

**PENGARUH *NEURO LINGUISTIC PROGRAMMING*
(NLP) TEKNIK *ANCHORING* TERHADAP FUNGSI
KOGNISI DAN PENURUNAN STRES ATLET PADA
SITUASI PANDEMI COVID 19**

Tesis

Dianjurkan untuk Memenuhi Sebagian dari Syarat Memperoleh Gelar Magister
Pendidikan Kependidikan Olahraga



Oleh :

Deni Hendriana

1802907

PROGRAM STUDI PENDIDIKAN OLAAHRAGA
SEKOLAH PASCA SARJANA
UNIVERSITAS PENDIDIKAN INDONESIA

2021

Deni Hendriana, 2021

*PENGARUH NEURO LINGUISTIC PROGRAMMING (NLP) TEKNIK ANCHORING TERHADAP FUNGSI
KOGNISI DAN PENURUNAN STRES ATLET PADA SITUASI PANDEMI COVID 19*

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

LEMBAR HAK CIPTA

**Pengaruh *Neuro Linguistic Programming* (NLP) Teknik
Anchoring Terhadap Fungsi Kognisi dan Penurunan
Stres Atlet Pada Situasi Pandemi Covid 19**

Oleh

Deni Hendriana S.Pd

Universitas Pendidikan Indonesia, 2021

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan (M.Pd.) pada Program Studi Pendidikan Olahraga

© Deni Hendriana 2021

Universitas Pendidikan Indonesia

Desember 2021

Hak Cipta dilindungi undang-undang.

Tesis ini tidak boleh diperbanyak seluruhnya atau sebagian,
dengan dicetak ulang, difoto kopi, atau cara lainnya tanpa ijin dari penulis.

Deni Hendriana, 2021

**PENGARUH NEURO LINGUISTIC PROGRAMMING (NLP) TEKNIK ANCHORING TERHADAP FUNGSI
KOGNISI DAN PENURUNAN STRES ATLET PADA SITUASI PANDEMI COVID 19**

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

LEMBAR PENGESAHAN TESIS

**Pengaruh *Neuro Linguistic Programming* (NLP) Teknik
Anchoring Terhadap Fungsi Kognisi dan Penurunan
Stres Atlet Pada Situasi Pandemi Covid 19**

Deni Hendriana

1802907

Disetujui dan disahkan oleh:

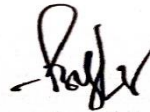
Pembimbing I



Prof. Dr. Komarudin, M.Pd

NIP. 197204031999031003

Pembimbing II



Prof. Dr. H. Rd. Boyke Mulyana, M.Pd.

NIP. 196210231989031001

Mengetahui,

Ketua Program Studi Pendidikan Olahraga
Sekolah Pascasarjana Universitas Pendidikan Indonesia



Prof. Dr. H. Amung Ma'mun, M.Pd.

NIP. 19600119198603100

ABSTRAK

Pengaruh *Neuro Linguistic Programming* (NLP) Teknik *Anchoring* Terhadap Fungsi Kognisi dan Penurunan Stres Atlet Pada Situasi Pandemi Covid 19

Deni Hendriana

Timbulnya perasaan negatif semakin meningkat karena dalam situasi isolasi dan ketidakpastian muncul gejala stres yang tidak bisa dihindari. Pada situasi seperti ini akan menguras energi dan daya pikir atlet yang akan berpengaruh kepada penampilannya. Salah satu hal utama dalam menyikapi permasalahan ini yaitu kemampuan atlet mengelola dirinya (*self-control*) sehingga mampu mengendalikan situasi tersebut. Penelitian ini untuk mengetahui pengaruh psikoterapi dalam bentuk *Neuro Linguistic Programming* (NLP) teknik *anchoring* terhadap fungsi kognisi dan penurunan stres atlet pada situasi pandemi covid 19.

Metode yang digunakan dalam penelitian ini adalah metode quasi eksperimen. Populasi dalam penelitian ini adalah atlet bola basket di *club Crows* berjumlah 134 atlet. Sampel sebanyak 25 atlet diambil secara *sample random sampling*. Instrumen pada fungsi kognisi menggunakan *Montreal Cognitive Assesment* (MoCA) dan untuk variabel stres instrumen menggunakan kuesioner DASS-21 (*Depression Anxiety Stress Scale*) yang dikembangkan oleh Lovibond. S. H (1995).

Hasil Penelitian mengenai *Neuro Linguistic Programming* (NLP) teknik *anchoring* terhadap fungsi kognisi dan penurunan stres dapat disimpulkan bahwa terdapat pengaruh yang signifikan. Kemudian uji beda antara *Neuro Linguistic Programming* (NLP) teknik *anchoring* dan konvensional terhadap fungsi kognisi dan penurunan stres terdapat perbedaan yang signifikan.

Kesimpulan dari penelitian ini bahwa menggunakan *Neuro Linguistic Programming* (NLP) teknik *anchoring* mampu memberikan pengaruh terhadap fungsi kognisi dan penurunan stres atlet bola basket pada situasi pandemi covid 19.

Kata Kunci: *Neuro Linguistic Programming* (NLP), fungsi kognisi, penurunan stres, covid 19, atlet, bola basket.

ABSTRACT

The Effect of Neuro-Linguistic Programming (NLP) Anchoring Techniques on Cognitive Function and Reduction of Athletes' Stress in the Covid-19 Pandemic Situation

Deni Hendriana

The emergence of negative feelings is increasing because in situations of isolation and uncertainty, stress symptoms are unavoidable. In a situation like this it will drain the athlete's energy and thinking power which will affect his appearance. One of the main things in addressing this problem is the athlete's ability to manage himself (self-control) so that he is able to control the situation. This study was to determine the effect of psychotherapy in the form of Neuro Linguistic Programming (NLP) anchoring techniques on cognitive function and reducing stress in athletes in the COVID-19 pandemic situation.

The method used in this study was a quasi-experimental method. The population in this study were basketball athletes at the Crows club totaling 134 athletes. The samples as many as 25 athletes were taken by sample random sampling. The instrument on cognitive function uses the Montreal Conigitive Assessment (MoCA) and for the stress variable the instrument uses the DASS-21 (Depression Anxiety Stress Scale) questionnaire developed by Lovibond. S.H (1995).

The results of research on Neuro Linguistic Programming (NLP) anchoring techniques on cognitive function and stress reduction, it can be concluded that there is a significant effect. Then the difference test between Neuro Linguistic Programming (NLP) anchoring technique and conventional on cognitive function and stress reduction there is a significant difference.

The conclusion from this study is that the use of Neuro Linguistic Programming (NLP) anchoring techniques is able to have an effect on cognitive function and reduce stress in basketball athletes in the COVID-19 pandemic situation.

Keywords: Neuro Linguistic Programming (NLP), cognitive function, stress reduction, pandemic, athlete, basketball

DAFTAR ISI

LEMBAR HAK CIPTA	II
LEMBAR PENGESAHAN TESIS	III
UCAPAN TERIMA KASIH	IV
ABSTRAK	V
ABSTRACT	VII
DAFTAR ISI	VIII
BAB I.....	1
PENDAHULUAN.....	1
1.1 Latar Belakang Penelitian.....	1
1.2 Rumusan Masalah Penelitian.....	8
1.3 Tujuan Penelitian	9
1.4 Manfaat Penelitian	9
1.5 Struktur Organisasi Penulisan.....	10
BAB II.....	12
KAJIAN PUSTAKA.....	12
2.1 <i>Neuro Linguistic Programming</i> (NLP)	12
2.1.1 Pengertian <i>Neuro Linguistic Programming</i> (NLP)	12

2.1.2	Manfaat <i>Neuro Linguistic Programming</i> (NLP)	14
2.1.3	Teknik-Teknik dalam <i>Neuro Linguistic Programming</i> (NLP)	15
2.1.4	Pelaksanaan Teknik Anchoring <i>dalam Neuro Linguistic Programming</i> (NLP)	17
2.2	Stres dalam <i>Performance</i> Olahraga Prestasi.....	21
2.2.1	Pengertian Stres	23
2.2.2	Fungsi Stres Pada Olahraga Prestasi.....	26
2.2.3	Aspek-Aspek Terjadinya Stres	28
2.3	Fungsi Kognisi Pada Olahraga Prestasi.....	33
2.3.1	Pengertian Fungsi Kognisi	33
2.3.2	Pandangan Para Ahli dan Pentingnya Pengembangan Fungsi Kognisi ..	35
2.3.3	Fungsi Kognisi Berdasarkan Usia	37
2.3.4	Pelaksanaan Fungsi Kognisi Pada Olahraga Prestasi	40
2.3.5	Keberfungsian Fungsi Kognisi Pada Olahraga Prestasi.....	41
2.3.6	Faktor yang Mempengaruhi Fungsi Kognisi.....	45
2.3.7	Instrumen Pada Fungsi Kognisi.....	47
2.4	Kerangka Pemikiran	49
2.5	Hipotesis	54
BAB III.....		55
METODE PENELITIAN		55
3.1	Desain Penelitian.....	55
3.2	Partisipan	60
3.2.1	Populasi dan Sampel Penelitian.....	60
3.3	Instrumen Penelitian.....	62
3.4	Analisis Data.....	70

BAB IV	73
TEMUAN DAN PEMBAHASAN	73
4.1 Temuan	73
4.1.1 Deskripsi Data Penelitian	73
4.2 Uji Asumsi Statistik	76
4.2.1 Uji Normalitas	76
4.2.2 Uji Homogenitas	77
4.3 Pengujian Hipotesis	78
4.3.1 Uji Pengaruh <i>Neuro Linguistic Programming</i> (NLP) Teknik <i>Anchoring</i> Terhadap Fungsi Kognisi	78
4.3.2 Uji Pengaruh <i>Neuro Linguistic Programming</i> (NLP) Teknik <i>Anchoring</i> Terhadap Penurunan Stres	80
4.3.3 Uji Beda <i>Neuro Linguistic Programming</i> (NLP) Teknik <i>Anchoring</i> Terhadap Fungsi Kognisi dan Penurunan Stres Pada Situasi Pandemi	81
4.4 Pembahasan	82
4.4.1 Pengaruh <i>Neuro Linguistic Programming</i> (NLP) Teknik <i>Anchoring</i> Terhadap Fungsi Kognisi	83
4.4.2 Pengaruh Penerapan <i>Neuro Linguistic Programming</i> (NLP) Teknik <i>Anchoring</i> Terhadap Penurunan Stres	85
4.4.3 Perbedaan <i>Neuro Linguistic Programming</i> (NLP) Teknik <i>Anchoring</i> dan Konvensional Terhadap Fungsi Kognisi dan Penurunan Stres Pada Situasi Pandemi	87
4.4.4 Kelebihan dan Kekurangan Hasil Penelitian	89
BAB V	92
SIMPULAN DAN REKOMENDASI	92
5.1 Simpulan	92

5.2	Implikasi	93
5.3	Rekomendasi.....	94
	DAFTAR PUSTAKA	95
	LAMPIRAN-LAMPIRAN.....	107

DAFTAR PUSTAKA

- Ahmadzadeh, S., Badami, R., & Aghaei, A. (2019). The effectiveness of neuro-linguistic programming (NLP) on shooters' mental skills and shooting performance. *Iranian Journal of Psychiatry and Behavioral Sciences, 13*(3). <https://doi.org/10.5812/ijpbs.84124>
- Association, A. P. (2020). *Stress in the Time of COVID-19*. May, 2019–2021.
- Bandler, R., & Grinder, J. (1998). Reframing NLP and the Transformation of Meaning. In S. Andreas & C. Andreas (Eds.), *Nlp* (4th ed.). Real People Press.
- Baumgart, M., Snyder, H. M., Carrillo, M. C., Fazio, S., Kim, H., & Johns, H. (2015). Summary of the evidence on modifiable risk factors for cognitive decline and dementia: a population-based perspective. *Alzheimer's & Dementia, 11*(6), 718–726.
- Belleville, S. (2008). Cognitive training for persons with mild cognitive impairment. *International Psychogeriatrics, 20*(1), 57–66.
- Belleville, S., Hudon, C., Bier, N., Brodeur, C., Gilbert, B., Grenier, S., Ouellet, M. C., Viscogliosi, C., & Gauthier, S. (2018). MEMO+: Efficacy, Durability and Effect of Cognitive Training and Psychosocial Intervention in Individuals with Mild Cognitive Impairment. *Journal of the American Geriatrics Society, 66*(4), 655–663. <https://doi.org/10.1111/jgs.15192>
- Bhinnety, M. (2008). STRUKTUR DAN PROSES MEMORI. *BULETIN PSIKOLOGI, 16*(2), 74–88.
- Bortoli, L., Bertollo, M., Filho, E., di Fronso, S., & Robazza, C. (2017). Implementing the TARGET model in physical education: Effects on perceived psychobiosocial and motivational states in girls. *Frontiers in Psychology, 8*(SEP), 1–14. <https://doi.org/10.3389/fpsyg.2017.01517>
- Bratman, G. N., Hamilton, J. P., & Daily, G. C. (2012). The impacts of nature experience on human cognitive function and mental health. *Annals of the New York Academy of Sciences, 1249*(1), 118–136.
- Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *The Lancet, 395*(10227), 912–920.

[https://doi.org/10.1016/S0140-6736\(20\)30460-8](https://doi.org/10.1016/S0140-6736(20)30460-8)

- Bueno Notivol, J., Gracia García, P., Olaya, B., Lasheras, I., López-Antón, R., & Santabárbara, J. (2021). Prevalence of depression during the COVID-19 outbreak: A meta-analysis of community-based studies. *International Journal of Clinical and Health Psychology*, 21(1).
<https://doi.org/10.1016/j.ijchp.2020.07.007>
- Bunyamin, J. B. (2018). AGI (ARTIFICIAL GENERAL INTELLIGENCE): PELUANG INDONESIA MELOMPAT JAUH KE DEPAN. *Jurnal Sistem Cerdas*, 01(02), 1–11.
- Carvalho, Andre, Miskowiak, K., Hyphantis, T., Kohler, C., Alves, G., Bortolato, B., G. Sales, P., Machado-Vieira, R., Berk, M., & McIntyre, R. (2015). Cognitive Dysfunction in Depression. *CNS & Neurological Disorders - Drug Targets*, 13(10), 1819–1835.
<https://doi.org/10.2174/1871527313666141130203627>
- Carvalho, Ashley, Rea, I. M., Parimon, T., & Cusack, B. J. (2014). Physical activity and cognitive function in individuals over 60 years of age: A systematic review. *Clinical Interventions in Aging*, 9(April), 661–682.
<https://doi.org/10.2147/CIA.S55520>
- Casale, P. (2012). *NLP SECRETS: Upgrade Your Mind*. Creative Media NZ Ltd.
- Chapman, S. B., Aslan, S., Spence, J. S., Hart Jr, J. J., Bartz, E. K., Didehbani, N., Keebler, M. W., Gardner, C. M., Strain, J. F., & DeFina, L. F. (2015). Neural mechanisms of brain plasticity with complex cognitive training in healthy seniors. *Cerebral Cortex*, 25(2), 396–405.
- Chapman, S. B., Aslan, S., Spence, J. S., Keebler, M. W., DeFina, L. F., Didehbani, N., Perez, A. M., Lu, H., & D'Esposito, M. (2016). Distinct brain and behavioral benefits from cognitive vs. Physical training: A randomized trial in aging adults. *Frontiers in Human Neuroscience*, 10(July), 1–15.
<https://doi.org/10.3389/fnhum.2016.00338>
- Craik FIM. (2000). *The Handbook of Aging and Cognition* (S. TA (ed.)). Mahwah, NJ.
- Crunfli, F., Carregari, V. C., Veras, F. P., Vendramini, P. H., Valença, A. G. F., Antunes, A. S. L. M., Brandão-Teles, C., Zuccoli, G. da S., Reis-de-Oliveira,

- G., Silva-Costa, L. C., Saia-Cereda, V. M., Codo, A. C., Parise, P. L., Teixeira, D. A. T., Souza, G. F. de, Muraro, S. P., Melo, B. M. S., Almeida, G. M., Firmino, E. M. S., ... Martins-de-Souza, D. (2020). SARS-CoV-2 infects brain astrocytes of COVID-19 patients and impairs neuronal viability. *MedRxiv*, 18, 2020.10.09.20207464.
<https://www.medrxiv.org/content/10.1101/2020.10.09.20207464v1%0Ahttps://www.medrxiv.org/content/10.1101/2020.10.09.20207464v1.abstract>
- Cuiyan, W., Riyu, P., Xiaoyang, W., Yilin, T., Linkang, X., Cyrus, S. H., & C.H., R. (2020). Immediate Psychological Responses and Associated Factors during the Initial Stage of the 2019 Coronavirus Disease (COVID-19) Epidemic among the General Population in China. *International Journal of Environmental Research and Public Health*, 17(5), 1–25.
- Desa, A., Yusoooff, F., & Nor Ba'yah Abd Kadir. (2012). Acculturative stress among international postgraduate students at UKM. *Procedia - Social and Behavioral Sciences*, 59, 364–369.
<https://doi.org/10.1016/j.sbspro.2012.09.287>
- Doerflinger, D. M. C. (2012). Mental status assessment in older adults: Montreal Cognitive Assessment: MoCA version 7.1 (original version). *The Clinical Neuropsychologist*, 25(1), 119–126.
- Dwi Cahya Izzati, I., Tentama, F., & Suyono, H. (2020). Academic stress scale: A psychometric study for academic stress in senior high school. *European Journal of Education Studies*, 7(7), 153–168.
<https://doi.org/10.46827/ejes.v7i7.3161>
- Efendy, A. F. (2013). Tingkat Stress Menjelang Perlombaan Terhadap Hasil Perlombaan Pada Atlet Atletik Kejuaraan Nasional Yuniior Dan Remaja Jawa Tengah Di Jakarta Tahun 2013. In *Universitas Negeri Semarang*. Universitas Negeri Semarang.
- Eriksen, H. R., Olf, M., Murison, R., & Ursin, H. (1999). The time dimension in stress responses: relevance for survival and health. *Psychiatry Research*, 85(1), 39–50. [https://doi.org/https://doi.org/10.1016/S0165-1781\(98\)00141-3](https://doi.org/https://doi.org/10.1016/S0165-1781(98)00141-3)
- Estiasari, R., Fajrina, Y., Lastri, D. N., Melani, S., Maharani, K., Imran, D., Pangeran, D., & Sitorus, F. (2019). Validity and reliability of brief

international cognitive assessment for multiple sclerosis (BICAMS) in Indonesia and the correlation with quality of life. *Neurology Research International*, 2019.

- Field, E. S. (1990). Neurolinguistic programming as an adjunct to other psychotherapeutic/hypnotherapeutic interventions. *American Journal of Clinical Hypnosis*, 32(3), 174–182.
<https://doi.org/10.1080/00029157.1990.10402822>
- Fisher, G. G., Chacon, M., & Chaffee, D. S. (2019). Theories of cognitive aging and work. In *Work Across the Lifespan*. Elsevier Inc.
<https://doi.org/10.1016/B978-0-12-812756-8.00002-5>
- Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2012). *HOW TO DESIGN AND EVALUATE RESEARCH IN EDUCATION 8TH EDITION* (8th ed.). McGraw-Hill, a business unit of The McGraw-Hill Companies, Inc.
- Fronso, S., Costa, S., Montesano, C., Di, F., Ciofi, E. G., Morgilli, L., Robazza, C., Costa, S., Montesano, C., Gruttola, F. Di, Ciofi, E. G., Morgilli, L., Robazza, C., Bertollo, M., Costa, S., Montesano, C., & Gruttola, F. Di. (2020). The effects of COVID-19 pandemic on perceived stress and psychobiosocial states in Italian athletes The effects of COVID-19 pandemic on perceived stress and. *International Journal of Sport and Exercise Psychology*, 0(0), 1–13.
<https://doi.org/10.1080/1612197X.2020.1802612>
- Glisky, E. L. (2007). Changes in Cognitive Function in Human Aging. In R. DR (Ed.), *Brain Aging: Models, Methods, and Mechanisms*. CRC Press/Taylor & Francis. <https://www.ncbi.nlm.nih.gov/books/NBK3885/>
- Gould, D., Weinberg, R., & Jackson, A. (2016). Mental Preparation Strategies, Cognitions, and Strength Performance. *Journal of Sport Psychology*, 2(4), 329–339. <https://doi.org/10.1123/jsp.2.4.329>
- Gregson, O., & Looker, T. (1994). The biological basis of stress management. *British Journal of Guidance & Counselling*, 22(1), 13–26.
- Grosu, E. F., Grosu, V. T., Preja, C. A., & Iuliana, B. B. (2014). Neuro-linguistic Programming based on the Concept of Modelling. *Procedia - Social and Behavioral Sciences*, 116, 3693–3699.
<https://doi.org/10.1016/j.sbspro.2014.01.825>

- Hagger, M., Keech, J., & Hamilton, K. (2020). *Managing Stress During the COVID-19 Pandemic and Beyond: Reappraisal and Mindset Approaches*. July. <https://doi.org/10.1002/smi.2969>
- Han, M., Huang, X.-F., Xiu, M. H., Hui, L., Liu, H., Kosten, T. R., & Zhang, X. Y. (2012). Gender differences in cognitive function of patients with chronic schizophrenia. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 39(2), 358–363.
- Hanin, Y. L. (2007). Emotions in Sport : Current Issues and Perspectives Emotions in Sport : Current Issues and Perspectives. *Handbook of Sport Psychology*, October, 31–58. <https://doi.org/10.1002/9781118270011.ch2>
- Harris, R. J., & Quade, D. (2016). The Minimally Important Difference Significant Criterion for Sample Size. *Journal of Educational Statistics*, 17(1), 27–49.
- Heil, J., & Zealand, C. (2001). Psychological Skills Training Manual. In *Usfa*.
- Henry, J. D., & Crawford, J. R. (2005). The short-form version of the Depression Anxiety Stress Scales (DASS-21): Construct validity and normative data in a large non-clinical sample. *British Journal of Clinical Psychology*, 44(2), 227–239.
- Hidayat, Y. (2008). Psikologi olahraga. *Bandung: Universitas Pendidikan Indonesia*.
- Hoedaya, D. (2016). *Cross-cultural and gender comparisons on sources of acute stress , use of coping strategies and effectiveness of a stress management training program among teamsport competitive athletes*. DEPARTMENT OF PSYCHOLOGY.
- Hurlock, E. B. (1953). *Developmental psychology*.
- Jaeggi, S. M., Karbach, J., & Strobach, T. (2017). Editorial special topic: Enhancing brain and cognition through cognitive training. In *Journal of Cognitive Enhancement* (Vol. 1, Issue 4, pp. 353–357). Springer.
- Javakhishvili, J. D., Ardino, V., Bragesjö, M., Kazlauskas, E., Olf, M., & Schäfer, I. (2020). Trauma-informed responses in addressing public mental health consequences of the COVID-19 pandemic: position paper of the European Society for Traumatic Stress Studies (ESTSS). *European Journal of Psychotraumatology*, 11(1). <https://doi.org/10.1080/20008198.2020.1780782>

- Jovica, J., Konstantinos, L., & Violeta, S. (2006). THEORETICAL APPROACHES TO PROBLEM OF OCCUPATIONAL STRESS. *Acta Facultatis Medicae Naissensis*.
- Karbach, J., & Verhaeghen, P. (2014). Making working memory work: a meta-analysis of executive-control and working memory training in older adults. *Psychological Science*, 25(11), 2027–2037.
- Komarudin, & Risqi, F. (2020). The level of self confidence, cohesivity, and emotional quation of soccer students in Special Class of Sport. *Jurnal Pendidikan Jasmani Indonesia*, 16(1), 1–8. <https://journal.uny.ac.id/index.php/jpji>
- Konefal, J., Duncan, R. C., & Reese, M. A. (1992). Neurolinguistic programming training, trait anxiety, and locus of control. *Psychological Reports*, 70(3 Pt 1), 819–832. <https://doi.org/10.2466/pr0.70.3.819-832>
- Korten, N. C. M., Comijs, H. C., Penninx, B. W. J. H., & Deeg, D. J. H. (2017). Perceived stress and cognitive function in older adults: which aspect of perceived stress is important? *International Journal of Geriatric Psychiatry*, 32(4), 439–445. <https://doi.org/10.1002/gps.4486>
- Kotera, Y., Sheffield, D., & Van Gordon, W. (2019). The applications of neuro-linguistic programming in organizational settings: A systematic review of psychological outcomes. *Human Resource Development Quarterly*, 30(1), 101–116. <https://doi.org/10.1002/hrdq.21334>
- Koyanagi, A., Oh, H., Vancampfort, D., Carvalho, A. F., Veronese, N., Stubbs, B., & Lara, E. (2019). Perceived Stress and Mild Cognitive Impairment among 32,715 Community-Dwelling Older Adults across Six Low- and Middle-Income Countries. *Gerontology*, 65(2), 155–163. <https://doi.org/10.1159/000492177>
- Kurniawan, A. (2017). Metode Kognitif dan Behavioral untuk Mengelola Stres dan Rasa Sakit Akibat Cedera pada Atlet Bola Basket. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 2(1), 63. <https://doi.org/10.20473/jpkm.v2i12017.63-76>
- Lades Kate; Daly, Michael; Delaney, Liam, L. K. L. (2020). *Daily emotional well-being during the COVID-19 pandemic*. T2 - *British journal of health*

psychology D0 - 10.1111/bjhp.12450. 1–13.

- Lashkarian, A., & Sayadian, S. (2015). The Effect of Neuro Linguistic Programming (NLP) Techniques on Young Iranian EFL Learners' Motivation, Learning Improvement, and on Teacher's Success. *Procedia - Social and Behavioral Sciences*, 199, 510–516. <https://doi.org/10.1016/j.sbspro.2015.07.540>
- Leto, L., & Feola, M. (2014). Cognitive impairment in heart failure patients. *Journal of Geriatric Cardiology*, 11(4), 316–328. <https://doi.org/10.11909/j.issn.1671-5411.2014.04.007>
- Lövden, M., Backman, L., Lindenberger, U., Schaefer, S., & Schmiedek, F. (2010). A Theoretical Framework for the Study of Adult Cognitive Plasticity. *American Psychological Association*, 136(4), 659–676. <https://doi.org/10.1037/a0020080>
- Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33(3), 335–343.
- MacIntyre, T. E., Jones, M., Brewer, B. W., Raalte, J. Van, O'Shea, D., & McCarthy, P. J. (2017). Editorial: Mental health challenges in elite sport: Balancing risk with Reward. *Frontiers in Psychology*, 8(OCT). <https://doi.org/10.3389/fpsyg.2017.01892>
- Matthieu, M. M. (2006). *Using Stress , Appraisal , and Coping Theories in Clinical Practice : Using Stress , Appraisal , and Coping Theories in Clinical Practice : Assessments of Coping Strategies After Disasters*. November. <https://doi.org/10.1093/brief-treatment/mhl009>
- McEwen, B. S., & Sapolsky, R. M. (1995). Stress and cognitive function. *Current Opinion in Neurobiology*, 5(2), 205–216. [https://doi.org/https://doi.org/10.1016/0959-4388\(95\)80028-X](https://doi.org/https://doi.org/10.1016/0959-4388(95)80028-X)
- Morales-Rodríguez, F. M. (2021). Fear, stress, resilience and coping strategies during covid-19 in Spanish university students. *Sustainability (Switzerland)*, 13(11). <https://doi.org/10.3390/su13115824>
- Mungkur, E. V., Mimo, M. G., & Aprianto, R. K. (2020). *Kajian literatur:*

gambaran gangguan kognitif memengaruhi risiko jatuh pada lansia.
Universitas Pelita Harapan.

- Mustafa, N. (2020). *Psychological Stress and Associated Factors during the Coronavirus Disease (COVID-19)*.
- Muzamil, M. S., Afriwardi, A., & Martini, R. D. (2014). Hubungan Antara Tingkat Aktivitas Fisik dengan Fungsi Kognitif. *Jurnal Kesehatan Andalas*, 3(2), 202–205. <https://doi.org/10.25077/jka.v3i2.87>
- Nieoullon, A. (2011). Neurodegenerative diseases and neuroprotection: current views and prospects. *Journal of Applied Biomedicine*, 9(4), 173–183.
- Norris, D. R., Clark, M. S., & Shipley, S. (2016). The mental status examination. *American Family Physician*, 94(8), 635–641.
- Nurihsan, J., & Nurdin, S. (2007). *Neuro Linguistic Programming-Based Counseling. I(2)*.
- Nurmelly, N. (2014). NEUROLINGUISTIK PROGRAMING DALAM BIDANG PENDIDIKAN. *World Scientific News*, 2009, 97.
- Nuryadi, Astuti, T. D., Utami, E. S., & Budiantara, M. (2017). *Dasar-Dasar Statistika Penelitian* (1st ed.). Sibuku Media. http://lppm.mercubuana-yogya.ac.id/wp-content/uploads/2017/05/Buku-Ajar_Dasar-Dasar-Statistik-Penelitian.pdf
- Passmore, J., & Rowson, T. (2019). Neuro-linguistic-programming: a critical review of NLP research and the application of NLP in coaching. *International Coaching Psychology Review*, 14(1), 57–69.
- Pramadita, A. P., Wati, A. P., Muhartomo, H., Kognitif, F., & Romberg, T. (2019). *Hubungan Fungsi Kognitif Dengan Gangguan Keseimbangan Postural Pada Lansia*. 8(2), 626–641.
- Rogers, J., & Andrea Revesz. (2005). Experimental and quasi-experimental designs. *Physical Review B*, 111, 1–11.
- Ronny, R. (2007). *The Power of Anchor*.
- Ruiz, M. C., Hanin, Y., & Robazza, C. (2016). Assessment of performance-related experiences: An individualized approach. *Sport Psychologist*, 30(3), 201–218. <https://doi.org/10.1123/tsp.2015-0035>
- Samsudin, A. (2018). STATISTIKA NONPARAMETRIK. In *Jakarta: PT*

- Gramedia* (pp. 25–31). PT Gramedia.
- Sandi, C. (2013). Stress and cognition. *Wiley Interdisciplinary Reviews Cognitive Science*, 4(May 2013), 245–261. <https://doi.org/10.1002/wcs.1222>
- Sauliyusta, M., & Rekawati, E. (2016). Aktivitas Fisik Memengaruhi Fungsi Kognitif Lansia. *Jurnal Keperawatan Indonesia*, 19(2), 71–77. <https://doi.org/10.7454/jki.v19i2.463>
- Saunders, D. E., & Potgieter, J. R. (2009). *A Psycho-Educational Programme for Cricket Players Using Neuro-Linguistic Programming* (Issue March) [Stellenbosch University]. <http://scholar.sun.ac.za>
- Savardelavar, M., & Bagheri, A. H. (2012). Using NLP in Sport Psychology ; Neuro-Linguistic Programming affects on boxer State - Sport Confidence by using Meta-Models Method. *European Journal of Experimental Biology*, 2(5), 1922–1927.
- Savarledavar, M., Kuan, G., & somayeh Rashidfard. (2017). The Use of Neuro-Linguistic Programming as an Educational-Therapeutic Programme: Two Case Studies. *Education in Medicine Journal*, 9(1), 49–58. <https://doi.org/10.21315/eimj2017.9.1.5>
- Schinke, R., Papaioannou, A., Henriksen, K., Si, G., Zhang, L., & Haberl, P. (2020). Sport psychology services to high performance athletes during COVID-19. *International Journal of Sport and Exercise Psychology*, 18(3), 269–272. <https://doi.org/10.1080/1612197X.2020.1754616>
- Scott, S. B., Graham-Engeland, J. E., Engeland, C. G., Smyth, J. M., Almeida, D. M., Katz, M. J., Lipton, R. B., Mogle, J. A., Munoz, E., Ram, N., & Sliwinski, M. J. (2015). The Effects of Stress on Cognitive Aging, Physiology and Emotion (ESCAPE) Project. *BMC Psychiatry*, 15(1), 1–14. <https://doi.org/10.1186/s12888-015-0497-7>
- Serido, J., Almeida, D. M., & Wethington, E. (2004). Chronic Stressors and Daily Hassles: Unique and Interactive Relationships with Psychological Distress. *Journal of Health and Social Behavior*, 45(1), 17–33. <https://doi.org/10.1177/002214650404500102>
- Shadish, W. R., Cook, T. D., & Campbell, D. T. (2005). Experimental and Quasi - Experimental Designs for Generalized Causal Inference. In *Experimental and*

- quasi-experimental designs for generalized causal inference* (2nd ed.). HOUGHTON MIFFLIN COMPAN. <http://impact.cgiar.org/pdf/147.pdf>
- Sharkey, S. B., & Sharples, A. (2002). The impact on work-related stress of mental health teams following team-based learning on clinical risk management. *Journal of Psychiatric and Mental Health Nursing*.
- Sin, T. H., Fadli, R. P., & Ifdil, I. (2020). Effectiveness of Neurolinguistic Programming in Reducing Sport Anxiety in Athletes. *Addictive Disorders and Their Treatment*, *19*(1), 52–55. <https://doi.org/10.1097/ADT.0000000000000180>
- Srianto, W. (2020). ANALISIS TINGKAT STRESS DAN KECEMASAN ATLET FORKI KOTA YOGYAKARTA DALAM MENGHADAPI PORDA DIY TAHUN 2019. *Jurnal Ilmiah Spirit*, *20*(1), 78–90.
- Steinbach, A. M. (1984). Neurolinguistic programming: a systematic approach to change. *Canadian Family Physician Medecin de Famille Canadien*, *30*, 147–150. <http://www.ncbi.nlm.nih.gov/pubmed/21283502> <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC2153995>
- Stipancic, M., Renner, W., Schütz, P., & Dond, R. (2010). Effects of Neuro-Linguistic Psychotherapy on psychological difficulties and perceived quality of life. *Counselling and Psychotherapy Research*, *10*(1), 39–49. <https://doi.org/10.1080/14733140903225240>
- Sturt, J., Ali, S., Robertson, W., Metcalfe, D., Grove, A., Bourne, C., & Bridle, C. (2012). Neurolinguistic programming: A systematic review of the effects on health outcomes. *British Journal of General Practice*, *62*(604). <https://doi.org/10.3399/bjgp12X658287>
- Subiyono, Hariono, A., Wiryawan, A., & Surati, N. (2015). *Afirmasi Visualisasi dan Kekuatan Pikiran* (N. N. H (ed.); 1th ed.). K-Media.
- Subiyono, M., Hariono, A., Wiryawan, A., & Surati, N. (2016). *Neuro Linguistic Programming in Anchoring*. July, 1–23.
- Sunitha, S., Catherin Jayanthi, A., Kalaiyarasan, G., & Annalakshmi, N. (2021). The concept of neuro- linguistic programming in improving the receptive skills in English. *Rupkatha Journal on Interdisciplinary Studies in*

- Humanities*, 13(1). <https://doi.org/10.21659/RUPKATHA.V13N1.49>
- Supendi, D. A. (2018). *Teknik anchoring dalam memotivasi belajar siswa (optimalisasi fungsi bahasa)*.
- Sussams, R., Schlotz, W., Clough, Z., Amin, J., Simpson, S., Abbott, A., Beardmore, R., Sharples, R., Raybould, R., Brookes, K., Morgan, K., Culliford, D., & Holmes, C. (2020). Psychological stress, cognitive decline and the development of dementia in amnesic mild cognitive impairment. *Scientific Reports*, 10(1), 1–11. <https://doi.org/10.1038/s41598-020-60607-0>
- Umegaki, H. (2014). Type 2 diabetes as a risk factor for cognitive impairment: current insights. *Clinical Interventions in Aging*, 9, 1011.
- Wahyuniarti, A., Bahrudin, M., & Safithri, F. (2017). Hubungan Antara Hipertensi Dengan Penurunan Fungsi Kognitif Pada Lansia. *Saintika Medika*, 9(2), 89. <https://doi.org/10.22219/sm.v9i2.4135>
- Wang, C., Pan, R., Wan, X., Tan, Y., Xu, L., McIntyre, R. S., Choo, F. N., Tran, B., Ho, R., Sharma, V. K., & Ho, C. (2020). A longitudinal study on the mental health of general population during the COVID-19 epidemic in China. *Brain, Behavior, and Immunity*, 87, 40–48. <https://doi.org/10.1016/j.bbi.2020.04.028>
- Wang, Y., Di, Y., Ye, J., & Wei, W. (2021). Study on the public psychological states and its related factors during the outbreak of coronavirus disease 2019 (COVID-19) in some regions of China. *Psychology, Health and Medicine*, 26(1), 13–22. <https://doi.org/10.1080/13548506.2020.1746817>
- Waqas, A., Khan, S., Sharif, W., Khalid, U., & Ali, A. (2015). Association of academic stress with sleeping difficulties in medical students of a Pakistani medical school: A cross sectional survey. *PeerJ*, 2015(3). <https://doi.org/10.7717/peerj.840>
- Ward, D. G., & Cox, R. H. (2004). The Sport Grid-Revised as a Measure of Felt Arousal and Cognitive Anxiety. *Journal of Sport Behavior*, 27(1).
- Winurini, S. (2020). Permasalahan Kesehatan Mental Akibat Pandemi COVID-19. *Info Singkat: Kajian Singkat Terhadap Isu Aktual Dan Strategis*, 12(15), 13–18.
- Wolf, M. S., Curtis, L. M., Wilson, E. A. H., Revelle, W., Waite, K. R., Smith, S. G., Weintraub, S., Borosh, B., Rapp, D. N., & Park, D. C. (2012). Literacy,

- cognitive function, and health: results of the LitCog study. *Journal of General Internal Medicine*, 27(10), 1300–1307.
- Woods, J. A., Hutchinson, N. T., Powers, S. K., Roberts, W. O., Gomez-cabrera, M. C., Radak, Z., Berkes, I., Boros, A., & Boldogh, I. (2020). The COVID-19 pandemic and physical activity. *Sport Medicine and Health Science*, 2(January), 55–64.
- Wulansari, C. D. (2013). Sosiologi Konsep dan Teori. In Aep Gunarsa (Ed.), *Refika Aditama* (2nd ed., Vol. 1, Issue 08.05.2017). Refika Aditama.
- Yaffe, K., Vittinghoff, E., Pletcher, M. J., Hoang, T. D., Launer, L. J., Whitmer, R. A., Coker, L. H., & Sidney, S. (2014). Early adult to midlife cardiovascular risk factors and cognitive function. *Circulation*, 129(15), 1560–1567.
- Yuliawan, T. (2010). *NLP: The Art of Enjoying Life* (p. 454). Gramedia Pustaka Utama.
- Zabaniotou, A. (2020). A systemic approach to resilience and ecological sustainability during the COVID-19 pandemic: Human, societal, and ecological health as a system-wide emergent property in the Anthropocene. *Global Transitions*, 2, 116–126. <https://doi.org/10.1016/j.glt.2020.06.002>
- Zhang, Y. (2020). *Impact of the COVID-19 Pandemic on Mental Health and Quality of Life among Local Residents in Liaoning Province, China : A Cross-Sectional Study*.

Deni Hendriana, 2021

PENGARUH NEURO LINGUISTIC PROGRAMMING (NLP) TEKNIK ANCHORING TERHADAP FUNGSI KOGNISI DAN PENURUNAN STRES ATLET PADA SITUASI PANDEMI COVID 19

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu