

**INTEGRASI *MULTIMODEL COGNITIVE TRAINING* TERHADAP
PENINGKATAN KONSENTRASI ATLET PADA CABANG OLAHRAGA
*OPEN-SKILL***

SKRIPSI

*Diajukan untuk Memenuhi Sebagian dari Syarat untuk
Memperoleh Gelar Sarjana Pendidikan*



oleh

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**PROGRAM STUDI PENDIDIKAN KEPELATIHAN OLAHRAGA
DEPARTEMEN PENDIDIKAN KEPELATIHAN
FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
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Sebuah Skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Pendidikan (S.Pd.) Program Studi Pendidikan Kepelatihan Olahraga


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**INTEGRASI *MULTIMODEL COGNITIVE TRAINING* TERHADAP
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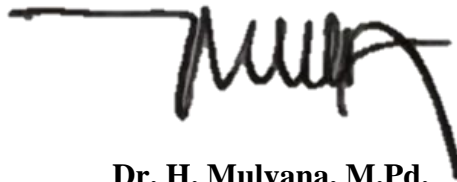


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ABSTRAK

INTEGRASI *MULTIMODEL COGNITIVE TRAINING* TERHADAP PENINGKATAN KONSENTRASI ATLET PADA CABANG OLAHRAGA *OPEN-SKILL*

Pembimbing: 1. Prof. Dr. Komarudin, M.Pd.

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RIDWAN ALWANDI YULIUS MANSUR

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Dalam pertandingan atau latihan atlet dapat mengalami gangguan psikologis, hal itu datang dari lawan, teman satu tim, pelatih atau manajer, kehadiran orang-orang yang ingin dibanggakan, penonton, masalah keluarga, kesalahan kecil, kecurangan, cuaca yang tidak mendukung, perubahan jadwal pertandingan, dan lain-lain. Maka dari itu kemampuan psikologis yang baik sangat diperlukan atlet, salah satunya adalah konsentrasi. Atlet tanpa konsentrasi yang baik dapat menimbulkan bermacam kesalahan dalam performanya. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *Multimodel Cognitive Training* terhadap konsentrasi 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 bola basket 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 konsentrasi atlet menggunakan instrumen tes berupa *Concentration and Focus Skill Test* pada saat *pretest* dan *posttest*. *Multimodel Cognitive Training* dan *Physical Activity Games* memiliki pengaruh yang signifikan terhadap peningkatan konsentrasi atlet cabang olahraga kategori *open-skill*. Namun, *Physical Activity Games* menunjukkan hasil yang lebih baik dalam meningkatkan konsentrasi atlet cabang olahraga kategori *open-skill*. Kesimpulan dari penelitian ini, *Multimodel Cognitive Training* dan *Physical Activity Games* dapat meningkatkan konsentrasi atlet cabang olahraga kategori *open-skill*, tetapi *Physical Activity Games* memiliki pengaruh yang lebih signifikan.

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

ABSTRACT

INTEGRATION OF MULTIMODEL COGNITIVE TRAINING ON INCREASING ATHLETE CONCENTRATION IN OPEN-SKILL SPORTS

Supervisor: 1. Prof. Dr. Komarudin, M.Pd.

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In matches or training athletes can experience psychological disorders, it comes from opponents, teammates, coaches or managers, the presence of people who want to be proud of, spectators, family problems, minor mistakes, cheating, unfavorable weather, changes in the match schedule, and others. Therefore, good psychological abilities are needed by athletes, one of which is concentration. Athletes without good concentration can cause various errors in their performance. This study aims to determine the effect of Multimodel Cognitive Training on the concentration of athletes 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 by random selection, then divided into 2 groups, namely the experimental group with Multimodel Cognitive Training and the control group with Physical Activity Games. In measuring the level of concentration of athletes using a test instrument in the form of Concentration and Focus Skill Test at the time of pretest and posttest. Multimodel Cognitive Training and Physical Activity Games have a significant effect on increasing the concentration of athletes in the open-skill category. However, Physical Activity Games showed better results in increasing the concentration of athletes in the open-skill category. The conclusion of this study, Multimodel Cognitive Training and Physical Activity Games can increase the concentration of athletes in the open-skill category, but Physical Activity Games have a more significant effect.

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

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