

PERFORMA ATLET BOLABASKET

DISERTASI

**Diajukan untuk memenuhi sebagian dari syarat
memperoleh gelar Doktor Pendidikan Olahraga**



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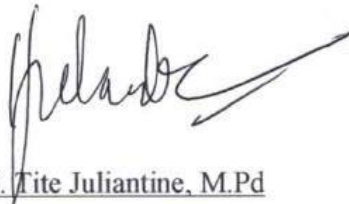
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ABSTRAK

Lukmannul Haqim Lubay. NIM. 160813. Disertasi: Performa Atlet. Disertasi ini dibimbing oleh Prof. Dr. H. Amung Ma'mun, M.Pd., Dr. Hj. Tite Juliantine, M.Pd., Dr. Nuryadi, M.Pd. Program Studi Pendidikan Olahraga Universitas Pendidikan Indonesia.

Tujuan penelitian ini adalah untuk mengetahui pengaruh penerapan metode latihan pemahaman bermain dan metode data base statistik terhadap performa atlet bolabasket. Penelitian ini menggunakan metode penelitian eksperimen dengan melibatkan atlet bolabasket usia 11-14 tahun sejumlah 150 orang di Kabupaten Bandung sebagai populasi penelitian. Sampel sebanyak 40 orang dengan cara dites pemahaman bermain melalui GPAI dan tes bermain melalui rumus data statistik yang diambil dari FIBALIVESTAT. Sampel dibagi empat kelompok yaitu kelompok atlet kemampuan awal bermain bolabasket tinggi yang diberikan metode latihan pemahaman bermain dan metode latihan data base statistik, serta kelompok atlet kemampuan awal rendah yang diberikan metode latihan pemahaman bermain dan metode latihan data base statistik. Desain penelitian ini adalah desain faktorial 2 x 2. Kesimpulan pertama, bahwa secara keseluruhan metode latihan pemahaman bermain lebih baik daripada metode latihan data base statistik. Kedua, terdapat interaksi antara metode latihan dan kemampuan awal keterampilan bermain bolabasket terhadap performa atlet. Ketiga, metode latihan pemahaman bermain lebih baik daripada metode latihan data base statistik bagi kelompok atlet kemampuan awal tinggi bermain bolabasket. Keempat, metode latihan data base statistik lebih baik daripada metode latihan pemahaman bermain bagi kelompok atlet kemampuan awal rendah bermain bolabasket.

Kata Kunci: Metode Latihan Pemahaman Bermain, Metode Latihan Data Base Statistik, Kemampuan Awal Tinggi Bermain Bolabasket, Kemampuan Awal Rendah Bermain Bolabasket, Performa Atlet, Permainan Bolabasket.

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