

ABSTRACT

DANI SAYIDI SYAHRU: Efforts to Improve Communication Skills through Training of Football Players of Persigawa Football Club at 14 Years, Thesis, Jakarta: Sport Training Education Program, Sport Achievement Department, Faculty of Sport Science, Jakarta State University, February 2017.

This study aims to improve the communication skills of football players Persigawa age 14 years through communication training provided. The training was held on Jl. Lapan, Swadaya, Pasar Rebo, Gongseng Stadium East Jakarta in January until February february The method used in this research is Action Research method. This study was followed by 25 Persigawa football school players aged 14 years as a sample. They were asked to answer the questionnaires of the research questionnaire about the communication skills they had after following the training materials for seven sessions and then be given back questionnaires to perform the final test (Siklus1).

Based on the results of the study seen the increase of players from the initial test results dantes end. From the preliminary test there was an average score of 27.44, the final test average score of 47.24, and for the success of the initial test results communication ability amounted to 1 player or 4% only. For successful outcomes in the final test the communication skills of 24 players are declared successful or 96%, meaning there is a significant increase between the initial test and the final test.

These results indicate that the application of communication training can improve the communication skills of Persigawa Football School players age 14 years.