

**PENGARUH MODEL LATIHAN *LIFE KINETIK* DAN *BRAIN GYM*
TERHADAP *WORKING MEMORY* DAN KONSENTRASI PADA ATLET
SEPAKBOLA *JUNIOR***

Tesis

Diajukan untuk Memenuhi Sebagian dari Syarat Memperoleh Gelar Magister
Pendidikan



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**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2023**

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**PENGARUH MODEL LATIHAN *LIFE KINETIK* DAN *BRAIN GYM*
TERHADAP *WORKING MEMORY* DAN KONSENTRASI PADA ATLET
*SEPAKBOLA JUNIOR***

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan pada Sekolah Pascasarjana

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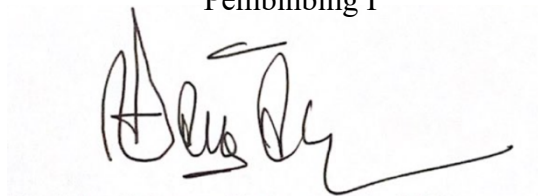
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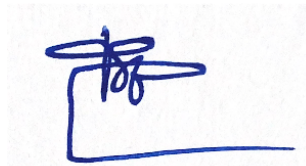
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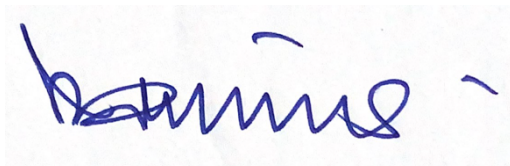
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LEMBAR PERNYATAAN

Dengan ini, saya menyatakan bahwa Tesis dengan judul “**Pengaruh Model Latihan *Life Kinetik* dan *Brain Gym* Terhadap *Working Memory* Dan Konsentrasi Pada Atlet Sepakbola *Junior***” ini beserta keseluruhan isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dengan masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung resiko atau sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, April 2023

Yang membuat pernyataan

Wisnu Murtiansyah

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KATA PENGANTAR

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Bandung, April 2023

Penulis

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ABSTRAK

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PENGARUH MODEL LATIHAN *LIFE KINETIK* TERHADAP DAN *BRAIN GYM WORKING MEMORY* DAN KONSENTRASI PADA ATLET SEPAKBOLA *JUNIOR*

Dosen Pembimbing

Prof. Dr. Beltasar Tarigan, M.S. AIFO, Prof. Dr. Komarudin. M.Pd

Tujuan penelitian ini ingin mengetahui pengaruh model latihan *Life Kinetik* dan *Brain Gym* terhadap *Working Memory* dan konsentrasi pada atlet sepakbola *junior*, dan model latihan mana yang lebih efektif digunakan antara model latihan *Life Kinetik* dan *Brain Gym* terhadap *Working Memory* dan konsentrasi pada Atlet Sepakbola *Junior*. Populasi penelitian ini seluruh siswa SSB Saswco Bandung U – 13 yang berjumlah 26 orang, sampel berjumlah 26 orang diambil dengan teknik *total sampling*. Penelitian ini, menggunakan desain *The pretest and posttest two treatment design*. Responden diberikan model latihan *Life Kinetik* dan *Brain Gym* dengan frekuensi 3 kali seminggu dan dilaksanakan selama 4 minggu. Instrumen untuk mengukur *Working Memory* yaitu *The Digit Memory Test*, instrumen untuk mengukur konsentrasi yaitu *The Amazing 1 to 50*. Teknik analisis uji hipotesis yang digunakan yaitu *uji Multivariate*. Hasil penelitian untuk model latihan *Life Kinetik* dan *Brain Gym* terhadap *Working Memory* dan Konsentrasi dengan nilai sig. $0,000 < 0,05$, sementara untuk uji *between-subjects effects*, dari nilai Sig. $0,000 < 0,05$ Maka hal ini menunjukkan bahwa terdapat perbedaan antara latihan *Life Kinetik* dan *Brain Gym* terhadap *Working Memory* dan Konsentrasi pada atlet sepakbola *Junior*. Kesimpulannya Model latihan *Life Kinetik* dan *Brain Gym* dapat meningkatkan *Working Memory* dan konsentrasi pada Atlet Sepakbola *Junior*, dan latihan *Life Kinetik* lebih baik pengaruhnya dibandingkan dengan latihan *Brain Gym* terhadap *Working Memory* dan konsentrasi pada Atlet Sepakbola *Junior*.

Kata Kunci : Sepakbola, *Life Kinetik*, *Brain Gym*, *Working Memory*, Konsentrasi

ABSTRACT

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THE EFFECT OF TRAINING LIFE KINETIC AND BRAIN GYM MODELS ON *WORKING MEMORY* AND CONCENTRATION IN FOOTBALL ATHLETES *JUNIOR*

Supervisor

Prof. Dr. Beltasar Tarigan, M.S. AIFO, Prof. Dr. Komarudin. M.Pd

The purpose of this study was to find out the effect of the Life Kinetic and Brain Gym training models on Working Memory and concentration in junior football athletes, and which training model is more effective to use between the Life Kinetic and Brain Gym training models on Working Memory and concentration in Junior Football Athletes. The population of this study were all students of SSB Saswco Bandung U-13, totaling 26 people. The sample of 26 people was taken by total sampling technique. This study used the pretest and posttest two treatment design. Respondents were given the Life Kinetic and Brain Gym exercise models with a frequency of 3 times a week and carried out for 4 weeks. The instrument for measuring working memory is The Digit Memory Test, the instrument for measuring concentration is The Amazing 1 to 50. The hypothesis testing analysis technique used is the *Multivariate* test. The results of the research for the Life Kinetic and Brain Gym training models on Working Memory and Concentration with sig. $0.000 < 0.05$, while for the between-subjects effects test, from the value of Sig. $0.000 < 0.05$ So this shows that there is a difference between Life Kinetic and Brain Gym training on Working Memory and Concentration in Junior football athletes. In conclusion, the Life Kinetic and Brain Gym training model can improve Working Memory and concentration in Junior Football Athletes, and Life Kinetic training has a better effect than Brain Gym training on Working Memory and concentration in Junior Football Athletes.

Keywords : Football, Life Kinetik, *Brain Gym*, *Working Memory*, Concentration

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PENGARUH MODEL LATIHAN LIFE KINETIK DAN BRAIN GYM TERHADAP WORKING MEMORY DAN KONSENTRASI PADA ATLET SEPAKBOLA JUNIOR

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