

PENGARUH PROGRAM *LIFE KINETIK* TERHADAP KONSENTRASI DAN
WORKING MEMORY PADA ATLET PEMULA

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diajukan untuk Memenuhi Sebagian Syarat Mendapatkan Gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



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ABSTRAK
**PENGARUH PROGRAM LATIHAN LIFE KINETIK TERHADAPA
KONSENTRASI DAN WORKING MEMORY PADA ATLET PEMULA**

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Dosen Pembimbing I : Agus Rusdiana, S.Pd., M.Sc. Ph.D
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Tujuan utama dari penelitian ini adalah untuk mengetahui pengaruh life kinetik terhadap peningkatan konsentrasi dan *working memory* pada atlet pemula. Sampel yang berpartisipasi dalam penelitian ini yaitu 40 atlet bola voli pemula, laki-laki 25 orang dan perempuan 15 orang yang terbagi kedalam kelompok kontrol dan kelompok eksperimen. Design yang digunakan dalam penelitian ini adalah *pretest-posttest control group design*. Instrumen yang digunakan yaitu *Grid exercise test* dan *Digit span test*. Hasil penelitian menunjukkan bahwa life kinetik memberikan pengaruh yang signifikan terhadap peningkatan konsentrasi dan *working memory* pada atlet pemula.

Kata Kunci : Life Linetik, konsentrasi, Working Memory, Atlet Pemula

ABSTRACT
THE EFFECT OF LIFE KINETIC TRAINING PROGRAMS ON
CONCENTRATION AND WORKING MEMORY IN BEGINNERS
ATHLETES

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The main objective of this study was to determine the effect of life kinetic on increasing concentration and working memory in novice athletes. The sample who participated in this study were 40 beginner volleyball athletes, 25 men and 15 women who were divided into the control group and the experimental group. The design used in this research is pretest-posttest control group design. The instruments used were the Grid exercise test and the Digit span test. The results showed that life kinetic had a significant effect on increasing concentration and working memory in novice athletes.

Keywords: Life Linetics, concentration, Working Memory, Beginner Athletes

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