

**PENGARUH MODEL *PETTLEP IMAGERY* DAN RELAKSASI *IMAGERY*
TERHADAP PENINGKATAN KEPERCAYAAN DIRI
DAN PENGUASAAN KETERAMPILAN BERMAIN HOKI**

TESIS

Diajukan untuk memenuhi sebagian syarat
memperoleh gelar Magister Pendidikan
Program Studi Pendidikan Olahraga



oleh

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UNIVERSITAS PENDIDIKAN INDONESIA
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M.Pd UPI Bandung, 2020

Sebuah Tesis yang diajukan untuk memenuhi sebagian syarat
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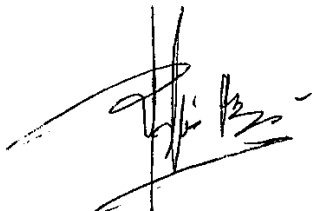
LEMBAR PENGESAHAN

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ABSTRAK

PENGARUH MODEL *PETTLEP IMAGERY* DAN RELAKSASI *IMAGERY* TERHADAP PENINGKATAN KEPERCAYAAN DIRI DAN PENGUASAAN KETERAMPILAN BERMAIN HOKI

Tujuan penelitian ini untuk mengetahui pengaruh model *PETTLEP imagery* dan relaksasi *imagery* terhadap peningkatan kepercayaan diri dan penguasaan keterampilan bermain hoki. Sampel adalah 20 atlet hoki Jabar. Metode adalah metode eksperimen. Instrumen penelitian angket *Trait Sport Convidence Inventory* dan tes keterampilan bermain hoki. Analisis data menggunakan SPSS versi 25 dengan pengujian hipotesis melalui uji *paired sample test* dan *independent sample test*. Hasil analisis dan perhitungan data menyimpulkan bahwa model *PETTLEP imagery* dan relaksasi *imagery* berpengaruh terhadap peningkatan kepercayaan diri dan penguasaan keterampilan bermain hoki. Model *PETTLEP imagery* lebih baik dibanding relaksasi *imagery* dalam meningkatkan kepercayaan diri dan penguasaan keterampilan bermain hoki.

Kata kunci: *PETTLEP Imagery*, Relaksasi *Imagery*, Kepercayaan Diri, dan Keterampilan Hoki

ABSTRACT

THE INFLUENCE OF PETTLEP IMAGERY MODEL AND RELAXATION IMAGERY ON IMPROVING SELF CONFIDENCE AND CONTROL OF SKILLS HOCKEY

The purpose of this study was to determine the effect of the PETTLEP imagery and relaxation imagery models on improving self confidence and control of skills hockey. The sample 20 West Java hockey athletes. The method is the experimental method. The research instrument Trait Sport Conventions Inventory questionnaire and hockey playing skills tests. Data analysis using SPSS version 25 with hypothesis testing through paired sample test and independent sample test. The results of the analysis and calculation of the data conclude that the PETTLEP imagery and relaxation imagery models influence the increase in self-confidence and control of skills hockey. The PETTLEP imagery model is better than imagery relaxation in improving self-confidence and control of skills hockey.

Keywords: PETTLEP Imagery, Relaxation Imagery, Self Confidence, and Skills Hockey

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