

**PENGARUH LATIHAN TAEKWONDO TERHADAP FUNGSI KOGNITIF
PADA ANAK USIA 7-11 TAHUN**

SKRIPSI

Diajukan Untuk Memenuhi Sebagian Dari Syarat
Memperoleh Gelar Sarjana Pendidikan
Program Studi Pendidikan Kepelatihan Olahraga



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UNIVERSITAS PENDIDIKAN INDONESIA
2022**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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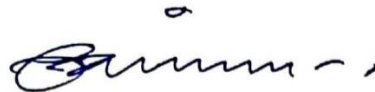
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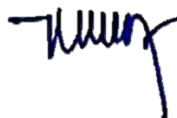
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ABSTRAK

PENGARUH LATIHAN TAEKWONDO TERHADAP FUNGSI KOGNITIF ANAK USIA 7-11 TAHUN

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Pada tahap usia anak 7-11 tahun kematangan fungsi kognitif merupakan tahapan yang perlu diperhatikan proses perkembangannya, latihan taekwondo merupakan salah satu latihan yang dapat memaksimalkan perkembangan dan peningkatan fungsi kognitif anak usia 7-11 tahun. Penelitian ini bertujuan untuk mengetahui pengaruh latihan taekwondo terhadap fungsi kognitif anak usia 7-11 tahun. Metode yang digunakan dalam penelitian ini adalah eksperimen dengan *one group pre- test post- test design*. Subjek dalam penelitian ini berjumlah 14, yang terdiri dari 7 laki dan 7 perempuan dengan rentang usia 7-11 tahun. Instrument penelitian yang digunakan adalah *Stroop Color Word Test*. Teknik analisis data yang digunakan yaitu uji pengaruh dengan *paired sampel T-test*. Hasil dari penelitian ini menunjukkan bahwa ada pengaruh yang signifikan dari latihan taekwondo terhadap fungsi kognitif anak usia 7-11 tahun.

Kata Kunci: Taekwondo, Fungsi Kognitif, *Stroop Color Word Test*

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ABSTRACT

THE EFFECT OF TAEKWONDO TRAINING ON COGNITIVE FUNCTIONS OF CHILDREN AGED 7-11 YEARS

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At the age stage of children 7-11 years of age cognitive function maturity is a stage that needs to be considered in the development process, taekwondo training is one of the exercises that can maximize the development and improvement of cognitive function of children aged 7-11 years. This study aims to determine the effect of taekwondo training on the cognitive function of children aged 7-11 years. The method used in this research is an experiment with a one group pre-test post-test design. The subjects in this study were 14, consisting of 7 men and 7 women with an age range of 7-11 years. The research instrument used is the Stroop Color Word Test. The data analysis technique used is the effect test with the paired sample T-test. The result of this research is a there are having a significant effect of taekwondo training on the cognitive function of children aged 7-11 years.

Keywords: Taekwondo, Cognitive Function, Stroop Color Word Test

**) Students of Sport Coaching of Education FPOK Study Program of Indonesian Education University 2018*

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