

CHAPTER I

INTRODUCTION

In this chapter the researcher will describe about background of the study, Limitation of the problem, Problem statement, objective of the study and benefit of the study.

A. Background of The Study

Language is a product of human culture. People use language to express their feeling or ideas. Without using language, people will find difficulty to build a communication. It is also used to convey an information. People need media to carry on the information. Book is one of the popular media to write the information. For example, people can find information about fitness and diet by reading a book that contains those information.

Nowadays, people can get the books about fitness and diet easily. In this digital era, people tend to search a digital book. Because it can be simply saved on their mobilephone. One of the famous digital book that contains information about fitness is a book entitled "*Muscle Myths : 50 Health & Fitness Mistakes You Don't Know You're Making*" that is written by Michael Matthews.

This book contains writer experience when he is building his muscles. In this book, he gives several advices to the people about the way to build muscles and do diet correctly. He also shows the truth by using scientific approaches to break several myths in fitness world. By reading this book, people can get knowledge about fitness and diet information correctly. The book that has been published since 2012 can guide people in their journey to get an ideal body shape.

Unfortunately, in this book people will also find many fitness terms that people have not heard before. They may find two words or more that is joining as one word. They will find some existing words that is mixing as a new word. The

mixed words also have a new meaning after getting mixed. For instance is the word “*Six-pack*”. *Six-pack* is formed by two words “*Six*”and “*Pack*”. In the fitness field “*Six-pack*” means muscle on the abs. There is a set of good-defined muscles on the abdomen. It commonly contains of packs of the muscles amounted six. Eventhough people have eight or four packs of muscles on their abs, it is still called *Six-pack*. The words may sound unfamiliar in some societies. But the term is commonly used in fitness communities.

In this case, the process to create new formation of words is called word formation. O’Grady & De Guzman (1997) explain that word formation is the process of forming word or creating new words by adding or removing affixes which are bound morpheme. The word formation is the process to form word by taking, adding, removing, and changing the structure of word or words. One of the form of word formation that will be used in this resarch is compounding.

Szymack (1989 : 37) explains that the process of combining two or more words into one unit that brings new meaning is called compounding. This process needs two or more lexical items, representing the major syntactic categories noun, verb, adjectives, sometimes adverb, pronoun. The word that consist of two or more bases, roots, or stems called compound word (Lieber, 2009: 71). Based on the explanation above, *Workout* and *Deadlit* are fitness terms that are also catagorized as compound word.

In this research, the researcher describes about compound word process and how the compound is formed with bringing a new meaning. *Workout* is formed by *Work* (V) and *out* (Adv). *Work* means fullfil duties regulary for salary. And *out* means away from the inside. But in fitness term, *Workout* means an exercise to improve fitness ability and perfomance at once. Then *Deadlift* is formed by *Dead* (Adj) and *Lift* (V) . *Dead* means no longer alive. *Lift* means to raise from a lower to a higher position. In fitness field, *Deadlift* is one of fitness movement that is aimed to train the hips and back. This movement also makes the hips, legs, and shoulders getting stronger.

Compound words have to be learned more to understand the meaning. Because a new word formation brings a new meaning. In fitness field, people will find several compound words of fitness terms. By using this reseach, the researcher want to inform to the people about compound words in fitness terms. The research will be focused on three types of compound word formations and two types of compound word meanings. The three types of the formation are compound noun, compound verb, and compound adjective. And two types of the meaning are exocentric compound and endocentric compound. So, the researcher will analyze the type of formation of compound words of fitness terms and the type of meaning of compound words of fitness terms.

Based on the explanation above the resercher conducts the research to analyze the compound words of fitnes terms that is found in Michael Matthews's book entitled "*Muscle Myths : 50 Health & Fitness Mistakes You Don't Know You're Making*".

B. Identification of The Problems

Based on the background above, the researcher identifies the following problems

1. Compound word is one of the branch of linguistic that is growing easily in our society.
2. People can take informations that they want on their mobilephone by using internet connection. People also easily find fitness and diet informations in this book.
3. There are lots of compond words that people find in the book entitled "*Muscle Myths: 50 Health and Fitness Mistakes You Don't Know You're Making*".

C. Limitations of The Problems

The scope of this study is the compound words of fitness terms that are found in the book. The researcher analyzes the types of formations and the types of meaning of compound words. This study is limited into the book entitled *“Muscle Myths : 50 Health & Fitness Mistakes You Don’t Know You’re Making”*.

D. Statement of the Problems

Based on the problem and the object of this research, the researcher finds some questions:

1. What are the types of formation 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”*?
2. What are the types of meaning of the 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”*?

E. Objective of the Study

Based on the problem statements of the study then the objectives of the study are:

1. To describe the types of formation of compound words of fitness terms that is found in Michael Matthews’s book entitled *“Muscle Myths : 50 Health & Fitness Mistakes You Don’t Know You’re Making”*
2. To describe the types of meaning of compound words of fitness terms that is found in Michael Matthews’s book entitled *“Muscle Myths : 50 Health & Fitness Mistakes You Don’t Know You’re Making”*.

F. Benefits of The Study

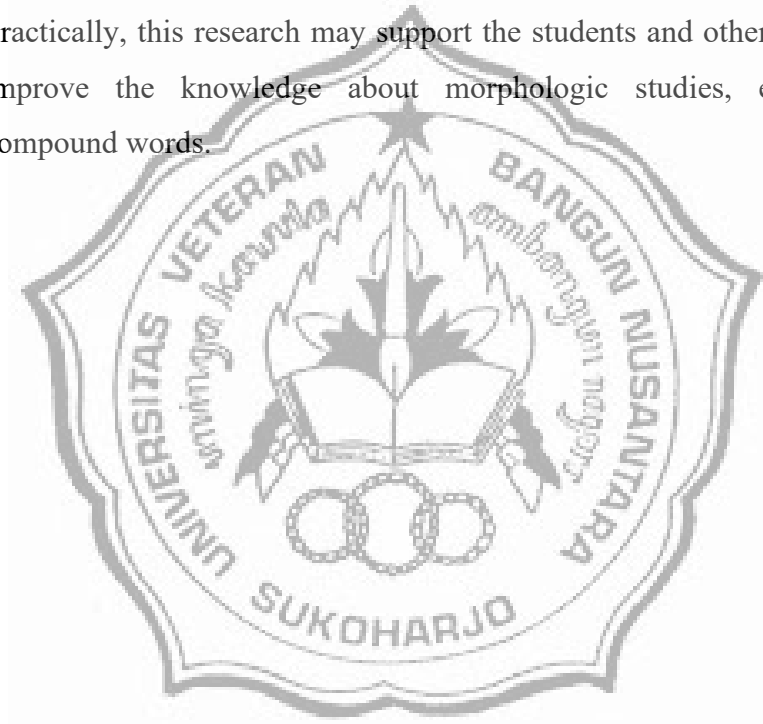
This research is hooped to have benefits:

1. Theoritically

Theoritically, the researcher expects that this reseach improves about the compound words and enrich the knowledge related to the word formation to the reader and the risercher itself. And foe the students who want to reseach about compound words, they can use rhis research as referene.

2. Practically

Practically, this research may support the students and other researcher to improve the knowledge about morphologic studies, especially in compound words.



CHAPTER II

LITERATURE REVIEW

Chapter two of this study consisted of four main parts. The first part of this chapter was review of related theories. The researcher employed several morphological theories to support this research. The second part of this chapter contained the review of the book of Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making. The third part was three previous studies related to this study and a journal article which had the same topic with this study. The last part of this chapter shared the framework of the research.

A. Review of Related Theories

1. Definition of Morphology

Katamba (1993: 19) stated that morphology is the study of word structure. According to Mark Aronoff and Kristen Fudeman (2011: 2), morphology referred to the mental system involved in word formation or to the branch of linguistics that deals with words, their internal structure, and how they are formed. In other definition, morphology was concerned with the study of how word was formed in language.

Based on the explanations above, morphology was the learning of word formation, studying the way to create a new word by using existing words, including how they are used in sentences. Morphology deals with internal constituent structure of words as well. Morphology is one of study about morpheme. Morpheme was the smallest unit to analyse morphology.

2. Morpheme

One of the branch of linguistics in morphology is called morpheme. It has to be learned because it is important subject in learning morphology. The morphological building block are defined as the

smallest linguistic entities with grammatical meaning. Morpheme was the smallest component of linguistics that deal with (Booij, 2005:8).

Lieber (2009: 32) stated that the meaningful building blocks that are used to create words are called morphemes. It implies that the element of form word. The morpheme is a word that has a lot of meaning. In the other hand, the smaller unit of word was called morpheme.

Based on the explanation above, the definition of morpheme was a smallest element in the branch of linguistics that had its own meaning.

3. Types of Morpheme

O'Grady and Guzman (1996 : 133) stated that a morpheme that can stand by itself was called free morpheme, while a morpheme that must be attached to another element is called bound morpheme. Word is not a smallest unit of language, because word can be separated. The smallest unit in language is morpheme which can not be separated into smaller part anymore (Hatch and Brown, 1995 : 261).

a. Free Morpheme

According to Lieber (2009:33), morpheme that can be used as a word on its own is called free morpheme. It implies that free morpheme is a stand-alone word and does not require a combination to make it being a word.

Based on the explanation above, free morpheme was morpheme which could stand alone.

There are two types of free morpheme. According to (George Yule, 2006: 64) , he stated that free morpheme divided into two categories. They are lexical morpheme and functional morpheme. The lexical morpheme is a morpheme which can accept prefix and suffix or stand by itself without affix. For examples: *irregular* (Adj), *enforce* (Verb). Then, functional

Morpheme was a morpheme that could not accept affix but it could stand by itself. For examples: *it, at, those, but, or*.

b. Bound Morpheme

Bound morpheme was a morpheme which can not stand by itself. Another morphemes had to be added to this morpheme.

Yule (2006:63) stated that “bound morphemes are the morphemes of forms that typically require an additional form to function as a word, such as *re-, -ist, -ed, -es, un-, etc.*” Even the acknowledge that prefixes and suffixes are all bound morphemes in English.

According to Yule (2006: 64-65), there were two types of bound morpheme. The types of Bound morphemes were affected by the set of affixes. They were derivational morpheme and inflexional morpheme.

Derivational morpheme was a morpheme that will change its part of speech and its meaning when a affix is added to this morpheme. For example:

- a. *Happy* (Adj) + *-ness* (suffix) become *Happiness* (N), the part of speech is changing.
- b. *un-* (prefix) + *kind* (Adj) become *Unkind* (Adj), the meaning is changing.

The second was inflexional morpheme. The affix which is added at the morpheme will not change the part of speech or the meaning. But the amount and tenses would be changing. In English, there are eight of inflexional morphemes. Those inflexional morphemes are divided into three kinds, they are the inflectional morphemes that are added to nouns, the inflectional morphemes that are added to verbs, and the inflectional morphemes that are added to adjectives.

1. The inflectional morphemes that were added to nouns

a. **-,s** (possesive) for example: This is Maya's book.

b. **-s** (plural) for examples: cats, dogs

2. The inflectional morphemes that were added to verbs

a. **-s** (3rd person singular) for examples: brings, takes, gives

b. **-ing** (present participle) for examples: taking, choosing, eating

c. **-ed** (past tense) for example: wanted, opened

d. **-en** (past participle) for examples: eaten, given, chosen

3. The inflectional morphemes that were added to adjectives

a. **-est** (superlative) for examples: darkest, smallest

b. **-er** (comparative) for example: darker, smaller

c. **Zero morpheme**

According to Aone & Wittenburg (1990), zero morpheme was called invisible morpheme that means the affix could be detected.

For example:

a. *Put* (present) = *put* (past)

b. *Deer* (singular) = *deer* (plural)

4. Root, Stem, and Base

Morphology learned about word formation. The internal structure of formation need to be known. There are several elements that get used to build the structure. They are root, stem, and base. Katamba (1993 : 41) stated that "a root is a irreducible core of a word with absolutely nothing else attached to it. It is the part that always present, possibly with some modification in the various manifestation of a lexeme." (Katamba, 1993: 45) also stated "a base is any unit whatever to which affixes of any could

be added. The stem was part of a word that existed before any inflectional affixes that have been added. In other words, all roots were base. Bases were called stems only in the context of inflectional morphology”.

Table 2.1: The example of Root, Stem, and Base

Words	Roots	Stems	Bases	Inflectional	Derivational
				Affixes	Affixes
Singers	Sing	Singer	Sing	-s	-er
Wonderful	Wonder	Wonder	Wonder	-ful	-ly
Refreshment	Fresh	Refreshments	Fresh	re-	-ment

5. Lexeme and Word

After discussing about morpheme, root, stem and base, the researcher discussed about lexeme and word. Those were the bigger element than morpheme. Lexeme was a single word that was not added any affixes. This was the smallest form in language that can stand by itself. Katamba (1993:19) explained that “the „word” could also be seen as a presentation of a lexeme that was associated certain morpho-syntactic properties such as noun, adjective, verb, adverb, pronoun, preposition, conjunction, and partly syntactic properties such as tense aspect, mood, gender number, etc.”

Table 2.2: The example of lexeme and word

Lexeme	Words
Run	runs, running, ran
Kick	Kicks, kicking, kicked

6. Word Formation

(Lieber, 2009: 34) said that a process to create a new word was called word formation. O'Grady & De Guzman (1997) explained that word formation was the process of forming word or creating new words by adding or removing affixes which were bound morpheme. The word formation was the process to form word by taking, adding, removing, and changing the structure of word or words.

One of the form of word formation used in this research was compounding

7. Compounding

Compounding is one of the word formation process. In morphology, compounding is defined as the process which combines two or more morphemes. The morphemes that are usually added are free morphemes. A new word was formed by compounding morphemes that carries a new meaning. In English, new words could be formed from already existing words by a process known as compounding, in which individual words were „joined together“ to form a compound word (Akmajian, Demers, Farmer, Harnish, 2011: 32).. One example of a compound word is the combination of the adjective *black* which mean the very darkest color with the noun *Head* which mean the upper part of something. Those previous two free morphemes were combined and raised a new word *blackhead* which also carried a new meaning: a plug of sebum in a hair follicle, darkened by oxidation.

According to Haspelmath & Sims (2010: 137), the several types of combinations of deffeness word classes that are allowed in English language are (N; noun, A:adjectives, V; verb), but not all such combinations were possible.

There are the example of compound words:

- a. Compounds of two nouns : ice cream, wallpaper, sunglasses
- b. Compounds of two adjectives: terribly hot, cold-blooded, open-minded
- c. Compounds of a noun and and adjective: whitehouse, blackbox,

8. Compound Structure

Plag (2003: 135) stated that “compounding is one of word-formation processes. The result of word formation process is called as modifier-head structure. The terms head was generally used to refer to major element in complex linguistic structures”. On the other hand the modifier acted as the other member that modifies the head of the compound. It was stated that with regard to their head, compounds had very important systematic property: their head usually occurs on the right-hands side so-called right-hand head rule (Williams, 1981: 284). For example was *Air plane*. *Air plane* contains of *Air* (modifier) and *plane* (head).

Table 2.3 : The Structure of Compound Words

Combinations of Word Classes	Morphemes	Compound Words
N + N	Sugar (N) + Daddy (N)	Sugar daddy (N)
Adj + N	Green (N) + House (N)	Greenhouse (N)
V + N	Play (V) + Maker (N)	Playmaker (N)

N + V	Hand (N) + Shake (N)	Handshake (N)
N + Adj	Home (N) + Sick (Adj)	Homesick (Adj)
Adj + Adj	Cold (Adj) + Blooded (Adj)	Cold-blooded (Adj)

The table above showed that the result of the compound would be in the same category if the compound was formed by two base word from the same grammatical categories as well.

Mattews (1991) explained that the formalizes of structure of the rirght headed compounds were as follows:

$$X \text{ (adj)} + Y \text{ (n)} = (X + Y) \text{ (n)}$$

$$\text{White (adj)} + \text{Clay (n)} = \text{White clay (n)}$$

Based on the formations and the examples above, the variables and X and Y. The first variable was X. X variable was an adjective that had function as a modifier. The second variable was Y. This variable is a noun that acted as head since it was located on the right side. The combination of X adjective and Y noun became into a noun.

According to Plag (2003: 137), foemalizes the structure of the right headed compounds as follows:

$$(X Y) y$$

$$X = (\text{root, word, phrase})$$

$$Y = (\text{root, word})$$

$$y = \text{Gramatical properties inherited from Y}$$

9. Types of Formation of Compound Word

According to O'Grady & Guzman (1996: 156), compound word is divided into three types of formations. They were compound noun, compound verb, and compound adjective.

Szymack (1989: 37) stated that the compound words are commonly created representing only to the major syntactic categories such as nouns, verbs, and adjectives.

The researcher only focus on three types of compound words. They were compound noun, compound verb, and compound adjective.

a. Compound Noun

Katamba (1993: 305) said that "a compound noun may contain a noun followed by another noun, an adjective followed by noun, or a preposition followed by a noun. Compound noun is a compound which is often found in English. It is commonly compounding between noun and noun". McCarthy (2002 : 64) stated that "compound noun is also defined as a fixed expression which is made up of more than one word and function as a noun". Based on the explanation above, compound noun is a noun that was made with two or more words. Each compound noun acted as a single unit and could be modified by other categories such as noun, adjective, and preposition.

According to Haspelmath & Sims (2010), there are four formations of how is compound noun formed. There were Noun + Noun, Adjective + Noun, Verb + Noun, Preposition + Noun.

Table 2.4 : The Structure Variations of Compound Noun

Noun – Noun	Adjective – Noun	Preposition – Noun	Verb – Noun
Watermelon	Blackbox	Underworld	Prees-body

Ice cream	Whitehouse	Overweight	Playmaker
Sunscreen	Blackboard	Over training	Viewpoint
Mud wheel	Six-pack	Out-of-date	Playboy
Book store	Deadlift	Over weight	Punch-line

In addition, Kavcic (2004:10) stated that compounds can be formed in three categories. They are solid form, open form, and hypented form. Solid form is a compound noun created by joining two words into a noun without additional punctuation or hypen. For example: barbell. Then, open form is a compound noun that was created by combining two word and written separately. The form of the compound was separated by a space on each component. For example: black box. The last is hypened form. This compound noun is created by joining two words and connected by using a hypent. Foe example: six-pack.

b. Compound Verb

McCharty (2001 : 40) stated that compound verb is fixed expression that was made up of more than one word and had a function as verb. Based on the explanation above, compound verb is two words or more that is joined to create a verb. For examples: push-up,

Bauer (2004: 207) said that there were four types of how is compound verb formed : preposition + vrb, verb + verb, adjective + verb, and noun + verb.

Table 2.5 : The Structure Variations of Compound Verb

Verb – Verb	Noun – Verb	Adjective – Verb	Preposition – Verb
Slam dunk	Sunset	Open – minded	Understand

Take off	Sunrise	Whitewash	Overtrain
Stir – fry	Hand-wash	Dry – clean	Overcome

c. Compound Adjective

Bauer (2004: 209) stated that “compound adjective is formed by several lexical categories and a large number of different patterns”.

According to McCarthy & O’Dell (1994:24), “compound adjective is defined as an adjective which is created by two elements and it is usually written in a hyphen”. For example *never-ending, long-terms, and well-known*

Katamba (1993 : 306) said that compound adjectives in English might be contained a noun followed by an adjective, an adjective followed by an adjective, a preposition followed by an adjective.

Table 2.6 : The Stucture Variations of Compound Adjective

Noun – Adjective	Adjective – Adjective	Preposition – Adjective
Homesick	Cold – blooded	Outspoken
egg-shaped	Good – Natured	Underfull
World-wide	Free – Handed	Overactive

10. The Types of Meaning of Compoun Word

According to Fromkin, Rodman, Hymas (2009: 62), compound words has the meanings that are not entirely consistent because several of them are idiomatic”. It means that the meaning of a compound is not always derived from the meaning of its parts or its free morphemes. For

example is a compound noun *Honeymoon*. It is not mmon teased like honey, but it is a vacation for a newlywed after getting married. The meaning of compound noun *Honeymmon* is not related by its element. The first element is *haney* that meant some liquid produced by bee. *Moon* is the second elemet that means the natural satelite of a planet. Lingistically, Based on the meaning, compound words are devided in two categories. There are Endocentric compounds and Exocentric compounds.

Katamba (1993: 304) said that there are two kinds of headedness in compound: headed compounds and headless compounds. Headed compounds are called as endocentric compound and headless compounds are called as exocentric compound.

a. Endocentric Compound

Katamba (1993: 305) explained that “endocentric compounds are the most compounds in English, then they has a head. In such compound, normally the head element appears as the right-hand most constitient of the words. It meant that the maaning of the compound word could be detected by its head. Lieber (2009:48) said that in endocentric compounds, the referent of the compound was always the same as the referent of its head. Therefore, if a compound word had a head that clearly denoted the meaning of the compound word itself and the location of the nead was usually on the right, it was termed endocentric. This type of compound was also called a right-headed endocentric compound”.

“Even if there are two lexemes as a subject in compounding, the relations holding between them are not indentical in every instance. Certainly, a modifier + head contruction is the most common structure in compound word. It looked in virtually all instance mentioned thus far. If the function of the two elements is not equivalent and the modifier is structurally subordinated to the head, this type of compound is called endocentric. The whole contraction of this compound is often paraphraseable as a kind of sometimes when the semantic relations are not

simply paraphraseable as „a kind of“. A major intellectual effort had to be taken to avoid the ambiguity of the entire meaning” (Owning to Syzymanek, 1989: 48-49).

For example, *Airplane* which contains two morphemes. They are *Air* (The apparently open space above the ground) which acted as modifier and *Plane* (Kind a vehicle which can fly using its engine and has a big size with two wings) which set as head of the compoun. The endocentric compound *Airplane* was formed by combining of two elements and it also brought a new meaning. *Airplane* meant a plane that trips trough the air. By seeing the compound *Airplane* can be proved that the head (right morpheme) denotes the meaning of the compound itself.

b. Exocentric Compound

Katamba (1993) explained that “exocentric compounds are a compound with no head. This type of compound do not have an element that funtcion as the semantic head. This compound is modified by the non head element”. “Compound might be termed by as exocentric when the referent of the compound as a whole is not the referent of the head (Lieber, 2009:48)

Based on explanations above, the researcher takes a conclusion that exocentric compound is a compound that can be predicted by the head or the modifier. For example is *Butterfly*. The meaning of *butterfly* can not be preducted by seeing the elements *butter* and *fly*. *butter* means a pale yellow cream that is usually used in cooking. *Fly* means a travels through the air. *Butterfly* means a kind of insect which has beautiful wings used for flying.

In addition, (Altakhaineh, 2016) explaines “to distinguish compound from the phrase could be analyzed in several ways. They are modification and insertion. Modification was a test to distinguish wheter the datum was a compound or phrase by seeing the elements. This test could be applied if a graduable adjective become the first element and the second elemet of the compound was a noun”. For intance, the word *very* was not possible to

modify an adjective that was a part of a phrase. Such as a *very black bird* can be said to clue a bird that has black color. But it was not possible to say *a very blackbird* if it was pointing at the genus *Agelaius*.

“The insertion method can be applied to distinguish compounds from phrases. “Certainly the most reliable of these was inseparability criterion: a complex form was a compound (as opposed to a phrase) if no other element could be inserted between the two constituents. While its possible to insert another word into the phrase *black bird*.e.g. *black ugly bird*, no such insertion was permitted with the compound *blackbird*. Ugly can only modify the compound as a whole: *ugly blackbird*” (Lieber, 2009: 13).

B. Muscle Myths: 50 Healths and Fitness Mistakes You Don't Know You're Making

1. The content of the book
 - a. About the Author
 - b. You have been lied to, and it time to learn the truth
 - c. The war against BS and Brosciene
 - d. Section one: Weightlifting Myths
 - e. Section two: CardioMyths
 - f. Section tree: Diet and Nutrition Myths
 - g. Section four: Supplement Myth
 - h. Section five: Lifestyle Myth
2. The book review

The book that was writen by Michael Matthews contained information about how to do diet and fitness correctly. This book has published since 2012 by Oculus inc. The Author wrote this book because he was always having wrong experiences in doing exercise. He also thought that his genetic affcted his muscle growth and he was almost

desperate for having a body shape of his dream. This book also gave solutions that might be different from other magazines or trainers. The author educated the readers to build their muscle in the natural way. Because the usage of steroids, drugs, and unhealthy diet are definitely not suggested by the author.

The author used a scientific approach to break down his knowledge about fitness and diet. He was also going to open the reader's mind about a bunch of myths and bogus claims in the world of fitness. The readers would not find a lot of movement pictures or complex advice about diet, they would find the author's guidance for training and having nutrition in the smart ways. The author's experiences would help the readers to get an ideal body weight.

In the end of the book which was entitled "*Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making*", the readers were going to know that the body and the physiology were related to each other. It was important to understand about this knowledge because it was going to put people who wanted to do exercise to achieve an ideal body shape more easily, faster, and enjoyably than ever before.

C. Previous Study

There were some previous studies related to the topic of compound words. The first was by Denise Sheila Noumianty from Islamic University Syarif Hidayatullah Jakarta with the title "*An Analysis of Compound Words on Culinary Terms in Masterchef U.S. Season 7 (2016)*".

This research investigated the compounding process on the food terms in *Masterchef Season 7* (2016). By using a descriptive qualitative method, the researcher described the type and the meaning of compound words. The theories that were used to analyze the compound word process were Rochelle Lieber theory combined with Ingo Plag theory. To analyze the meaning of compound words, the researcher used Stephen Ullman theory.

The researcher got 15 food terms used in the cooking competition *Masterchef U.S. season 7* for the last five episodes. The result that was chosen of 15 menu names in the analysis was 12 attributive compound, 2 subordinative compound, and 1 subordinative compound. Based on wordstess, the result was 10 culinary terms classified as noun compound, 3 as adjective compound, and 2 as verb compound. The researcher also categorized the meaning of compound word. The result was 13 data as transparent meaning and 2 data as opaque meaning.

The second study was created by Toni Kurniawan from The Faculty of Teacher Training and Education Muhammadiyah University of Surakarta entitled "*An analysis of Compound Words Used in Information Technology Facilities (Semantic Approach)*" (2008). This research investigated the language used in the manual book of mobilephone and Microsoft XP. The focus of the research was the usage of compound words. This research used the O'Grady and Dobrovolsky's theory and Palmers's theory. The writer used descriptive qualitative in his research method. To collect the data, the researcher finished by reading and collecting the data. There were several steps to analyze the data. The form of compound words were analyzed in several steps. The first was analyzing by using the tree diagram, then analyzing the type, and the last analyzing in paraphrasing.

To analyze the meaning, the steps were : using the characteristic of the meaning, making decision of litteral meaning, classifying the meaning into opaque and transparent meaning. The result of the research, the researcher found 27 data from two manual books of mobilephone and Microsoft XP. There are the result :, 1) Compound nouns was the most common compound forms with 19 data, then compound adjective was with 5 data, and compound verb was 3 data. 2) The most compound meaning were: transparent meaning with 20 data, the rest was opaque meaning with 7 data.

The thrid study was written by Oiza Ayu Septiani from the Departement of English Letters Faculty of Letters, Sanata Dharma University of Yogyakarta entitled "*English Exocentric and Endocentric Compound Words Found in Beauty Within's Youtube Videos*" (2021). The object of this research was to analyze the

compound word formations in Beauty Within's selected YouTube videos. And then the researcher was going to explain the type of meaning of compound words that had been found in the selected videos.

The research chose three selected Youtube videos of Beauty Within. The result is that the researcher identified 180 compound words. There were 159 compound nouns, 15 compound adjectives, and 6 compound verbs in syntactic classification. Then in the semantic classification, the researcher found 140 endocentric compounds and 40 exocentric compounds.

The last study was a journal article entitled "*Compound Word Used in Stephenie Meyer's Twilight*" written by Cahyanti (2016). The study was to discuss the compound words that appeared in Stephenie Meyer's *Twilight*. The focus of the study was to analyze the orthographic types, functions and meanings of the compound word used in Stephenie Meyer's *Twilight*.

The researcher found 253 compound words identified in a novel consist of 5 open form compounds, 65 hyphenated form compounds, and 183 closed form compounds. Based on the function of the compounds, 173 compounds were functioning as nouns, 13 were functioning as verbs, and 67 were functioning as adjectives. Then, referring to its contextual meanings, 140 compounds were categorized as exocentric and 113 compounds were categorized as endocentric.

D. Framework of the Research

Language was one of the important elements in society. People use language to express their feelings and ideas. Language was a clearly important aspect to build communication. By using language people can communicate each other. Language could also be used to convey information. The information could be found in a media. For example was a book. People could find information by reading a book.

In this research, the researcher analyzed a book that contained fitness terms entitled "*Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making*" by Michael Matthews. The researcher focused on compound words of

fitness terms. Compound words was a word that consisted of two or more bases, roots, or steams. For example: *Workout, Six-pack, and Deadlift.*

The researcher analyzed the types of formation and types of meaning of compound words which were found in book entitled “*Muscle Myths: 50 Health & Fitness Mistakes You Don’t Know You’re Making*” By Michael Matthews.

In order to find solution of the first problem, the compound words theories from morphology were absolutely required by the researcher. The researcher was guided by several theories to analyze each of the compound word from the object of the study : the book entitled “*Muscle Myths: 50 Health and Fitness Mistakes You Don’t Know You’re Making*”.

The first problem statement in this research was what are the types of formation of compund words of fitness terms found in Michael Matthews’s book entitled related “*Muscle Myths: 50 Health & Fitness Mistakes You Don’t Know You’re Making*”. The researcher focused on three compound word formation. They were Compound noun, compound,verb, and compound adjective. Then the researcher analyzed and discussed all of them. The researcher explained the process of compound word formation.

The second problem was what are the 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*”. The researcher discussed related the meaning of compound words. The theories above were required by the reseacher to solve the problem. The researcher made a categorization based on the meaning of the compounds. There were exocentric compound and endocentric cimpound.