

PENGARUH *MULTIMODEL COGNITIVE TRAINING* DAN *PHYSICAL ACTIVITY GAMES* TERHADAP PENINGKATAN PERCAYA DIRI ATLET PADA CABANG OLAHRAGA *CLOSED SKILL*

SKRIPSI

Diajukan untuk Memenuhi Sebagian dari Syarat Memperoleh Gelar Sarjana Pendidikan



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UNIVERSITAS PENDIDIKAN INDONESIA
2022**

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Juni 2022

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ATLET PADA CABANG OLAHRAGA KATEGORI *CLOSED SKILL***

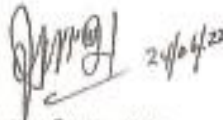
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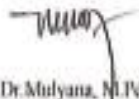
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HALAMAN PERNYATAAN KEASLIAN SKRIPSI

Dengan ini penulis menyatakan bahwa skripsi ini dengan judul “**Pengaruh *Multimodel Cognitive Training dan Physical Activity Games Terhadap Peningkatan Percaya Diri Atlet Pada Cabang Olahraga Closed Skill***” ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan dan saya mengikuti aturan penulisan yang telah disahkan (KTI UPI). Atas pernyataan ini, saya siap menanggung risiko/sanksi apabila di kemudian hari ditemukan pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

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ABSTRAK

PENGARUH *MULTIMODEL COGNITIVE* DAN *PHYSICAL ACTIVITY GAMES* TERHADAP PENINGKATAN PERCAYA DIRI ATLET PADA CABANG OLAHRAGA *CLOSED SKILL*

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

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Percaya diri merupakan salah satu faktor psikologis yang dapat membantu menunjang prestasi atlet. Terutama pada cabang olahragai *closed skill* juga dimana lingkungan olahraga itu sangat relatif konsisten, dapat diprediksi dan mandiri. Penelitian ini bertujuan untuk mengetahui pengaruh *Multimodel Cognitive Training* dan *Physical Activity Games* terhadap peningkatan percaya diri atlet pada cabang olahraga *closed skill*. Metode yang digunakan dalam penelitian ini adalah metode Eksperimen dengan desain Pretest-posstest Kontrol group design. Populasi yang digunakan adalah atlet UKM Atletik dan Aquatik UPI berjumlah 24 orang. Pengambilan sampel dilakukan dengan total sampling, kemudian dibagi menjadi 2 kelompok yaitu kelompok eksperimen dengan *Multimodel Cognitive Training* dan kelompok kontrol dengan *Physical Activity Games*. Dalam mengukur tingkat percaya diri atlet menggunakan instrument SSCQ (*Sources of Sport Confidence Questionnaire*). *Multimodel Cognitive Training* dan *Physical Activity Games* memiliki pengaruh yang signifikan terhadap peningkatan percaya diri. Namun, *Multimodel Cognitive Training* menunjukkan hasil yang lebih baik dalam peningkatan percaya diri. Kesimpulan dari penelitian ini *Multimodel Cognitive Training* dan *Physical Activity Games* dapat meningkatkan percaya diri atlet pada cabang olahraga *Closed skill*, tetapi *Multimodel Cognitive Training* memiliki pengaruh yang lebih signifikan.

Kata Kunci :*Multimodel Cognitive Training, Physical Activity Games, Percaya diri, Closed Skill*

ABSTRACT

THE EFFECT OF MULTIMODEL COGNITIVE TRAINING AND PHYSICAL ACTIVITY GAMES ON INCREASING ATHLETES CONFIDENCE IN SPORTS CLOSED SKILL

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

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Self-confidence is one of the psychological factors that can help support athlete achievement. Especially in the *closed skill*, where the sports environment is relatively consistent, predictable and independent. This study aims to determine the effect of Multimodel Cognitive Training and Physical Activity Games on increasing the athlete's confidence in the closed skill of sports. The method used in this research is the experimental method with a pretest-posttest control group design. The population used is UPI Athletics and Aquatic UKM athletes totaling 24 people. Sampling was done by total sampling, then divided into 2 groups, namely the experimental group with *Multimodel Cognitive Training* and the control group with *Physical Activity Games*. In measuring the athlete's level of confidence using the SSCQ (Sources of Sport Confidence Questionnaire) instrument. Multimodel Cognitive Training and Physical Activity Games have a significant effect on increasing self-confidence. However, Multimodel Cognitive Training showed better results in increasing self-confidence. The conclusion of this study is that Multimodel Cognitive Training and Physical Activity Games can increase the confidence of athletes in the Closed skill, but Multimodel Cognitive Training has a more significant effect.

Keywords : Multimodel Cognitive Training, Physical Activity Games, Confidence , Closed Skill

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