

**PENGARUH MULTIMODEL COGNITIVE TRAINING TERHADAP
PENINGKATAN DECISION-MAKING ATLET PADA CABANG
OLAHRAGA KATEGORI OPEN-SKILL**

SKRIPSI

Diajukan untuk Memenuhi Sebagian dari Syarat untuk
Memperoleh Gelar Sarjana Pendidikan



oleh

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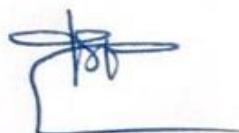
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ABSTRAK

Decision-making merupakan salah satu kemampuan dasar yang diperlukan atlet untuk menentukan tindakan dalam suatu keadaan. Terutama pada cabang olahraga kategori *open-skill*, dimana seorang pemain harus dapat menentukan tindakan yang akan dilakukan dengan cepat dan tepat, disertai dengan keadaan lingkungan yang tidak dapat diduga. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *Multimodel Cognitive Training* terhadap *Decision-Making* atlet pada cabang olahraga kategori *open-skill*. Metode yang digunakan dalam penelitian ini adalah metode eksperimen dengan desain *pretest-posttest control group design*. Sampel yang digunakan pada penelitian ini adalah atlet UKM bolabasket dan bola voli UPI, sebanyak 28 orang. Pengambilan sampel dilakukan secara *random selection*, kemudian dibagi menjadi 2 kelompok yaitu kelompok eksperimen dengan *Multimodel Cognitive Training* dan kelompok kontrol dengan *Physical Activity Games*. Dalam mengukur tingkat pengambilan keputusan atlet menggunakan instrument penelitian *The Decision Style Questionnaire* pada saat *pre-test* dan *post-test*. *Multimodel Cognitive Training* dan *Physical Activity Games* memiliki pengaruh yang signifikan terhadap peningkatan *Decision-making* atlet cabang olahraga kategori *open-skill*. Namun, *Multimodel Cognitive Training* menunjukkan hasil yang lebih baik dalam meningkatkan *decision-making* atlet cabang olahraga *open-skill*. Kesimpulan dari penelitian ini, *Multimodel Cognitive Training* dan *Physical Activity Games* dapat meningkatkan *decision-making* atlet cabang olahraga kategori *open-skill*, tetapi *Multimodel Cognitive Training* memiliki pengaruh yang lebih signifikan.

Kata Kunci: *Open-Skill, Multimodel Cognitive Training, Physical Activity Games*

**THE EFFECT OF MULTIMODEL COGNITIVE TRAINING ON
IMPROVING THE DECISION-MAKING OF ATHLETES IN THE OPEN-
SKILL CATEGORY OF SPORTS**

ABSTRACT

Decision making is one of the basic abilities needed by athletes to determine actions in a situation. Especially in the open-skill category, where a player must be able to determine the action to be taken quickly and precisely, accompanied by unpredictable environmental conditions. This study aims to determine the effect of Multimodel Cognitive Training on athlete decision making in the open-skill category of sports. The method used in this study is an experimental method with a pretest-posttest control group design. The sample used in this study were athletes from UKM basketball and volleyball UPI, as many as 28 people. Sampling was done randomly, then divided into 2 groups, namely the experimental group with Multimodel Cognitive Training and the control group with Physical Activity Games. In measuring the decision making of athletes using the research instrument The Decision Style Questionnaire at the time of pre-test and post-test. Multimodel Cognitive Training and Physical Activity Game have a significant influence on improving the decision making of athletes in the open-skill category. However, Multimodel Cognitive Training shows better results in improving the decision making of athletes in open-skill sports. The conclusion of this study, Multimodel Cognitive Training in the and Physical Activity Games can improve the decision making of athletes in the open-skill category, but Multimodel Cognitive Training has a more significant effect.

Keywords: Open-Skill, Multimodel Cognitive Training, Physical Activity Games

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