

DAFTAR PUSTAKA

- Allen, R. J., Baddeley, A. D., and Hitch, G. J., 2006, Is the binding of visual features in working memory resource-demanding? *Journal of Experimental Psychology: General*, Vol.135, No.2, pp.298–313.
- Azaiez, F., Chalhaf, N., Cherif, E., Achour, K., and Souissi, C., 2013, Evaluation of the Mental Skills of the High Level Athletes: Example of the Athletes of Martial Arts. *IOSR Journal of Humanities and Social Science*, Vol.10, No.4, pp.58–65.
- Babbie, E., 2008, *The Basics Of Social Research* (Fourth.). Belmont: Thomson Wadsworth.
- Baddeley, A., 2003, Working memory: Looking back and looking forward. *Nature Reviews Neuroscience*, Vol.4, No.10, pp.829–839.
- Bailey, H., 2012, Computer-paced versus experimenter-paced working memory span tasks: Are they equally reliable and valid? *Learning and Individual Differences*, Vol.22, No.6, pp.875–881.
- Barella, L. A., Etnier, J. L., and Chang, Y.-K., 2010, The Immediate and Delayed Effects of an Acute Bout of Exercise on Cognitive Performance. *Journal of Aging and Physical Activity*, Vol.2, No.5, pp.87–98.
- Best, J. R., 2010, Effects of physical activity on children's executive function: Contributions of experimental research on aerobic exercise. *Developmental Review*, Vol.30, No.4, pp.331–351.
- Bompa, T. O., and Buzzichelli, C. A., 2019, *Periodization: Theory and Methodology of Training*,. *Medicine & Science in Sports & Exercise* (Sixth., Vol. 51). Illinois: Human Kinetics.
- Broadbent, D. E., 1966, Perception and communication. *Education + Training*, Vol.8, No.6, pp.264–269.
- Budiwanto, S., 2016, Metodologi Latihan Olahraga. *Jurnal Penelitian Pendidikan Guru Sekolah Dasar*, Vol.6, No.August, pp.128.
- Caprì, T., Fabio, R. A., Towey, G. E., and Antonietti, A., 2019, Current Theory. *Attention Today*, Vol.No.March, pp.1–40.
- Chaddock, L., Erickson, K. I., Prakash, R. S., Kim, J. S., Voss, M. W., Vanpatter, M., Pontifex, M. B., Raine, L. B., Konkel, A., Hillman, C. H., Cohen, N. J., and Kramer, A. F., 2010, A neuroimaging investigation of the association between aerobic fitness, hippocampal volume, and memory performance in preadolescent children. *Brain Research*, Vol.1358, pp.172–183.
- Chai, W. J., Abd Hamid, A. I., and Abdullah, J. M., 2018, Working memory from the psychological and neurosciences perspectives: A review. *Frontiers in Psychology*, Vol.9, No.MAR, pp.1–16.
- Chang, Y. K., Chu, C. H., Wang, C. C., Wang, Y. C., Song, T. F., Tsai, C. L., and Etnier, J. L., 2015, Dose-response relation between exercise duration and cognition. *Medicine and Science in Sports and Exercise*, Vol.47, No.1, pp.159–165.
- Chang, Y. K., Chu, I. H., Chen, F. T., and Wang, C. C., 2011, Dose-response effect

- of acute resistance exercise on tower of London in middle-aged adults. *Journal of Sport and Exercise Psychology*, Vol.33, No.6, pp.866–883.
- Cho, S. Y., Kim, Y. Il, and Roh, H. T., 2017, Effects of taekwondo intervention on cognitive function and academic self-efficacy in children. *Journal of Physical Therapy Science*, Vol.29, No.4, pp.713–715.
- Cowan, N., 2014, Working Memory Underpins Cognitive Development, Learning, and Education. *Educational Psychological Review*, Vol.26, No.2, pp.197–223.
- Deutsch, J. A., and Deutsch, D., 1963, Attention: Some theoretical considerations. *Psychological Review*, Vol.70, No.1, pp.80–90.
- Diamond, A., 2013, Executive functions. *Annual Review of Psychology*, Vol.64, pp.135–168.
- Dongoran, M. F., Kalalo, C. N., and Syamsudin, 2020, Profil Psikologis Atlet Pekan Olahraga Nasional (PON) Papua Menuju PON XX Tahun 2020. *Journal Sport Area*, Vol.5, No.1, pp.13–21.
- Douris, P. C., Handrakis, J. P., Apergis, D., Mangus, R. B., Patel, R., Limtao, J., Platonova, S., Gregorio, A., and Luty, E., 2018, The Effects of Aerobic Exercise and Gaming on Cognitive Performance. *Journal of Human Kinetics*, Vol.61, No.1, pp.73–83.
- Douris, P., Douris, C., Balder, N., Lacasse, M., Rand, A., Tarapore, F., Zhuchkan, A., and Handrakis, J., 2015, Martial Art Training and Cognitive Performance in Middle-Aged Adults. *Journal of Human Kinetics*, Vol.47, No.1,.
- Erickson, K. I., Prakash, R. S., Voss, M. W., Chaddock, L., Hu, L., Morris, K. S., White, S. M., Wójcicki, T. R., McAuley, E., and Kramer, A. F., 2009, Aerobic Fitness is Associated With Hippocampal Volume in Elderly Humans. *Hippocampus*, Vol.19, No.10, pp.1030–1039.
- Erickson, K. I., Voss, M. W., Prakash, R. S., Basak, C., Szabo, A., Chaddock, L., Kim, J. S., Heo, S., Alves, H., White, S. M., Wojcicki, T. R., Mailey, E., Vieira, V. J., Martin, S. A., Pence, B. D., Woods, J. A., McAuley, E., and Kramer, A. F., 2011, Exercise training increases size of hippocampus and improves memory. *Proceedings of the National Academy of Sciences of the United States of America*, Vol.108, No.7, pp.3017–3022.
- Fabio, R. A., and Towey, G. E., 2018, Cognitive and personality factors in the regular practice of martial arts. *Journal of Sports Medicine and Physical Fitness*, Vol.58, No.6, pp.933–943.
- Faul, F., and Erdfelder, E., 2007, G*Power 3: A flexible statistical power analysis program for the social, behavioral, and biomedical sciences. *Behavior Research Methods*, Vol.39, No.2, pp.175–191.
- Furley, P. A., and Memmert, D., 2012, Working memory capacity as controlled attention in tactical decision making. *Journal of Sport and Exercise Psychology*, Vol.34, No.3, pp.322–344.
- Gama Linhares, D., Dos Santos, A. O. B., Dos Santos, L. L., Cordeiro, L. de S., de Castro, J. B. P., and Vale, R. G. de S., 2022, The effects of taekwondo practice on physical and cognitive variables in children and adolescents: a systematic review. *European Journal of Human Movement*, Vol.49, No. May, pp.1–4.
- Gomez-Pinilla, F., and Hillman, C., 2013, The influence of exercise on cognitive

- abilities. *Comprehensive Physiology*, Vol.3, No.1, pp.403–428.
- Hair, J., Black, W. C., Babin, B. J., and Anderson, R. E., 2010, *Multivariate Data Analysis* (Seventh.). New Jersey: Pearson Prentice Hall.
- Hair, J. F., Black, Jr, W. C., Babin, B. J., and Anderson, R. E., 2019, *Multivariate Data Analysis* (Eighth.). Hampshire: Pearson New International Edition.
- Herdy, A. H., and Caixeta, A., 2016, Brazilian cardiorespiratory fitness classification based on maximum oxygen consumption. *Arquivos Brasileiros de Cardiologia*, Vol.106, No.5, pp.389–395.
- Hillman C, Erickson K, and Kramer A, 2008, Be smart, exercise your heart: exercise effects on brain and cognition. *Nature Reviews Neuroscience* , Vol.9, pp.58–65. Retrieved from www.nature.com/reviews/neuro
- Hötting, K., and Röder, B., 2013, Beneficial effects of physical exercise on neuroplasticity and cognition. *Neuroscience and Biobehavioral Reviews*, Vol.37, No.9, pp.2243–2257.
- Ide, K., Schmalbruch, I. K., Quistorff, B., Horn, A., and Secher, N. H., 2000, Lactate, glucose and O₂ uptake in human brain during recovery from maximal exercise. *Journal of Physiology*, Vol.1, No.522, pp.159–164.
- Johnson, L. G., Addamo, P. K., Raj, saac S., Borkoles, E., Wyckelsma, V., Cyarto, E., and Polman, R. C., 2016, An Acute Bout of Exercise Improves The Cognitive Performance of Older Adults. *Journal od Aging and Physical Activity*, Vol.24, No.4, pp.591–598.
- Kadri, A., Slimani, M., Bragazzi, N. L., Tod, D., and Azaiez, F., 2019, Effect of taekwondo practice on cognitive function in adolescents with attention deficit hyperactivity disorder. *International Journal of Environmental Research and Public Health*, Vol.16, No.2, pp.1–10.
- Karbach, J., and Verhaeghen, P., 2014, Making Working Memory Work: A Meta-Analysis of Executive-Control and Working Memory Training in Older Adults. *Psychological Science*, Vol.25, No.11, pp.2027–2037.
- Lim, S., Ali, A., Kim, W., Kim, J., Choi, S., and Radlo, S. J., 2015, Influence of self-controlled feedback on learning a serial motor skill. *Perceptual and Motor Skills*, Vol.120, No.2, pp.462–474.
- Mann, D. T. Y., Williams, A. M., Ward, P., and Janelle, C. M., 2007, Perceptual-Cognitive Expertise in Sport : A Meta-Analysis. *Journal of Sport & Exercise Psychology*, Vol.29, pp.457–478.
- McEwen, B. S., 2012, Brain on stress: How the social environment gets under the skin. *Proceedings of the National Academy of Sciences of the United States of America*, Vol.109, No.SUPPL.2, pp.17180–17185.
- Morillo-Baro, J. P., Reigal, R. E., and Hernández-Mendo, A., 2015, Análisis del ataque posicional de balonmano playa masculino y femenino mediante coordenadas polares. *RICYDE: Revista Internacional de Ciencias del Deporte*, Vol.11, No.41, pp.226–244.
- Nam, J. H., Kim, E. J., and Cho, E. H., 2022, Sport Psychological Skill Factors and Scale Development for Taekwondo Athletes. *International Journal of Environmental Research and Public Health*, Vol.19, No.6,.
- Nejati, V., 2021, Program for attention rehabilitation and strengthening (PARS) improves executive functions in children with attention deficit- hyperactivity

- disorder (ADHD). *Research in Developmental Disabilities*, Vol.113, No.March, pp.103937.
- Netz, Y., Argov, E., and Inbar, O., 2009, Fitness's moderation of the facilitative effect of acute exercise on cognitive flexibility in older women. *Journal of Aging and Physical Activity*, Vol.17, No.2, pp.154–166.
- Netz, Y., Tomer, R., Axelrad, S., Argov, E., and Inbar, O., 2007, The effect of a single aerobic training session on cognitive flexibility in late middle-aged adults. *International Journal of Sports Medicine*, Vol.28, No.1, pp.82–87.
- Noble, S., Scheinost, D., and Todd Constable, R., 2019, A decade of test-retest reliability of functional connectivity: A systematic review and meta-analysis. *NeuroImage*, Vol.203, pp.1–15.
- Ojeda-Aravena, A., Herrera-Valenzuela, T., Valdés-Badilla, P., Cancino-López, J., Zapata-Bastias, J., and Manuel García-García, J., 2021, Specific Protocol with High-Intensity Intervals on General and Specific Physical Fitness in Taekwondo Athletes: An Inter-Individual Analysis. *International Journal of Environmental Research and Public Health*, Vol.18, pp.3643–3661.
- Origua Rios, S., Marks, J., Estevan, I., and Barnett, L. M., 2018, Health benefits of hard martial arts in adults: a systematic review. *Journal of Sports Sciences*, Vol.36, No.14, pp.1614–1622.
- Ouergui, I., Franchini, E., Messaoudi, H., Chtourou, H., Bouassida, A., Bouhlel, E., and Ardigò, L. P., 2021, Effects of Adding Small Combat Games to Regular Taekwondo Training on Physiological and Performance Outcomes in Male Young Athletes. *Frontiers in Physiology*, Vol.12, No.April, pp.1–8.
- Páez-Maldonado, J. A., Reigal, R. E., Morillo-Baro, J. P., Carrasco-Beltrán, H., Hernández-Mendo, A., and Morales-Sánchez, V., 2020, Physical fitness, selective attention and academic performance in a pre-adolescent sample. *International Journal of Environmental Research and Public Health*, Vol.17, No.17, pp.1–11.
- Pahor, A., Mester, R. E., Carrillo, A. A., Ghil, E., Reimer, J. F., Jaeggi, S. M., and Seitz, A. R., 2022, UCancellation: A new mobile measure of selective attention and concentration. *Behavior Research Methods*, Vol.54, No.5, pp.2602–2617.
- Paiva, C. E., Barroso, E. M., Carneseca, E. C., De Pádua Souza, C., Dos Santos, F. T., Mendoza López, R. V., and Ribeiro Paiva, S. B., 2014, A critical analysis of test-retest reliability in instrument validation studies of cancer patients under palliative care: A systematic review. *BMC Medical Research Methodology*, Vol.14, No.1,.
- Pesce, C., Crova, C., Cereatti, L., Casella, R., and Bellucci, M., 2009, Physical activity and mental performance in preadolescents: Effects of acute exercise on free-recall memory. *Mental Health and Physical Activity*, Vol.2, No.1, pp.16–22.
- Pontifex, M. B., Hillman, C. H., Fernhall, B., Thompson, K. M., and Valentini, T. A., 2009, The effect of acute aerobic and resistance exercise on working memory. *Medicine and Science in Sports and Exercise*, Vol.41, No.4, pp.927–934.
- Rahman, P., Kumaidah, E., and Purwoko, Y., 2016, Perbandingan Parameter

- Fungsi Paru Atlet Putra Cabang Olahraga Tinju Dengan Taekwondo Di Pusat Pendidikan Dan Latihan Pelajar Jawa Tengah. *Jurnal Kedokteran Diponegoro*, Vol.5, No.4,.
- Sánchez-López, J., Fernández, T., Silva-Pereyra, J., and Mesa, J. A. M., 2013, Differences between Judo, Taekwondo and Kung-fu Athletes in Sustained Attention and Impulse Control. *Psychology*, Vol.04, No.07, pp.607–612.
- Scharfen, H. E., and Memmert, D., 2019, The relationship between cognitive functions and sport-specific motor skills in elite youth soccer players. *Frontiers in Psychology*, Vol.10, No.APR, pp.1–10.
- Seo, B.-D., Kim, H.-J., and Ju, J.-Y., 2020, Effect of Muscle Fatigue on the Proprioception by the Taekwondo Training Type. *Journal of The Korean Society of Physical Medicine*, Vol.15, No.3, pp.1–9.
- Slattery, E. J., O’Callaghan, E., Ryan, P., Fortune, D. G., and McAvinue, L. P., 2022, Popular interventions to enhance sustained attention in children and adolescents: A critical systematic review. *Neuroscience and Biobehavioral Reviews*, Vol.137, No.January, pp.104633.
- Stamatelopoulou, F., Pezirkianidis, C., Karakasidou, E., Lakioti, A., and Stalikas, A., 2018, “Being in the Zone”: A Systematic Review on the Relationship of Psychological Correlates and the Occurrence of Flow Experiences in Sports’ Performance. *Psychology*, Vol.09, No.08, pp.2011–2030.
- Stevens, C., and Bavelier, D., 2012, The role of selective attention on academic foundations: A cognitive neuroscience perspective. *Developmental Cognitive Neuroscience*, Vol.2, No.SUPPL. 1, pp.S30–S48.
- Stroth, S., Kubesch, S., Dieterle, K., Ruchow, M., Heim, R., and Kiefer, M., 2009, Physical fitness, but not acute exercise modulates event-related potential indices for executive control in healthy adolescents. *Brain Research*, Vol.1269, pp.114–124.
- Tam, N. D., 2013, Improvement of processing speed in executive function immediately following an increase in cardiovascular activity. *Cardiovascular Psychiatry and Neurology*, Vol.2013, .
- Tang, Y. Y., and Posner, M. I., 2009, Attention training and attention state training. *Trends in Cognitive Sciences*, Vol.13, No.5, pp.222–227.
- Tangkudung, J., and Mylsidayu, A., 2017, *Mental Training Aspek Aspek Penting dalam Olahraga* (1st ed.). Bekasi: Cakrawala Cendekia.
- Teo, T., 2013, *Handbook of quantitative methods for educational research. Handbook of Quantitative Methods for Educational Research*.
- Treisman, A. M., 1964, Selective attention in man. *British Medical Bulletin*, Vol.20, No.1, pp.12–16.
- Turner, M. L., and Engle, R. W., 1989, Is working memory capacity task dependent? *Journal of Memory and Language*, Vol.28, No.2, pp.127–154.
- Unsworth, N., Heitz, R. P., Schrock, J. C., and Engle, R. W., 2005, An automated version of the operation span task. *Behavior Research Methods*, Vol.37, No.3, pp.498–505.
- Vaughan, R. S., and Laborde, S., 2021, Attention, working-memory control, working-memory capacity, and sport performance: The moderating role of athletic expertise. *European Journal of Sport Science*, Vol.21, No.2, pp.240–

249.

Verburgh, L., Scherder, E. J. A., Van Lange, P. A. M., and Oosterlaan, J., 2014, Executive functioning in highly talented soccer players. *PLoS ONE*, Vol.9, No.3,.

Weinberg, R. S., and Gould, D., 2015, *Foundations of Sport and Exercise Psychology* (Sixth.). Champaign: Human Kinetics.

Wickens, C. D., and Carswell, C. M., 2012, Information Processing. *Handbook of Human Factors and Ergonomics*, pp.117–161.

Zlotnik, G., and Vansintjan, A., 2019, Memory: An Extended Definition. *Frontiers in Psychology*, Vol.10, No.November, pp.1–5.