

## Influence of Pre-Match Logical Stimulus for Applying and Developing Strategy to Basketball Team of Faculty of Medicine Universitas Padjadjaran

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### Abstract

**Background:** Logical game is rarely used in sport program as a menu for athletes to prepare their condition in pre-match to improve their cognitive performance. The athletes who have good cognitive performance can think, analyze and solve the problem appeared. Griffith builds a method to improve the athletes' performance by stimulating their cognitive resources. This study aimed to know the influence of pre-match logical stimulus in applying and developing strategy in basketball players.

**Methods:** The subject of this study was the basketball team players of Faculty of Medicine Universitas Padjadjaran; they were chosen by total sampling based on inclusion and exclusion criteria. Then, they were divided into two groups randomly: control and exposed groups. Both groups will be compared based on the score of each item (in total of 17 items). The assessed items were technique and tactics in the game of basketball. This study was conducted in November 2012 for three weeks. The collected data were analyzed using paired-T test.

**Results:** Score increased significantly ( $p < 0.05$ ) in all items for first to third from four times of data retrieval in the exposed group, whereas in the control group, score decreased significantly ( $p < 0.05$ ) in all items for first to third from four times of data retrieval.

**Conclusions:** Pre-match logical stimulus can improve the performance, especially technique and tactic in the basketball game. [AMJ.2015;2(3):398-402]

**Keywords:** : Basketball, logical stimulus, strategy

### Introduction

Logic is the study of methods and laws used to distinguish the forms of right reasoning from wrong reasoning. The principle of exercise by using logic in sport was first introduced by Griffith who provides multiple methods of learning that can stimulate students' thought in improving their performance.<sup>1</sup> Related to the present focus; Kavussanu et al.<sup>2</sup> conducted a study on the effects of cognitive enhancement to the basketball players through biofeedback methods. The study asked subjects to perform free throw while being given distraction, which was aimed to divert their attention. As the result, they find factors that can affect the player in the successful and unsuccessful free throw as well as feedback to players in anticipation of the factors that make them fail.

In addition, Hong and O'neil<sup>3</sup> conducted a study by giving questionnaires to subjects to see the effect on performance of cognitive stimulation in motivating based on self-regulation, self-efficacy and effort. As the result, they find that motivated players are able to improve their performance.

This study aimed to know the influence of pre-match logical stimulus in tactical applying and developing for basketball players.

### Methods

This study was a double blinded and analytical research using T-paired test. The subject of this study was the basketball team players of the Faculty of Medicine Universitas Padjadjaran who were chosen by total sampling based on inclusion and exclusion criteria. The inclusion

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