

**PENGARUH MODEL LATIHAN *PHYSICAL ACTIVITY GAMES*
TERHADAP PENINGKATAN *DECISION MAKING* ATLET
PADA CABANG OLAHRAGA KATEGORI *OPEN SKILL* DAN *CLOSE
SKILL***

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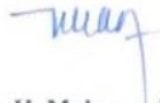
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memperoleh
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ABSTRAK

PENGARUH MODEL LATIHAN *PHYSICAL ACTIVITY GAMES* TERHADAP PENINGKATAN *DECISION-MAKING* ATLET PADA CABANG OLAHRAGA KATEGORI *OPEN-SKILL* DAN *CLOSE-SKILL*

Decision-making atau pengambilan keputusan adalah salah satu keterampilan dasar yang dibutuhkan atlet untuk memutuskan tindakan dalam suatu pertandingan, terutama pada cabang olahraga kategori *open-skill* dan *close-skill* yang di mana seorang atlet harus membaca situasi dan memutuskan tindakan yang cepat dan tepat dalam lingkungan dinamis yang situasinya tidak dapat diprediksi dan situasi selalu berubah dalam waktu yang cepat dan kompleks. Penelitian ini bertujuan untuk mengetahui pengaruh model latihan *Physical Activity Games* terhadap *Decision-Making* atlet pada cabang olahraga kategori *open-skill* dan *close-skill*. Metode yang digunakan dalam penelitian ini adalah metode eksperimen dengan desain *one grup pretest-posttest group design*. Sampel penelitian ini dilakukan kepada atlet kategori *open-skill* UKM Bolabasket dan UKM bola voli UPI dan atlet kategori *close-skill* UKM Atletik dan Renang UPI, dengan metode pengambilan sampel *random selection* sebanyak 24 orang yang dibagi menjadi 2 kelompok yaitu kelompok atlet *open-skill* dan *close-skill* dengan diberi Latihan yang sama yaitu *Physical Activity Games*. Dalam mengukur tingkat pengambilan keputusan atlet menggunakan instrument penelitian *The Decision Style Questionnaire* pada saat pre-test dan post-test. *Physical Activity Games* memiliki pengaruh yang signifikan terhadap peningkatan *Decision-making* atlet cabang olahraga kategori *open-skill* dan *close-skill*. Namun, kelompok atlet cabang olahraga *open-skill* menunjukkan hasil yang lebih baik dalam peningkatan *decision-making* dari pada atlet cabang olahraga *close-skill*. Kesimpulan dari penelitian ini, *Physical Activity Games* dapat meningkatkan *decision-making* atlet cabang olahraga kategori *open-skill* dan *close-skill*, tetapi kelompok atlet cabang olahraga *open-skill* memiliki pengaruh yang lebih signifikan.

Kata Kunci: *Open-Skill, close-skill, Physical Activity Games, Decision-Making*

ABSTRACT

PHYSICAL ACTIVITY GAMES TRAINING MODEL ON INCREASING DECISION-MAKING ATHLETES IN OPEN-SKILL AND CLOSE-SKILL SPORTS BRANCH

Decision - making or decision making is one Skills basics needed athlete for decide action in something matches, especially in branches sport category *open-skill* and *close-skill* in which a athlete should read situation and decide fast and precise actio in environment dynamic whose situation no could dipresiksi and situation always changed in fast and complex. Study this aim for know exercise model effect *Physical Activity Games* against *Decision-Making* athletes in a branch sport category *open-skills* and *close-skills* . Method used in study this is method experiment with design *one group pretest-posttest group design*. Sample study this done to athlete category *open-skill* UKM Basketball and UKM Volleyball UPI and athletes category SME *close- skills* UPI Athletics and Swimming , with method taking sample *random selection* of 24 people who are divided into 2 groups that is group athlete *open-skill* and *close-skill* with given the same training that is *Physical Activity Games*. In measure level taking decision athlete using research instruments *The Decision Style Questionnaire* at the time of pre-test and post-test. *Physical Activity Games* has significant influence to enhancement *Decision-making* athletes branch sport category *open skills* and *close skills*. However, group athlete branch sport *open-skill* show more results good in enhancement *decision-making* than athlete branch sport *close skills*. Conclusion from study Here, *Physical Activity Games* could Upgrade athlete *decision-making* branch sport category *open-skill* and *close-skill*, but group athlete branch sport *open-skill* has more influence significant.

Kata Kunci: *Open-Skill, close-skill, Physical Activity Games, Decision-Making*

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