# PENGARUH MODEL LATIHAN *LIFE KINETIK* TERHADAP PENINGKATAN *DECISION MAKING* ATLET PADA CABANG OLAHRAGA *OPEN SKILL* DAN *CLOSED SKILL*

**SKRIPSI**

Diajukan untuk memenuhi sebagian
Dari syarat untuk memperoleh gelar Sarjana Pendidikan
Program Studi Pendidikan Kepelatihan Olahraga

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# ABSTRAK

## PENGARUH MODEL LATIHAN *LIFE KINETIK* TERHADAP PENINGKATAN *DECISION MAKING* ATLET PADA CABANG OLAHRAGA *OPEN SKILL* DAN *CLOSED SKILL*

**Pembimbing:**

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Kondisi Psikologis merupakan hal penting yang harus di perhatikan pelatih, dalam pertandingan atau latihan. atlet seringkali mengalami gangguan psikologis, baik itu datang dari faktor internal maupun eksternal. Maka dari itu kemampuan psikologis yang baik sangat diperlukan oleh atlet terutama pengambilan keputusan (*Daecision*-making). *Decision-making* merupakan salah satu kemampuan dasar yang diperlukan atlet dalam menentukan tindakan pada suatu keadaan. Dimana ke-dua kategori cabang olahraga baik *open-skill* maupun *closed-skill* keduanya memerlukan *decision-makin* yang baik. Tanpa adanya *decision-making* yang baik atlet akan mengalami kebingungan untuk menentukan Tindakan apa yang akan dilakukan. Penelitian ini bertujuan untuk mengetahui pengaruh Latihan *life kinetik* terhadap *decision making* atlet pada cabang olahraga *open* skill dan *closed skill.* Metode yang digunakan dalam penelitian ini adalah metode eksperimen dengan diberikan perlakuan (*treatment*). Menggunakan desain penelitian *one group pre-test post-test design.* Sampel dalam penelitian ini merupakan atlet cabang olahraga kategori *open skill* dan *closed skill* yang terdiri dari Unit Kegiatan Mahasiswa (UKM) bolabasket, bola voli, atletik, dan aquatic. Dalam mengukur tingkat pengambilan keputusan atlet digunakan instrument penelitian *The Decision Style Questionnaire* pada saat *pre-test* dan *post-test.* Hasil penelitian menunjukan bahwa model Latihan *Life Kinetik* memberikan pengaruh yang signifikan terhadap peningkatan *decision making* pada cabang olahraga *open-skill* dan *closed-skill*. Serta terdapat perbedaan peningkatan *decision making* antara cabang olahraga *open-skill* dan *closed skill* pada model latihan *Life Kinetik*. Berdasarkan hasil penelitian ini penulis menyarankan kepada pelatih untuk menggunakan model latihan *Life Kinetik* dalam program latihan untuk meningkatkan *Decision-makaing* karena telah terbukti berpengaruh pada 4 cabang olahraga UKM UPI.

**Kata Kunci:** ***Life Kinetik, Decisionin-making, Open-skill, Closed-skill***

## ABSTRACT

### THE EFFECT OF *LIFE KINETIK* TRAINING ON IMPROVING THE DECISION-MAKING OF ATHLETES IN THE OPEN-SKILL AND CLOSED-SKILL CATEGORY OF SPORTS

**Supervisor:**

**Prof. Dr. Komarudin, M.Pd. & Sagitarius, M.Pd.**

**Gedis Isnarizanah**

Psychological condition is an important thing that the coach must pay attention to, in matches or training. Athletes often experience psychological disorders, whether it comes from internal or external factors. Therefore, good psychological abilities are needed by athletes, especially decision making. Decision-making is one of the basic skills needed by athletes in determining actions in a situation. Where the two categories of sports, both open-skill and closed-skill both require better decisions. Without good decision-making, athletes will experience confusion to determine what actions will be taken. This study aims to determine the effect of life kinetic exercise on decision making of athletes in open skill and closed skill sports. The method used in this study is an experimental method with given treatment. Using the research design of one group pre-test post-test design. The sample in this study were athletes in the open skill and closed skill categories consisting of Student Activity Units (UKM) for basketball, volleyball, athletics, and aquatic. In measuring the level of decision-making athletes used the research instrument The Decision Style Questionnaire at the pre-test and post-test. The results showed that the Life Kinetic Exercise model had a significant effect on increasing decision making in open-skill and closed-skill sports. And there is a difference in the increase in decision making between open-skill and closed-skill sports in the Life Kinetic training model. Based on the results of this study, the authors suggest to the trainers to use the Life Kinetic training model in the training program to improve Decision-making because it has been proven to have an effect on 4 UPI UKM sports.



**Keywords: Life Kinetic, Decision-making, Open-skill, Closed-skill**

# DAFTAR ISI

## DAFTAR GAMBAR

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