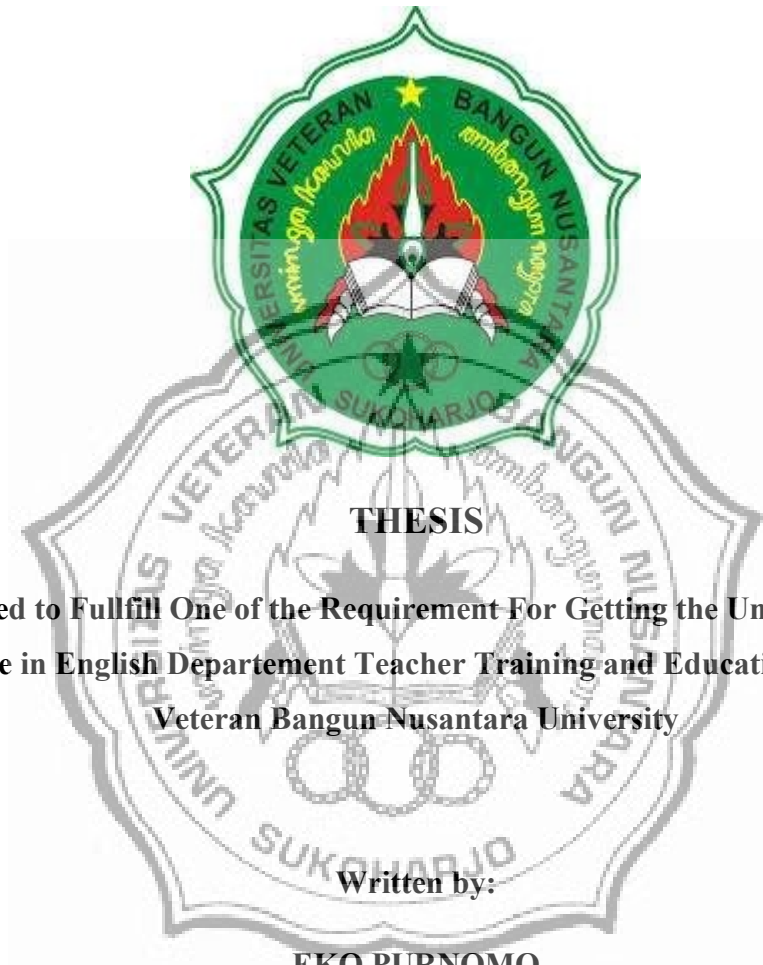


**AN ANALYSIS OF COMPOUND WORDS OF FITNESS TERMS  
FOUND IN MICHAEL MATTHEWS' BOOK ENTITLED  
"MUSCLE MYTHS: 50 HEALTH & FITNESS MISTAKES  
YOU DON'T KNOW YOU'RE MAKING"**



**THESIS**

**Submitted to Fulfill One of the Requirement For Getting the Undergraduate  
Degree in English Departement Teacher Training and Education Faculty  
Veteran Bangun Nusantara University**

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**2024**

## MOTTO

“The true blessedness is when you can embrace yourself and your life”

( The Researcher )

“The patience will guide you on the way to the heaven,

The gratitude will take you settled on it”

( The Researcher )

“Hard times create strong men. Strong men create good times.  
Good times create weak men. And, weak men create hard times ”

( G, Michael Hopf )

“No matter what your history has been, your destiny is what you create today.

What are you going to create?”

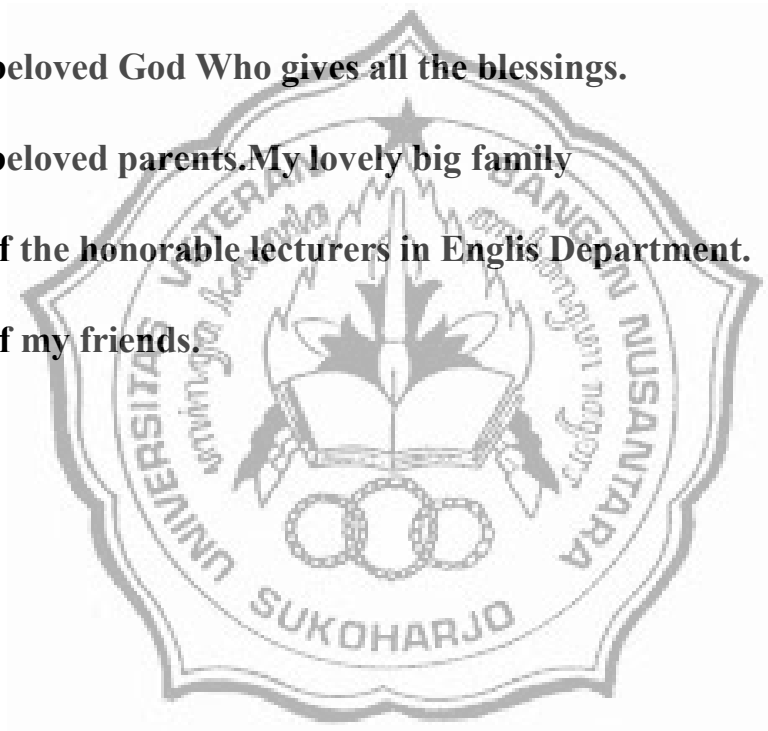
{ Steve Maraboli }

∥

## **DEDICATION**

**The thesis is heartedly dedicated to:**

- 1. My beloved God Who gives all the blessings.**
- 2. My beloved parents. My lovely big family**
- 3. All of the honorable lecturers in Englis Department.**
- 5. All of my friends.**



## ACKNOWLEDGMENT

First of all, the researcher would like to give big thanks to the God. Because of his guidance and his blessings, the researcher can finish this thesis entitled “AN ANALYSIS OF COMPOUND WORDS OF FITNESS TERMS FOUND IN MICHAEL MATTHEWS’S BOOK ENTIYLE MUSCLE MYTHS: 50 HEALTH & FITNESS MISTAKES YOU DON’T KNOW YOU’RE MAKING”.

Secondly, the researcher could not completely finish this thesis without support system from people who have given their suggestion, support, and contribution. In this opportunity, the researcher would like to express the deepeat gratitude to all of them who give support and contrution to the researcher.

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5. All lecturers of English Department of Teacher Training and Education Faculty for the experiece and transmising thir knowledges in learning process
6. The researcher’s beloved parents, thanks for the praying and blessing
7. The researcher’s big family, thanks for the all understanding and support given
8. All of researcher’s friends, thanks for for all the experience, support, and time.

Finally, the researcher hopes that the readers and other researchers would get new useful information by reading this thesis. Eventhough the re searcher relizes that this thesis is far from being perfect. So, the researcher is waiting for the critisize and the suggestion from the readers.

Sukoharjo, 2023

The Researcher



## STATEMENT OF PUBLICATION AGREEMENT

As an academic community of Teacher Training and Education Faculty Veteran Bangun Nusantara University of Sukoharjo, I stated:

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Study Progam : English Department

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## ABSTRACT

**PURNOMO, EKO. NIM : 1851800036. “An Analysis of Compound Word of Fitness Terms Found in Michael Matthews’ Book Entitled Muscle Myths : 50 Health & Fitness Mistakes You Don’t Know You’re Making”. First Advisor : Giyatmi., S. Pd., M.A., Second Advisor : Sihindun Arumi, S. Pd., M. Hum. Thesis, English Department, Teacher Training and Education Faculty, Veteran Bangun Nusantara University, Sukoharjo.**

The aims of this research were to analyze types of formation and types of meaning of compound words of fitness terms found in Michael Matthews’s book entitled *Muscle Myths : 50 Health & Fitness Mistakes You Don’t Know You’re Making*.

This research used descriptive qualitative method. The researcher acted as the main instrument. The technique of collecting data used content analysis technique and simak catat. The data of this research were compound words. The source of data was taken from Michael Matthews’s book entitled *Muscle Myth : 50 Health & Fitness Mistakes You Don’t Know You’re Making*. The technique of data analyzing consisted of data collectin, data reduction, data display, and consluuson. Triangulation method was used for validating the data.

The rsearcher found 80 data of compounds of fitness terms in Michael Matthews’s book entitled *Muscle Myths : 50 Healt & Fitness Mistakes You Don’t Know You’re Making*. The 80 data were categorized into: 1) compound nouns were 72 data formed by Noun + Noun ( 38 data ), Adjective + Noun ( 20 data ), Verb + Noun ( 4 data ), Preposition + Noun ( 4 data ), Noun + Verb ( 3 data ), Verb + Adverb ( 2 data ), Adjective + Verb ( 1 datum ). 2) Compound verbs were 2 data formed by Preposition + Verb ( 1 datum ) and Adjective + Noun ( 1 datum ). 3) Compound adjectives were 6 data formed by Noun + Adjective ( 1 datum ), Adverb + Adjective ( 1 datum ), Adjective + Noun ( 2 data ), Preposition + Noun ( 1 datum ), Noun + Noun ( 1 datum ). There were 63 data of endocentric compounds and 17 data of exocentric compounds.

*Key words : Word Formation, Compounding, Compound Words, Fitness Terms, Muscle Myths.*

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