self-talk from three indicators, which are self-confidence, self-strength expression, and anxiety control that is most believed by grade X SMAN 1 Parung to improve learning enthusiasts. This study uses a descriptive quantitative method with a questionnaire distribution technique. The population for this study is 377 students of grade X Sekolah Menengah Atas (SMAN) 1 Parung. By using the random sampling technique, this study requires 79 students as the sample. The instrument of this study is a self-talk questionnaire adopted from the "Automatic Self-Talk Questionnaire for Sport (ASTQS)" journal by (Zourbanos, Hatzigeorgiadis, Chroni, Theodorakis, & Papaioannou, 2009). Respondent Achievement Level is used as the data analysis technique for this study to find out which indicators get the highest point in the data. Based on the result of data analysis, the self-confidence indicator of the 5 statement items has a respondent achievement level (TCR) of 87.44 and is included in the "very good" category. This result is the highest point and it can be concluded that the indicator of self-confidence is the most believed indicator to increase students' learning enthusiast.

Keywords: Physical Education learning, motivational self-talk

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