

**WORD FORMATION PROCESSES OF REGISTERS USED IN
DUNIAFITNES.COM NEWSLETTER**

THESIS

**BY
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**STUDY PROGRAM OF ENGLISH
DEPARTMENT OF LANGUAGES AND LITERATURE
FACULTY OF CULTURAL STUDIES
UNIVERSITAS BRAWIJAYA
2013**

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**Presented to
Universitas Brawijaya
In partial fulfillment of the requirements
for the degree of Sarjana Sastra**

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2013

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ABSTRACT

Yari Fahmawati, 2013. **Word Formation Processes of Registers Used in *Duniafitnes.com Newsletter***. English Study Program, Universitas Brawijaya. Supervisor: Ismarita Ida Rahmiati; Co-supervisor: Didik Hartono.

Key words: word formation processes, registers, newsletter.

Human being as an individual and social creature cannot communicate or interact with other people without using language as an instrument. Language not only functions as a communication tool, but also functions as a special feature from the social existence. Language and society are inseparable and the relationship could be seen through the effects of social factors on language and the society. People's social behavior in society can be reflected through the expression of their idea and feelings. Language exists in a number of varieties, such as dialect, style, slang, register, etc. Registers are sets of language items associated with discrete occupational or social groups. Register may occur both in one language such as utterances, public-speech, or conversation and written language such as article, editorial book and literature. In this study, the writer investigates register in written language, precisely the newsletter *Duniafitnes.com Newsletter* because in written text the writer can find and analyze the register variables clearly. From the fitness registers, the writer analyzed the word formation processes that include one of morphology aspect. The problems of this study are (1) What are the registers found in *Duniafitnes.com Newsletter*? (2) What are the word formation processes found in the registers of *Duniafitnes.com Newsletter*?

In this study, the writer is interested in analyzing word formation processes of fitness registers since word formation processes is the study of the process which is new words come into being a language (Yule, 2006). This study is aimed to investigate the the registers and meaning, and the words formation processes found in the registers of *Duniafitnes.com Newsletter* from January until April 2013. The writer uses Yule's theory (2006) to analyze the data.

This study used descriptive qualitative approach. The result of the study are 40 fitness registers found in *Duniafitnes.com Newsletter*. The word formation of fitness registers are Borrowing (40 terms), Multiple Processes (12 terms), Compounding (10 terms), Acronym (1 term) and Derivation (1 term). The writer found that Borrowing is the most dominant process used.

The result of the study is expected to give significance to the next researchers who are interested in studying the same area. to take another popular sports beside fitness that might find the registers.

ABSTRAK

Yari Fahmawati, 2013. **Proses Pembentukan Kata pada Register di Newsletter *Duniafitnes.com***. Program Studi Sastra Inggris, Universitas Brawijaya: (I)

Ismarita Ida Rahmiati, (II) Didik Hartono.

Kata kunci: proses pembentukan kata, register, newsletter.

Manusia sebagai individu dan makhluk sosial sangat tidak mungkin untuk tidak menggunakan bahasa sebagai alat untuk berkomunikasi dan berinteraksi dengan orang lain. Bahasa tidak hanya berfungsi sebagai media komunikasi, tetapi juga berfungsi sebagai fitur khusus dalam kehidupan sosial. Bahasa dan masyarakat merupakan komponen yang tidak dapat dipisahkan dan hubungannya bisa dilihat melalui efek dari faktor sosial pada bahasa dan masyarakat itu sendiri. Tingkah laku manusia pada masyarakat menggambarkan ekspresi dari ide ataupun perasaan mereka. Bahasa terdiri dari beberapa jenis, seperti dialek, gaya bahasa, logat, register, dan sebagainya. Register adalah bentukan dari bahasa yang mempunyai ciri-ciri tersendiri berdasarkan pekerjaan atau kelompok sosial. Register bisa terjadi pada ucapan, pembicaraan umum, atau percakapan. Bisa juga terjadi pada bahasa tertulis seperti artikel, buku dan karya sastra. Pada studi ini, penulis meneliti tentang register yang ada di bahasa tertulis, yaitu di newsletter *Duniafitnes.com*. Dalam newsletter ini, penulis bisa menemukan dan menganalisis jenis-jenis dari register tentang fitnes secara jelas. Dari register fitnes tersebut, penulis menganalisis proses pembentukan kata yang termasuk dalam aspek morfologi. Masalah yang dibahas dalam studi ini adalah (1) Register apa yang ditemukan di newsletter *Duniafitnes.com*? (2) Jenis pembentukan kata apakah yang digunakan dalam register di *Duniafitnes.com*?

Dalam studi ini, penulis tertarik untuk menganalisa proses pembentukan kata pada register karena proses pembentukan kata adalah studi dari proses istilah-istilah baru yang berubah menjadi bahasa (Yule, 2006). Tujuan dari studi ini adalah untuk meneliti tentang register fitnes dan artinya, dan juga proses pembentukan kata yang ditemukan di newsletter *Duniafitnes.com* dari edisi Januari sampai April tahun 2013. Penulis menggunakan teori dari Yule (2006) untuk menganalisa data.

Studi ini menggunakan pendekatan kualitatif. Hasil pada studi ini ditemukan 40 register tentang fitnes pada newsletter *Duniafitnes.com*. Jenis dari proses pembentukan kata tersebut adalah Borrowing (40 kata), Multiple Processes (12 kata), Compounding (10 kata), Acronym (1 kata) and Derivation (1 kata). Borrowing merupakan proses pembentukan kata yang paling dominan digunakan.

Hasil dari studi ini diharapkan dapat memberikan manfaat untuk peneliti selanjutnya yang tertarik untuk mempelajari pada area yang sama. Penulis berharap peneliti selanjutnya untuk mengambil obyek dari hobi lain selain fitnes.

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The writer

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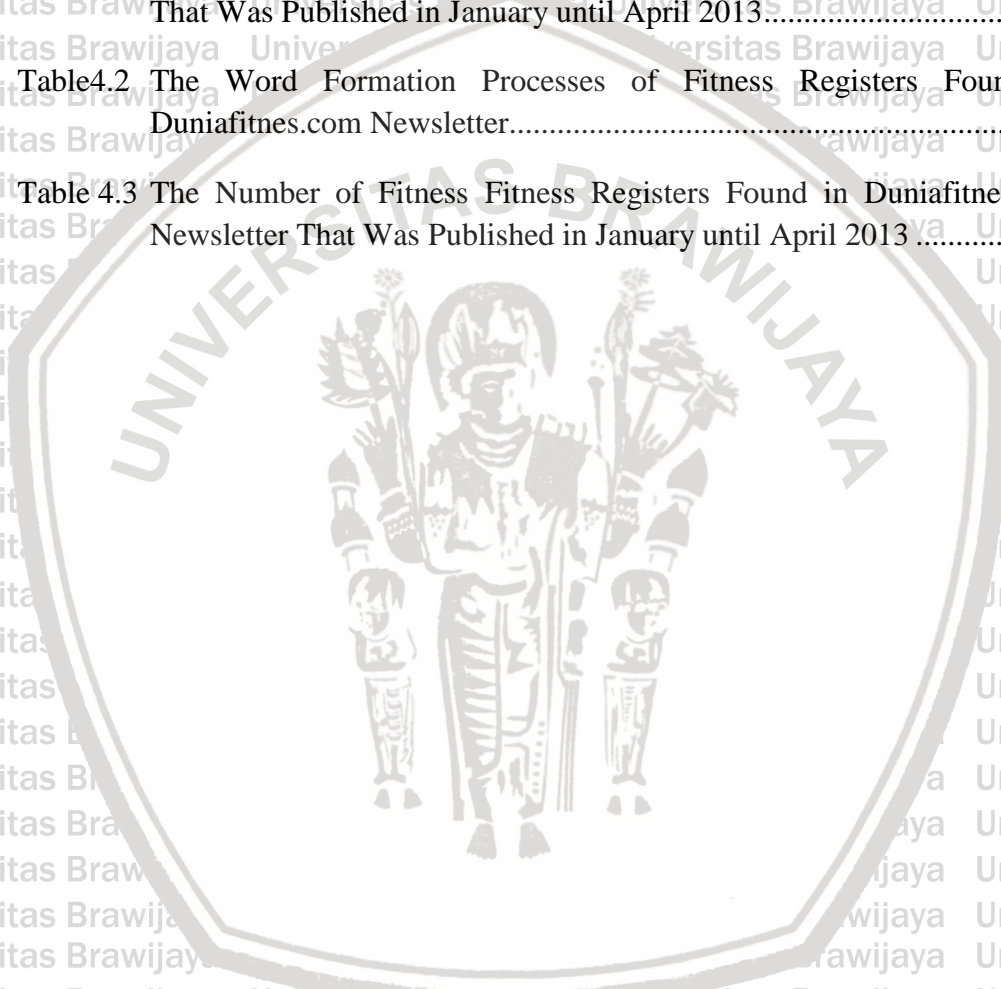
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CHAPTER I

INTRODUCTION

This chapter covers background of the study, problems of the study, objectives of the study and definitions of key terms.

1.1 Background of the Study

Human being as an individual and social creature is impossible to communicate or interact with other people without language as an instrument.

Wardhaugh (2006, p.1) says “When two or more people communicate with each other in speech, we can call the system of communication that they employ a code. In most cases that code will be something we may also want to call a language”. Language not only functions as a communication tool, but also functions as a special feature from the social existence. Language and society are inseparable and the relationship could be seen through the effects of social factors on language and the society. People’s social behavior in society can be reflected through the expression of their idea and feelings.

Language exists in a number of varieties, such as dialect, style, slang, register, etc. Therefore, people who have different social, educational, and cultural background talk to each other in different ways. The differences may come about in dialect, speed, intonation, volume (loud or weak) or vocabulary. Some words are unique and have special meaning for a particular community therefore it can be difficult to be understood for common people. Registers are sets of language

items associated with discrete occupational or social groups. Surgeons, airline pilots, bank managers, sales clerks, jazz fans, and pimps employ different registers (Wardaugh 2006, p. 52). Then Fromkin et al. (1996, p. 312) says that register is the term used for a variety of language determined by subject matter. Most typically, a switch into a particular set of word associated with the topic at hand.

In conclusion, register can be stated as a secret language to exclude the outsiders of the community. It means that register cannot be separated from the community to be as an identity of the group without which the community will not have special characteristics.

Register may occur both in one language such as utterances, public-speech, or conversation and written language such as article, editorial book and literature. In this study, the writer investigates register in written language, that is the newsletter *Duniafitness.com Newsletter* because in written text the writer can find and analyze the register variables clearly.

In learning registers, we will find some studies about language; one such study is morphology. Morphology is “the study of morphemes and their arrangements in forming words. Morphemes are the minimal meaningful units which may constitute words or parts of words, e.g re-, de-, un-, -ish, -ly, -ceive, -mand, tie, boy, and like in the combinations receive, demand, untie, boyish, likely.” (Nida 1982, p. 1). From the fitness registers, the writer analyzes the word formation processes which constitutes one of morphology aspect. Here, the writer uses the theory of word formation processes by George Yule (2006) because the

writer assumes that the theory of George Yule simpler than another theory such as from Akmajian, Brown and Attardo, etc.

Fitness is part of exercises which done regularly and periodically to form the physical body and muscles in order to maintain the vitality of body. The right *supplements* and proper nutrition will help the performer to reach the *fitness* goals.

Nowadays, fitness being a life style and hobby for some people. Fitness can be one option of sport that people can do almost every day. In particular, people in fitness field start to use and create a new meaningful language related to fitness activities.

Fromkin et al. (1996, p. 324) describe:

Just as the use of some words may reflect society's views toward sex, natural bodily functions or religious beliefs, so also some words may reflect racist, chauvinist, and sexist attitude in society. The language itself is not racist or sexist, but reflects these views of various sectors of a society. Such terms, however, may perpetuate and reinforce biased views, and be demeaning and insulting to those addressed. Popular movements and changes in the institutions of society may then be reflected by changes in the language.

From the description above, the writer can conclude that the development of language can be influenced by the society or the user of the language based on the activity that they use. The development of the language itself can be about the

vocabulary. It means that fitness has its own vocabulary related to its activities.

Those new vocabulary is called registers.

Duniafitness.com Newsletter is one of newsletters that includes information about exercises, lifting load guide, diet and all about fitness information. It is a comprehensive and trusted newsletter about fitness

(<http://gurubisnisonline.com/duniafitnesscom-info-terlengkap-dan-terpercaya-seputar-fitness-dan-kesehatan/>). We can get the information on *Duniafitness.com* from the website (<http://duniafitness.com/>) or the newsletter that publishes once or sometimes twice in a month. *Duniafitness.com* can be a good source of fitness information since the content has given a great contribution by giving much information and knowledge about fitness in its article. This newsletter always gives the most up to date tips about fitness. People can get this newsletter free in almost all fitness center/gym around Indonesia (DennySantoso.com). So, the writer concludes that this newsletter has inspired many people who want to learn more about fitness to do the exercise. The writer takes only fitness registers from eight articles of *Duniafitness.com Newsletter* in January until April 2013 editions because this is the newest edition and there are some up to date information about fitness guide.

The writer analyses the registers found in *Duniafitness.com Newsletter* because there are fitness terms that the reader may not understand the meaning.

The writer lists the registers and then finds out the meaning of it. Hopefully it can make the reader understand more about the meaning of the terms. The data of the

study are written in Bahasa Indonesia because the newsletter is published in Indonesia and its reader are mostly are Indonesians.

Thus, since this study is intended to discuss the word formation processes in the registers used in *Duniafitnes.com Newsletter*, the writer titles her study as “Word Formation Processes of Registers Used in *Duniafitnes.com Newsletter*”. It is expected that this study will give more understanding about word formation processes and the meaning of fitness registers. This study can hopefully be used as an additional reference for further researchers who are interested in conducting a study about registers.

1.2 Problems of the Study

Based on the background of the study above, the problems of the study are formulated as follows:

- a. What are the registers found in *Duniafitnes.com Newsletter*?
- b. What are the word formation processes found in the registers of *Duniafitnes.com Newsletter*?

1.3 Objectives of the Study

The objectives of this research are:

- a. To find out the registers found in *Duniafitnes.com Newsletter*
- b. To describe the word formation processes found in the registers of *Duniafitnes.com Newsletter*

1.4 Definition of Key Terms

There are four definitions of key terms that are related to this study, they are:

a. **Register** are sets of language items associated with discrete occupational or social groups (Wardaugh 2006, p. 52).

b. **Word formation processes** is the study of the processes whereby new words come into being in a language (Yule 2006, p. 52)

c. **Fitness** is part of exercises which done regularly and periodically to form the physical body and muscles in order to maintain the vitality of body. The right *supplements* and proper nutrition will help the performer to reach the *fitness* goals.

d. **Duniafitnes.com Newsletter** is a fitness newsletters that contains of information about exercises, supplement information, workout guide, diet and all about fitness information. The author is Denny Santoso who is a fitness expert who has 13 years experience in Indonesia Fitness Industry.

CHAPTER II

REVIEW OF RELATED LITERATURE

In this chapter there are four theories related literatures that will be discussed and explained. Those theories are sociolinguistics, register, word formation processes, and definition of *Duniafitnes.com Newsletter* and previous study underlying this study.

2.1 Sociolinguistics

Yule (2006, p. 205) emphasizes that “The term sociolinguistics is used generally for the study of the relationship between language and society”. Then, Wardhaugh (2006, p. 13) states that sociolinguistics is concerned with investigating the relationships between language and society with the goal being a better understanding of the structure of language and of how languages function in communication. Moreover, Chambers (2002, 2003 cited in Wardhaugh 2006, p. 15) emphasizes that sociolinguistics is that branch of linguistics which studies just those properties of language and languages which require reference to social, including contextual, factors in their explanation. Moreover Hudson (1996, cited in Wardaugh 2006, p. 13) describes the definition of sociolinguistics is the study of language in relation to society.

Based on the definition related to sociolinguistics above, it can be concluded that sociolinguistics is the branch of linguistics studies that helps us to understand the society from language perspective. Moreover, sociolinguistics is

the study of language in relation to society. In other words, in sociolinguistics we study language and society in order to find out as much as we can about what kind of thing language is.

2.2 Register

In sociolinguistics, a register is a variety of a language used for a particular purpose or in a particular social setting. As with other types of language variation, there tends to be a spectrum of registers rather than a discrete set of obviously distinct varieties – there is a countless number of registers that could be identified, with no clear boundaries. Discourse categorization is a complex problem, and even in the general definition of "register" given above (language variation defined by use not user), there are cases where other kinds of language variation, such as regional or age dialect, overlap. Ferguson (1994 cited in Wardhaugh 2006, p. 60) says, 'People participating in recurrent communication situations tend to develop similar vocabularies, similar features of intonation, and characteristic bits of syntax and phonology that they use in these situations.' This kind of variety is a register.

Wardhaugh (2006, p. 52) states that register is another complicating factor in any study of language varieties. Registers are sets of language items associated with discrete occupational or social groups. Surgeons, airline pilots, bank managers, sales clerks, jazz fans, and pimps employ different registers. It is used for the purpose of not letting the meaning of other to understand, to show the identity of the group that becomes a special characteristic of the group it self, and

to establish the relationship between in-group membership. In conclusion, register is a way to express the feeling of the community and also to have their on specific language.

2.3 Word Formation Processes

There is a correlation between those new terms of registers with word formation processes theory, since word formation processes is the study of the process which is new words come into being a language as stated by Yule (2006, p. 52)

The writer uses word formation theories by Yule since the process of becoming the register is related to the structure and that is included in a linguistic.

Yule (2006, p. 52) describes that word formation processes is the study of the processes which is new words come into being a language. Yule divides English word formation into coinage, borrowing, compounding, blending, clipping, backformation, conversion, acronym, derivation and multiple processes.

2.3.1 Coinage

Yule (2006, p. 53) states that coinage is the invention of totally new terms. The process of coinage usually involves the addition of a product name which become general terms (without initial capital letters).

For example: *xerox, aspirin, nylon and zipper*

2.3.2 Borrowing

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Yule (2006, p. 54) states that borrowing is the taking over the words from other languages. Further, Brown and Attardo (2006, p. 31) says that “languages in contacts borrow words from each other. It maybe that one language does not have a word for a new product or concept”.

For example: *alcohol* is taken from *Arabic*, *boss* is taken from *Dutch*, *piano* is taken from *Italian*

2.3.3 Compounding

Yule (2006, p. 54) states that compounding is a joining of two separate words to produce a single form. Further, Brown and Attardo (2006, p. 30) argues that compounding is another techniques is that of putting two old words together to make a new one.

For example: *book* and *case* are combined to produce *bookcase*, *finger* and *print* are combined to produce *fingerprint*

2.3.4 Blending

Yule (2006, p.55) describes that combining of two separate forms to produce a single new terms also presents in the process called blending. Further, Brown and Attardo (2006, p. 30) say that “new words can also be created by the blending of two existing words.

For example: *brunch* (from *breakfast* and *lunch*), *edutainment* (from *education* and *entertainment*), *motel* (from *motor* and *hotel*)

2.3.5

Clipping

Yule (2006, p. 55) states that the element of reduction that is noticeable in blending is even more apparent in the process described as clipping. Then, Brown and Attardo (2006, p. 30) says that “new words can be constructed by shortening a longer word”.

For example: *humb* from (<hamburger), *mike* from (<microphone), *cab* from (<cabriolet)

2.3.6 Backformation

Yule (2006, p. 56) states that backformation is known as a very specialized type of reduction process. Brown and Attardo (2006, p. 30) argue that new words are unconsciously created by speaker when they no longer analyze a word in its constituent morphemes and instead break it down according to the way it “looks”.

For example: *donate* from *donation*, *opt* from *option*, *emote* from *emotion*

2.3.7 Conversion

Yule (2006, p. 56) states that conversion is the changing function of a word, for example, when a noun comes to be used as a verb (without any reduction).

For example: the word *paper* as a noun comes to be used as a verb as in the following sentence; *He's papering the bedroom walls*

2.3.8

Acronyms

Yule (2006, p. 57) states that acronyms are some new words formed from initial letters of a set of words. Then, Brown and Attrado (2006, p. 30) stated that acronym are different from abbreviations in that acronyms used initial letters of words or parts of words.

For example: Strategic Arms Limitation Talks give *SALT*, Global Horizontal Sounding Technique give *GHOST*.

2.3.9

Derivation

Yule (2006, p. 58) divides affixes into two kinds as follow:

1.

prefixes and suffixes

Prefixes are bound morphemes that occur before a base, whereas suffixes are bound morpheme that occur after a base. For instance: *mislead* has prefix, *disrespectful* has both prefix and suffix, and *foolishness* has two suffixes.

2.

infixes

The term suggests bound morphemes that have been inserted within a word. In brief, infixes are accomplished by inserting affixes inside another word. For example: *unfuckingbeliveable!*

2.3.10 Multiple processes

Yule (2006, p. 58) states that multiple processes is to trace the operation of more than one process at work in the creation of a particular word.

For example: the term becomes a common American English expression via a process of first 'borrowing' *delicatessen* (from German) and then 'clipping' that borrowed form.

2.4 Duniafitnes.com Newsletter

Duniafitnes.com Newsletter is a of newsletters composed by Denny Santoso who is a fitness expert who has 13 years experience in Indonesia Fitness Industry. This newsletter contains of information about exercises, supplement information, workout guide, diet and all about fitness information. This newsletter is published once or sometimes twice a month. This newsletter hopefully can help many people with all of the important information.

2.5 Previous Studies

Before starting to write this study, the writer has conducted a library research. Based on the result of observation, the writer found some studies which were relevant to her study. The writer took two thesis, the first one is from Risna

(2012) entitled “A Study on Registers Used by Oriza FM Radio Community at The University of Brawijaya”, then the second Whina Anugraheni Maharani (2012) entitled “Word Formation Processes of Photography Jargon in Digital Camera World Magazine”. These studies will be used as references in this study.

In her study, Risna (2012) tried to identify register used by Oriza FM radio community in the University of Brawijaya. After that she find out the meaning of it. She used the theory of register by Wardaugh (2006). The data of her study are the connotation terms of registers used by Oriza FM radio community in the broadcasting program. Then the finding of her study are the denotation meaning of registers used by Oriza FM radio community in the broadcasting program. After she found the denotation meaning, she analized the meaning of the registers itself based on the explanation in the interview, the books related to the radio, the dictionary and website.

Then, the second previous study is from Whina Anugraheni Maharani (2012) entitled “Word Formation Processes of Photography Jargon in Digital Camera World Magazine”. In her study she tried to identify what are the jargons used in Digital Camera World magazine. Then, she found the meaning of those register and finally analyzed the word formation processes used in the jargon.

Whina used the theory of word formation processes by Akmajian and Brown and Attardo. The data of her study are the photography jargons used in Digital Camera World Magazine.

The similarity between the writer’s study and Risna’s is that of the studies discussed registers from the theory of registers by Wardaugh (2006). The writer

concern in analyzing the word formation processes. Both of the studies also analyzed the meaning of the registers by interview and check in the related book and dictionary. This study use document analysis since the writer analyzed the registers found in *Duniafitnes.com Newsletter*, but Risna's did an obserservation to find out the registers used by Oriza FM radio community. In Risna's study, the data of the study concern on the connotation terms of registers that found in broadcasting program. Then she analyzed the denotation meaning of the terms. Meanwhile, the finding of the writer's study concern on the registers, the meaning and the word formation processes used in the registers itself.

Compared to Whina's, her study helps the writer understand how to analyze and classify the word formation processes althought both studies have different object, that are jargon and register. Whina used the theory of word formation processes by Akmajian and Brown and Attardo meanwhile the writer use the theory from George Yule (2006). Both of the studies also take document analysis since Whina analyzed Digital Camera World magazine and the writer analyzes *Duniafitnes.com Newsletter*. The data of both study are same, those are from document analisis. The different is Whina find out the photography jargons used in Digital Camera World Magazine and the writer find out the fitness registers in the articles of *Duniafitnes.com Newsletter*. In both studies, the analisis of the data are same that are describe the meaning of the terms and then identify the terms based on the theory of word formation processes.

Based on the description above, the writer assures that her thesis with the title “Word Formation Processes of Registers Used in *Duniafitnes.com Newsletter*” has not been previously dealt by other writers.



CHAPTER III

RESEARCH METHODS

In this chapter discusses about the type of research, data source, data collection and data analysis that the writer conduct in her study.

3.1 Type of Research

This study is qualitative. The writer conducted qualitative research since the study is collecting the form of words of registers used on *Duniafitnes.com Newsletter*. Ary et al. (2002, p. 422) say “qualitative inquiry seeks to understand human and social behaviour from the “insider’s” perspective—that is, as it lived by participants in a particular social setting (for example, a culture, school, community, group, or institution)”.

The type of the research is descriptive qualitative since the writer described the meaning of the registers and the word formation processes used on *Duniafitnes.com Newsletter*. The analysis of this research is document analysis because the writer analyzed the text as the data from *Duniafitnes.com Newsletter*.

Ary et al. (2002, p. 442) say that “content or document analysis is a research method applied to written or visual materials for the purpose of identifying specified characteristics of the material. The materials analyzed can be textbooks, newspaper, speeches, television programs, advertisements, musical compositions, or any of host of other types of documents”.

3.2 Data Source

The data source of this study is the fitness registers found in *Duniafitnes.com Newsletter* that was published from January until April 2013.

The writer choosed this edition since this edition is the newest edition that introduced the up to date fitness techniques. *Duniafitnes.com Newsletter* consists of some articles such as health information, healthy recipe, suplement information and workout guide. The writer used eight articles of *Duniafitnes.com Newsletter* that was published from January until April 2013. The writer choosed two column in every edition of newsletter, those are in the column of *suplementasi* and workout guide. *Suplementasi* column is an article that tells about the nutrition content of suplement and the information about what suplement that advise to consume. Then workout guide is an article that describes the technique of fitness exercises. The writer choosed those two column of articles because she assumed that she could find various fitness registers that may be needed by readers.

Hopefully it can help the readers to understand the meaning of the registers.

3.3 Data Collection

In this study, the writer formulated some steps to collect the data. The writer did the following steps:

1. Found the newsletter used as the source of the data in the study.
2. Choosed the articles of the newsletter. The writer used eight articles of

Duniafitnes.com Newsletter that was published from January until April 2013. The writer choosed two articles in every edition of newsletter, those

are in the column of *suplementasi* and workout guide. The writer choosed those two column because she assumed that she will find more various fitness registers.

3. Read the whole texts of the eight articles of *Duniafitnes.com Newsletter* that was published in January until April 2013.

4. Identified the register used in the texts. The writer consulted the expert of fitness to decide the words as fitness registers or not. They are three fitness personal trainers who have more than 3 years experince as personal trainer.

3.4 Data Analysis

Data analysis is the process to find out the answer to the problems of the study. In analyzing the data, the writer followed several steps:

1. Listing the Fitness Registers and Looking at the Meaning

The first step in analyzing the data is listing the fitness registers from the two articles of *Duniafitnes.com Newsletter* that was published in January until April 2013.

Then, the writer looked at the meaning of the fitness registers.

There are some steps in identifying the meaning of fitness registers:

a. Identifying the meaning of derived words of fitness registers found in *Duniafitnes.com Newsletter* by using related fitness book. That is *Body for Life* (1999). *Body for Life* is a book about 12 week nutrition and exercise program created by Bill Phillips. *Body for*

Life is a one of ten bestselling books about fitness in about.com version (Exercise Books.htm). Bill phillips is an American entrepreneur, fitness expert, former competitive bodybuilder and owner of EAS, a manufacturer of nutritional supplements. He is also an author of some books about fitness and exercises such as

Body for Life, Eating for Life and Transformation: The Mindset

You Need. The Body You Want. The Life You Deserve. The writer

chooses this book since it explains the meaning of fitness registers.

It also contains fitness terms glossary. It helps the writer to find the meaning of the registers easily.

- b. Interviewing three knowledgeable persons about fitness. They are fitness personal trainers in Malang who have known about fitness and have more than 3 years experience as personal trainer. The writer assumed by having training in more than three years, the fitness personal trainers may understand some of the registers meanings used in fitness communication. The writer visited UB Sport Club House as the location of the fitness personal trainers. The writer asked some questions about the meaning of fitness registers to them by giving questionair.

The writer list and look at the meaning of fitness registers by using the following table:

Table 3.1 The Example of Table To List and Look at The Meaning of Registers

No.	Edition / column	Sentences	Registers	Registers (English)	Meaning

2. Classifying and Discussing the Fitness Registers Based on Word Formation Processes

After listing and identifying the meaning of the registers, the writer classified the data into the group of word formation processes based on Yule's theory. The writer classified the data into the group of word formation processes by using the following table:

Table 3.2 The Example of Table To Group Based on Word Formation Processes

No.	Edition / column	Fitness registers	Word Formation Processes

After grouping the registers on word formation processes according to the Theory of George Yule, the writer analyzed the word formation processes found in *Duniafitnes.com Newsletter*. The writer discussed the registers based the group of word formation processes.

3. Drawing conclusion

The writer draw the conclusion based on the data analysis and the result of the discussion.



CHAPTER IV

FINDING AND DISCUSSION

This chapter discusses mainly the findings of the study and the explanation of the analysis. The writer elaborates this chapter into the finding and discussion.

The findings reveals the data of the study and covers data analysis. Meanwhile, the discussion covers summary and conclusion of the findings.

4.1 Findings

The findings answer the problems of this study. The first problem of the study concerns with the fitness registers found in *Duniafitnes.com Newsletter* and to analyze the meaning of the registers itself, and the second problem of the study concerns with the types of word formation of fitness registers found in *Duniafitnes.com Newsletter*. The data for this study were taken from the fitness registers found in the articles of *Duniafitnes.com Newsletter* that was published from January until April 2013. The writer take eight articles of *Duniafitnes.com Newsletter* that was published from January until April 2013. The writer chooses two articles in every edition of newsletter, those are in the column of *suplementasi* and workout guide. Here, the the writer presents table 4.1 on page 22-27 as the finding in this study.

The table of finding contains the related sentences of the articles, the register itself, the register in English and the meaning of the registers that the

writer identify by using fitness dictionary in *Body for Life* book and interviewing three fitness personal trainers in Malang as the fitness experts.

Table 4.1 Description of Fitness Registers Found in Duniafitness.com Newsletter That Was Published in January Until April 2013

No.	Edition / column	Sentences	Registers	Registers (English)	Meaning
1.	January (first edition) / suplementasi	Bagi anda yang akrab dengan dunia fitnes pasti sering mendengar tentang <u>creatine</u> .	Creatine	Creatine	Combination of some amino acyds that specifically make certain function.
2.	January (first edition) / suplementasi	Creatine Suplemen Favorit <u>Fitness</u> Mania	Fitness	Fitness	An exercises which done regularly and periodically to form the physical body and muscles in order to maintain the vitality of body.
3.	January (first edition) / suplementasi	..., entah itu dari <u>performa</u> latihannya ataupun dari ukuran ototnya.	Performa	Performance	An activity or act of performing the exercises.
4.	January (first edition) / suplementasi	Creatine adalah kombinasi dari beberapa <u>asam amino</u> yang secara spesifik membentuk fungsi tersendiri	Asam amino	Amino acyds	A groups of compounds that serve as the buildings blocks from which protein and muscle are made
5.	January (first edition) / suplementasi	Bahkan creatine merupakan salah satu <u>suplemen</u> favorit para fitnes mania.	Suplemen	Supplement	Term to use a preparation such as a tablet, pill, or powder that contains nutrients. Supplements use to help you achieve optimal nutrient intake.
6.	January (first edition) / suplementasi	Komponen pembentuk creatine adalah <u>glycine</u> , arginine, dan methionine.	Glycine	Glycine	Amino acids nonessential found as part of proteins composer and funtion as neurotransmitter inhibitoric in the system of central nerve.

7.	January (first edition) / suplementasi	Komponen pembentuk creatine adalah glycine, <u>arginine</u> , dan methionine.	Arginine	Arginine	Amino acids nonessential that found on proteins and involve in urea's cycle, changes ammonia becomes urea and in synthetic creatine.
8.	January (first edition) / suplementasi	Komponen pembentuk creatine adalah glycine, arginine, dan <u>methionine</u> .	Methionine	Methionine	Amino acids essential that naturally obtained. It is a source to methyl cluster or sulphur which needed to normal metabolism.

Table continuation

No.	Edition / column	Sentences	Registers	Registers (English)	Meaning
9.	January (first edition) / suplementasi	Begitu mencapai otot, creatine diubah menjadi <u>phosphocreatine</u> (creatine phosphate),.....	Phosphocreatine	Phosphocreatine	Energy's sources on muscle's contraction.
10.	January (first edition) / suplementasi	, yang berkontribusi pada pembentukan bahan bakar tubuh yang dikenal sebagai <u>ATP</u> (Adenosine triphosphate).	ATP (Adenosine triphosphate)	ATP (Adenosine triphosphate)	An ensim that operate the process of muscle contraction
11.	January (first edition) / suplementasi	Penganut <u>diet</u> vegetarian akan cenderung memiliki kadar creatine lebih rendah	Diet	Diet	Food and drink regularly consumed by a person, often according to specific guidelines to improve physical condition.
12.	January (first edition) / suplementasi	Jika saat ini anda sedang dalam tahap <u>bulking</u> , pada saat inilah target...	Bulking	Bulking	The process of shaping the body with muscles.
13.	January (first edition) /	... sehingga jika tidak diimbangi	Dehidrasi	Dehydration	A condition that occur because of losing too

	suplementasi	dengan banyak minum bisa memicu <u>dehidrasi</u> .			much the liquid of the body.
14.	January (first edition) / workout guide	Superset: <u>Dumbell</u> Flies dengan <u>Jumping Jack</u> Dumbell Flies	Superset	Superset	Groups of reps (lifting and lowering a weight) of an exercise after which you take a brief rest period. This exercise is combining two or more exercises.
15.	January (first edition) / workout guide	Superset: <u>Dumbell</u> Flies dengan <u>Jumping Jack</u> Dumbell Flies	Dumbbell	Dumbbell	A free weight made up of a short handle on which weight plates are plated. These are normally lifted with one arm.
16.	January (first edition) / workout guide	Superset: <u>Dumbell</u> Flies dengan <u>Jumping Jack</u> Dumbell Flies	Dumbbell flies	Dumbbell flies	Kind of exercises that focus to shape chest's muscle. This exercise usually uses dumbbell as the weight.

Table continuation

No.	Edition / column	Sentences	Registers	Registers (English)	Meaning
17.	January (first edition) / workout guide	Superset: <u>Dumbell</u> Flies dengan <u>Jumping Jack</u> Dumbell Flies	Jumping jack	Jumping jack	An exercise that focus on fat burning. This exercise needs the balance of the body.
18.	January (first edition) / workout guide	Posisi tidur diatas bangku <u>bench press</u>	Bench press	Bench press	A fitness equipment that use to train chest's muscle. This equipment kind of long seat complete with the stand to put the load.
19.	January (second edition) / suplementasi	Mengapa anda perlu <u>vitamin C</u> ?	Vitamin	Vitamins	Organic compounds that are vital to life, indispensable, to bodily function and needed in

					minute amounts. They are calorie-free essentials nutrients. Many of them function as supporting a multitude of biological functions.
20.	January (second edition) / suplementasi	Vitamin C merupakan <u>antioksidan</u> yang efektif untuk melawan radikal bebas.	Antioksidan	Antioxidants	Small compounds that minimize tissue oxidation and help control free radicals and their negative effects.
21.	January (second edition) / suplementasi	Vitamin C merupakan antioksidan yang efektif untuk melawan <u>radikal</u> <u>bebas</u> .	Radikal bebas	Free radical	A radical that has an electron without any pair.
22.	January (second edition) / suplementasi	Fungsi vitamin C selanjutnya adalah membantu <u>metabolisme</u> kolesterol menjadi asam empedu,	Metabolisme	Metabolism	The use of nutrients by the body. It's the process by which substances come into the body and the rate at which they are used.
23.	January (second edition) / suplementasi	4. Mengendalikan kadar <u>kolesterol</u>	Kolesterol	Cholesterol	A type of fat that, although most widely known as a "bad fat" implicated in promoting heart disease and stroke, is a vital component in the production of many hormones in the body.

Table continuation

No.	Edition / column	Sentences	Registers	Registers (English)	Meaning
24.	January (second edition) /	...terjadinya biosintesis molekul	Protein	Proteins	Proteins are the building blocks of muscle,

	suplementasi	kecil seperti <u>protein</u> yang disebut <u>carnitine</u> .			enzymes, and some hormones. They are made up of amino acids and are essentials of growth and repair in the body.
25.	January (second edition) / suplementasi	<u>Carnitine</u> berperan mengarahkan molekul lemak ke sel-sel jaringan di mana pembakaran lemak terjadi.	Carnitine	Carnitine	Small compounds that participate on fat acid transport in to mitochondria.
26.	January (second edition) / workout guide	<u>Side plank</u> adalah salah satu variasi latihan plank yang sangat efektif...	Side plank	Side plank	One of plank exercises variation that effectively to train the power and shape the abs.
27.	January (second edition) / workout guide	... <u>plank</u> yang sangat efektif untuk melatih kekuatan juga membentuk otot perut anda.	Plank	Plank	One of exercises to train the power.
28.	February / suplementasi	<u>Kalsium</u> plus vitamin D tak hanya untuk tulang saja.	Kalsium	Calcium	chemical element on 20 atom's number that create a hard substantion on the bones and teeth.
29.	February / suplementasi	Kalsium dan vitamin D merupakan 2 (dua) <u>nutrisi</u> penting yang selalu dikaitkan dengan kesehatan tulang dan gigi.	Nutrisi	Nutrition	Component of food that help nourish the body: that is they provide energy or serve as "building materials". These nutrients include carbohydrates, fats, proteins, vitamins, minerals, water, etc.
30.	February / suplementasi	Wanita yang lebih tua sering mengambil suplemen ini untuk menangkal penyakit tulang keropos (<u>osteoporosis</u>)	Osteoporosis	Osteoporosis	Bones abnormal thinning, it can be idiopatic or because of another diseases.

31.	February / suplementasi	...9 persen resiko kematian selama periode tiga tahun, ketimbang orang yang hanya mengonsumsi <u>pil placebo</u> .	Pil placebo	Placebo pil	Medically ineffectual treatment for a disease or other medical condition intended to deceive the recipient.
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Table continuation

No.	Edition / column	Sentences	Registers	Registers (English)	Meaning
32.	February / workout guide	<u>Afterbirth mom exercise</u>	Afterbirth mom exercise	Afterbirth mom exercise	An exercise variation that woman can do after they have their pregnancy
33.	February / workout guide	<u>Lunges</u>	Lunges	Lunges	An exercise that focus to train thigh's muscle
34.	February / workout guide	<u>Donkey kick</u>	Donkey kick	Donkey kick	An exercise that focus to train waist and back thigh's muscle
35.	February / workout guide	<u>Mummy kick</u>	Mummy kick	Mummy kick	An exercise that focus to train thigh, calf, abs and shoulder's muscle. It has the same function with cardio that is to burn the fat.
36.	February / workout guide	NB: Lakukan semua ini sebanyak 3 <u>set</u> .	Set	Set	Groups of reps (lifting and lowering a weight) of an exercise after which you take a brief rest period.
37.	February / workout guide	<u>Rest per set kurang lebih 30 detik</u>	Rest	Rest	The relaxing period of the exercises
38.	Maret / workout guide	<u>Standing zottman dumbell curl</u>	Standing zottman dumbell curl	Standing zottman dumbell curl	A biceps muscle exercises using free load, that is a pair of dumbell which is very good to shape the

					muscle of biceps.
39.	April / suplementasi	Jumlah produksi L-Carnitine dapat menurun seiring dengan bertambahnya usia, serta pada kondisi kurang mengonsumsi daging-dagingan seperti pada <u>vegetarian</u>	Vegetarian	Vegetarian	People who doing restriction of diet with forbid consume some or all food which from animal, they only consume vegetables or food which from plants.
40.	April / workout guide	<u>Bench dips</u> merupakan salah satu latihan simple yang bisa anda lakukan di mana pun...	Bench dips	Bench dips	An exercise that focus to train triceps's muscle

In this study, the writer found 40 registers that can be classified into five types of word formation processes namely acronym, borrowing, compounding, derivation, and multiple processes. Then, the word formation processes of fitness registers found in *Duniafitnes.com Newsletter* that was published in January until April 2013 are shown in the table 4.2 as the following.

Table 4.2 Word Formation Processes of Fitnes Registers Found in *Duniafitnes.com Newsletter*

No.	Edition / column	Registers	Word Formation Processes
1.	January (first edition) / suplementasi	Creatine	Borrowing
2.	January (first edition) / suplementasi	Fitness	Borrowing
3.	January (first edition) / suplementasi	Performa	Borrowing
4.	January (first edition) / suplementasi	Asam amino	Borrowing
5.	January (first edition) /	Suplemen	Borrowing

	suplementasi		
6.	January (first edition) / suplementasi	Glycine	Borrowing
7.	January (first edition) / suplementasi	Arginine	Borrowing
8.	January (first edition) / suplementasi	Methionine	Borrowing
9.	January (first edition) / suplementasi	Phospocreatine	Borrowing
10.	January (first edition) / suplementasi	ATP (Adenosine triphosphate)	Borrowing, acronym, multiple processes
11.	January (first edition) / suplementasi	Diet	Borrowing
12.	January (first edition) / suplementasi	Bulking	Borrowing, derivation, multiple processes
13.	January (first edition) / suplementasi	Dehidrasi	Borrowing
14.	January (first edition) / workout guide	Superset	Borrowing, compounding, multiple processes
15.	January (first edition) / workout guide	Dumbell	Borrowing
16.	January (first edition) / workout guide	Dumbell flies	Borrowing, compounding, multiple processes
17.	January (first edition) / workout guide	Jumping jack	Borrowing, compounding, multiple processes
18.	January (first edition) / workout guide	Bench press	Borrowing, compounding, multiple processes
19.	January (second edition) / suplementasi	Vitamin	Borrowing
20.	January (second edition) / suplementasi	Antioksidan	Borrowing
21.	January (second edition) / suplementasi	Radikal bebas	Borrowing
22.	January (second	Metabolisme	Borrowing

	edition) / suplementasi		
23.	January (second edition) / suplementasi	Kolesterol	Borrowing
24.	January (second edition) / suplementasi	Protein	Borrowing
25.	January (second edition) / suplementasi	Carnitine	Borrowing
26.	January (second edition) / workout guide	Side plank	Borrowing, compounding, multiple processes
27.	January (second edition) / workout guide	Plank	Borrowing
28.	February / suplementasi	Kalsium	Borrowing
29.	February / suplementasi	Nutrisi	Borrowing
30.	February / suplementasi	Osteoporosis	Borrowing
31.	February / suplementasi	Pil placebo	Borrowing
32.	February / workout guide	Afterbirth mom exercise	Borrowing, compounding, multiple processes
33.	February / workout guide	Lunges	Borrowing
34.	February / workout guide	Donkey kick	Borrowing, compounding, multiple processes
35.	February / workout guide	Mummy kick	Borrowing, compounding, multiple processes
36.	February / workout guide	Set	Borrowing
37.	February / workout guide	Rest	Borrowing
38.	Maret / workout guide	Standing zottman dumbbell curl	Borrowing, compounding, multiple processes
39.	April / suplementasi	Vegetarian	Borrowing
40.	April workout guide	Bench dips	Borrowing, compounding,

		multiple processes
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Based on the table 4.2 the writer found that there are 1 acronym, 40 borrowing, 10 compounding, 1 derivation and 12 multiple processes. The total amount of multiple processes is 12 includes 1 aspect of acronym, 1 derivation and 10 borrowing. This part is intended to describe word formation processes of fitness register found in *Duniafitnes.com Newsletter* that was published in January until April 2013.

4.1.1 Acronyms

Acronym are different from abbreviations in that acronyms used initial letters of words or parts of words. The writer found one register that called as an acronym.

1. ATP

The *ATP* is an acronym of *Adenosnine Triphospate*. The shortening process was done by taking the initial letters of the phrase and the syllable *Adenosnine Triphospate*. Then the short form of *ATP* is pronounced as a single word, that is ['ei'ti:'pi:]

4.1.2 Borrowing

Borrowing is the taking over the words from other languages. The writer found 40 fitness registers that are borrowing. The next explanation of the analysis is shown below:

1. Creatine

The word *creatine* is derived from Greek word *kreas*. *Kreas* means flesh.

This Greek word adapted into English as *creatine* and people in fitness field in

Indonesia also called it *creatine*. The word *creatine* is pronounced as

[□kri□əti□n]

2. Fitness

The word *fitnes* is derived from English word *fitness*. People in fitness

field in Indonesia translated and adapted this English word by deleting the letter

(s) into *fitnes*.

3. Performa

The word *performa* is derived from English word *performance*. People in

fitness field in Indonesia translated and adapted this English word into *performa*.

4. Asam Amino

The word *asam amino* is derived from English word *amino acids*. People

in fitness field in Indonesia adapted and translated into *asam amino*.

5. Suplemen

The word *suplemen* is derived from English word *supplement*. People in

fitness field in Indonesia translated and adapted this English word by deleting the

letter (t) into *suplemen*.

6. Glycine

The word *glycine* is derived from Latin that means soybean. This Latin word adapted into English as *glycine* and people in fitness field in Indonesia also called it as *glycine*. The word *glycine* is pronounced as [g laɪ si n]

7. Arginine

The word *arginine* is derived from German *arginin*. This German word adapted into English as *arginine* and people in fitness field in Indonesia also called it as *arginine*. The word *arginine* is pronounced as [ɑ r ɪ n aɪ n]

8. Methionine

The word *methionine* is derived from German word *methyl* and Greek word *theoin*. *Methyl* means it includes in methyl group and *theoin* means sulfur. This word adapted into English as *methionine*. People in fitness field in Indonesia adapted this English word by called it as *methionine*. The word *methionine* is pronounced as [mə-thī'ə-nēn']

9. Phospocreatine

The word *phospocreatine* is derived from French *phospho* and Greek word *kreas*. *Phospho* means phosphoric acid and *kreas* means flesh. This word adapted into English as *phospocreatine* and people in fitness field in Indonesia also called it as *phospocreatine*. The word *phospocreatine* is pronounced as [fə sfə kri ə ti n]

10. ATP

The word *ATP* is an acronym of *Adenosine Triphosphate*. This word derived from Greek. *Adenosine* means glands and *triphosphate* means triphosphate

acid. This word adapted into English as *ATP* and people in fitness field in

Indonesia also called it as *ATP*. The word *ATP* is pronounced as [ˈeɪˈtiːˈpiː]

11. Diet

The word *diet* is derived from Old French *diète*, from Latin *diaeta* that means daily meal and from Greek *diaita* that means the way of life. This word adapted into English as *diet* and people in fitness field in Indonesia also called it as *diet*.

12. Bulking

The word *bulking* is derived from English. People in fitness field in Indonesia adapted this word. The word *bulking* is pronounced as [ˈbʌlkiŋ]

13. Dehidrasi

The word *dehidrasi* is derived from English word *dehydration*. People in fitness field in Indonesia translated and adapted this English word by changing the letter (y) with (i) and deleting the letters (*tion*) and changed with (i) in the end of the word.

14. Superset

The word *superset* is derived from English. People in fitness field in Indonesia adapted this word. The word *superset* is pronounced as [ˈsuːpəseɪt]

15. Dumbbell

The word *dumbbell* is derived from English. People in fitness field in Indonesia adapted this word. The word *dumbbell* is pronounced as [dʌmˈbel]

16. Dumbbell Flies

The word *dumbbell flies* is derived from English. People in fitness field in Indonesia adapted this word. The word *dumbbell flies* is pronounced as [dʌ m bɛl] [flaɪ z]

17. Jumping Jack

The word *jumping jack* is derived from English. People in fitness field in Indonesia adapted this word. The word *jumping jack* is pronounced as [dʒ ʌ m pɪ ŋ] [dʒ æ k]

18. Bench Press

The word *bench press* is derived from English. People in fitness field in Indonesia adapted this word. The word *bench press* is pronounced as [bentʃ] [pres]

19. Vitamin

The word *vitamin* is derived from Latin word *vitamine* (*vita+emine*). *Vita* means life and *amine* because they were thought to contain amino acids. This Latin word adapted into English as *vitamin* and people in fitness field in Indonesia also called it as *vitamin*.

20. Antioksidan

The word *antioksidan* is derived from English word *antioxidant*. People in fitness field in Indonesia translated and adapted this English word by changing the letter (*x*) with (*k*) and deleting the letter (*t*) in the end of the word.

21. Radikal Bebas

The word *radikal bebas* is derived from English word *free radical*. People in fitness field in Indonesia adapted this English word by changing the letter (c) with (k) in the word *radikal* translating the word *free* becomes *bebas*.

22. Metabolisme

The word *metabolism* is derived from Greek word *metabole*, means change. This Greek word adapted into English as *metabolism*. People in fitness field in Indonesia adapted and translated this English word by adding the letter (e) I the end of the word.

23. Kolesterol

The word *kolesterol* is derived from Greek word *chole+stereo*. *Chole* means gall and *stereo* means tight. This Greek word adapted into English as *cholesterol*. People in fitness field in Indonesia adapted and translated this English word into *kolesterol*.

24. Protein

The word *protein* is derived from Greek word *proteos* that means the primary. This Greek word adapted into English as *protein*. People in fitness field in Indonesia also called it as *protein*.

25. Carnitine

The word *carnitine* is derived from Latin word *carnus* that means flesh.

This Latin word adapted into English as *carnitine*. People in fitness field in Indonesia also called it as *carnitine*.

26. Side Plank

The word *side plank* is derived from English. People in fitness field in Indonesia adapted this word. The word *side plank* is pronounced as [saɪ d] [plæŋk]

27. Plank

The word *plank* is derived from English. People in fitness field in Indonesia adapted this word. The word *plank* is pronounced as [plæŋk]

28. Kalsium

The word *kalsium* is derived from Latin word *calcis*. This Latin word adapted into English as *calcium*. People in fitness field in Indonesia adapted and translated this English word into *kalsium*.

29. Nutrisi

The word *nutrisi* is derived from Latin word *nutritus*. This Latin word adapted into English as *nutrition*. People in fitness field in Indonesia adapted and translated this English word into *nutrisi*.

30. Osteoporosis

The word *osteoporosis* is derived from Latin word *osteo+phorosis*. *Osteo* means bone and *phorosis* means porous. This Latin word adapted into English as

osteoporosis. People in fitness field in Indonesia adapted this English word by called it as *osteoporosis* too.

31. Pil Placebo

The word *placebo* is derived from Latin word *placeo*. This Latin word adapted into English as *placebo*. People in fitness field in Indonesia adapted this English word by called it as *placebo* too.

32. Afterbirth Mom Exercise

The word *afterbirth mom exercise* is derived from English. People in fitness field in Indonesia adapted this word. The word *afterbirth mom exercise* is pronounced as [ɑ ftəb θ] [m m] [ε ksə sər z]

33. Lunges

The word *lunges* is derived from English. People in fitness field in Indonesia adapted this word. The word *lunges* is pronounced as [l ɒ ndʒ z]

34. Donkey Kick

The word *donkey kick* is derived from English. People in fitness field in Indonesia adapted this word. The word *donkey kick* is pronounced as [d ŋkɪ k]

35. Mummy Kick

The word *mummy kick* is derived from English. People in fitness field in Indonesia adapted this word. The word *mummy kick* is pronounced as [m m mi] [kɪ k]

36. Set

The word *set* is derived from English. People in fitness field in Indonesia adapted this word. The word *set* is pronounced as [sɛ t]

37. Rest

The word *rest* is derived from English. People in fitness field in Indonesia adapted this word. The word *rest* is pronounced as [rɛst]

38. Standing Zottman Dumbbell Curl

The word *standing zottman dumbbell curl* is derived from English. People in fitness field in Indonesia adapted this word. The word *standing zottman dumbbell curl* is pronounced as [stændɪŋ] [zɒtmən] [dʌmbeɪ] [kɜːl]

39. Vegetarian

The word *vegetarian* is derived from English. People in fitness field in Indonesia adapted this word.

40. Bench Dip

The word *bench dip* is derived from English. People in fitness field in Indonesia adapted this word. The word *bench dip* is pronounced as [bɛntʃ] [dɪp]

4.1.3 Compounding

Compounding is a joining of two separate words to produce a single form.

The writer found 10 fitness registers that are compounding. For the next explanation of the analysis is shown below:

1. Superset

The word *superset* is kind of compounding. *Superset* is formed by combining two words, *super* and *set*. Superset means groups of reps (lifting and lowering a weight) of an exercise after which you take a brief rest period. This exercise is combining two or more exercises.

2. Dumbbell Flies

The word *dumbbell flies* is kind compounding. *Dumbbell flies* is formed by combining two words, *dumbbell* and *flies*. *Dumbbell flies* means kind of exercises that focus to shape chest's muscle. This exercise usually uses dumbbell as the weight.

3. Jumping Jack

The word *jumping jack* is kind of compounding. *Jumping jack* is formed by combining two words, *jumping* and *jack*. *Jumping jack* means An exercise that focuses on fat burning. This exercise needs the balance of the body.

4. Bench Press

The word *bench press* is kind of compounding. *Bench press* is formed by combining two words, *bench* and *press*. *Bench press* means fitness equipment that use to train chest's muscle. This equipment is kind of long seat complete with the stand to put the load.

5. Side Plank

The word *side plank* is kind of compounding. *Side plank* is formed by combining two words, *side* and *plank*. *Side plank* means One of plank exercises variation that effectively to train the power and shape the abs.

6. Afterbirth Mom Exercise

The word *afterbirth mom exercise* is kind of compounding. *Afterbirth mom exercise* is formed by combining three words, *afterbirth* (*after*+*birth*), *mom* and *exercise*. *Afterbirth mom exercise* means an exercise variation that woman can do after they have their pregnancy.

7. Donkey Kick

The word *donkey kick* is kind of compounding. *Donkey kick* is formed by combining two words, *donkey* and *kick*. *Donkey kick* means an exercise that focus to train waist and back thigh's muscle

8. Mummy Kick

The word *mummy kick* is kind of compounding. *Mummy kick* is formed by combining two words, *mummy* and *kick*. *Mummy kick* means An exercise that focus to train thigh, calf, abs and shoulder's muscle. It has the same function with cardio that is to burn the fat.

9. Standing Zottman Dumbbell Curl

The word *standing zottman dumbbell curl* is kind of compounding. *Standing zottman dumbbell curl* is formed by combining four words, *standing*, *zottman* (taken from the name of the person who introduce this exercise), *dumbbell* and *curl*. *Standing zottman dumbbell curl* means a biceps muscle

exercises using free load, that is a pair of dumbell which is very good to shape the muscle of biceps.

10. Bench Dips

The word *bench dips* is kind of compounding. *Bench dips* is formed by combining two words, *bench* and *dips*. *Bench dips* means an exercise that focuses to train triceps's muscle

4.1.4 Derivation

Derivation is the process of forming a new word on the basis of an existing word. Dervation devides into two kinds. The first is prefixes and suffixes. Prefixes are bound morphemes that occur before a base, whereas suffixes are bound morpheme that occur after a base. The second is infixes. The term suggests bound morphemes that have been inserted within a word. In brief, infixes are acomplished by inserting affixes inside another word. The writer found 1 fitness registers that are derivation. For the next explanation of the analysis is shown below:

1. Bulking

The word *bulking* is kind of derivation. *Bulking* is formed from the word *bulk* and it has suffixes *-ing*. The suffixes *-ing* means progressive or continuous.

4.1.5 Multiple Processes

Multiple processes is to trace the operation of more than one process at work in the creation of a particular word. The writer found 12 fitness registers that are multiple processes. For the next explanation of the analysis is shown below:

1. ATP

The word *ATP* encounters the process of acronym and borrowing. *ATP* is an acronym of *Adenosnine Triphospate*. The word *Adenosnine Triphospate* encounters borrowing process since this word derived from Greek.

2. Bulking

The word *bulking* encounters the process of borrowing and derivation. The word *bulking* encounters borrowing process since this word derived from English. Then, *bulking* is kind of derivation. *Bulking* is formed from the word *bulk* and it has suffixes *-ing*. The suffixes *-ing* means progressive or continuous.

3. Superset

The word *superset* encounters the process of borrowing and compounding. The word *superset* encounters borrowing process since this word derived from English. Then, word *superset* is kind of compounding. *Superset* is formed by combining two words, *super* and *set*. Superset means groups of reps (lifting and lowering a weight) of an exercise after which you take a brief rest period. This exercise is combining two or more exercises.

4. Dumbbell Flies

The word *dumbbell flies* encounters the process of borrowing and compounding. The word *dumbbell flies* encounters borrowing process since this word derived from English. Then, word *dumbbell flies* is kind of compounding.

Dumbbell flies is formed by combining two words, *dumbbell* and *flies*. *Dumbbell flies* means kind of exercises that focus to shape chest's muscle. This exercise usually uses dumbbell as the weight.

5. Jumping Jack

The word *jumping jack* encounters the process of borrowing and compounding. The word *jumping jack* encounters borrowing process since this word derived from English. Then, word *jumping jack* is kind of compounding.

Jumping jack is formed by combining two words, *jumping* and *jack*. *Jumping jack* means an exercise that focus on fat burning. This exercise needs the balance of the body.

6. Bench Press

The word *bench press* encounters the process of borrowing and compounding. The word *bench press* encounters borrowing process since this word derived from English. Then, the word *bench press* is kind of compounding.

Bench press is formed by combining two words, *bench* and *press*. *Bench press* means fitness equipment that use to train chest's muscle. This equipment is kind of long seat complete with the stand to put the load.

7. Side plank

The word *side plank* encounters the process of borrowing and compounding. The word *side plank* encounters borrowing process since this word

derived from English. Then, the word *side plank* is kind of compounding. *Side plank* is formed by combining two words, *side* and *plank*. *Side plank* means One of plank exercises variation that effectively to train the power and shape the abs.

8. Afterbirth Mom Exercise

The word *afterbirth mom exercise* encounters the process of borrowing and compounding. The word *afterbirth mom exercise* encounters borrowing process since this word derived from English. Then, the word *afterbirth mom exercise* is kind of compounding. *Afterbirth mom exercise* is formed by combining three words, *afterbirth* (*after*+*birth*), *mom* and *exercise*. *Afterbirth mom exercise* means an exercise variation that woman can do after they have their pregnancy.

9. Donkey Kick

The word *donkey kick* encounters the process of borrowing and compounding. The word *donkey kick* encounters borrowing process since this word derived from English. Then, the word *donkey kick* is kind of compounding. *Donkey kick* is formed by combining two words, *donkey* and *kick*. *Donkey kick* means an exercise that focus to train waist and back thigh's muscle.

10. Mummy Kick

The word *mummy kick* encounters the process of borrowing and compounding. The word *mummy kick* encounters borrowing process since this word derived from English. The word *mummy kick* is kind of compounding. *Mummy kick* is formed by combining two words, *mummy* and *kick*. *Mummy kick* means An exercise that focus to train thigh, calf, abs and shoulder's muscle. It has the same function with cardio that is to burn the fat.

11. Standing Zottman Dumbbell Curl

The word *standing zottman dumbbell curl* encounters the process of borrowing and compounding. The word *standing zottman dumbbell curl* is derived from English. The word *standing zottman dumbbell curl* is kind of compounding. *Standing zottman dumbbell curl* is formed by combining four words, *standing*, *zottman* (taken from the name of the person who introduce this exercise), *dumbbell* and *curl*. *Standing zottman dumbbell curl* means a biceps muscle exercises using free load, that is a pair of dumbbell which is very good to shape the muscle of biceps

12. Bench Dips

The word *bench dips* encounters the process of borrowing and compounding. The word *bench dips* encounters borrowing process since this word derived from English. The word *bench dips* is kind of compounding. *Bench dips* is formed by combining two words, *bench* and *dips*. *Bench dips* means An exercise that focus to train triceps's muscle

4.2 Discussion

This part talking about the general point of findings. This study discusses about the word formation processes of registers found in *Duniafitnes.com Newsletter* that was published from January until April 2013. The writer found 40 fitness registers included in types of word formation processes in eight articles of *Duniafitnes.com Newsletter*. The writer chooses two articles in every edition of newsletter, those are in the column of *suplementasi* and workout guide. Based on

the type of word formation processes, there are five types of word formation processes occurring on those articles of *Duniafitnes.com Newsletter* in January until April 2013 namely acronym, borrowing, compounding, derivation, and multiple processes.

Table 4.3 The Number of Fitness Registers in Found In Duniafitnes.com Newsletter Published in January until April 2013

Word Formation Processes	Number of Occurrence
Acronym	1
Derivation	1
Compounding	10
Multiple processes	12
Borrowing	40

Based on the table 4.3, the type of word formation processes that is mostly used in the two articles of each edition of *Duniafitnes.com Newsletter* from January until April 2013 is borrowing. 40 fitness registers that the writer found included in borrowing registers. Based on the analysis of the finding of borrowing above, the writer concludes that the exercise term such as dumbell flies, jumping jack, donkey kick, mummy kick etc, are mostly derived from English. Those term actually were created in English. Then, the chemistry term such as creatine, glycine, arginine, etc, has the scientific name derived from Greek, Latin, German and French. All of the result of the finding included in borrowing term. It might be people in fitness field in Indonesia have not the original terms that they produce by themselves. It might be because in the past fitness is not an exercises

or sport do by people in Indonesia. But nowadays, fitness start to be exist as an exercises or sport option in Indonesia.

The writer found 12 multiple processes in this study since the term is to trace the operation of more than one process at work in the creation of a particular word. The total amount of multiple processes is 12 includes 1 aspect of acronym, 1 derivation and 10 borrowing. All of the fitness registers that the writer found included in borrowing. For the term which has another type of word formation processes beside borrowing are included in multiple process. For example the word *dumbbell flies*. This word encounters the process of borrowing and compounding. The word *dumbbell flies* encounters borrowing process since this word derived from English. Then, word *dumbbell flies* is kind of compounding. *Dumbbell flies* is formed by combining two words, *dumbbell* and *flies*. *Dumbbell flies* means kind of exercises that focus to shape chest's muscle. This exercise usually uses dumbbell as the weight.

Compounding also found in this study. The writer decided 10 fitness registers are compounding since the term is a joining of two separate words to produce a single form, for example the word *superset* is kind of compounding. *Superset* is formed by combining two words, *super* and *set*. The individual word *super* and *set* are put together into *superset* to refer a new meaning. Based on the analysis, compounding process is mostly used to named the term of fitness exercises.

Then, the writer only found 1 acronym register that is *ATP*. The writer decided this register is acronym since the term are different from abbreviations in that acronyms used initial letters of words or parts of words.

The writer only found 1 derivation register that is *bulking*. The writer decided this register is derivation since the term is the process of forming a new word on the basis of an existing word. The word *bulking* is formed from the word *bulk* and it has suffixes *-ing*. The suffixes *-ing* means progressive or continuous.

In addition, the writer also found out the meaning of derived words of those fitness registers. First, the writer identify the meaning of derived words of fitness registers found in *Duniafitnes.com Newsletter* by using related fitness book. The writer chooses the book that also contains fitness terms dictionary. It helps the writer to find the meaning of the registers easily. Then, as a cross check and to get more information about fitness registers and the meaning of the fitness registers, the writer consult with the expert of fitness to decides the words as fitness registers or not. They are three fitness personal trainer who have more than 3 years experince as personal trainer.

In addition, compared to previous studies, this study gave more explanation about borrowing process. In this study, all of the fitness registers that the writer found included in borrowing. Here, the writer explain the origin word of the term. The fitness exercise term such as dumbell flies, jumping jack, donkey kick, mummy kick etc mostly derived from English because those term actually were created in English. Then, the chemistry term such as creatine, glycine, arginine, etc, have the scientific name derived from Greek, Latin, German and

French. Compared to the study done by Risna (2012), there are no connotative term of the finding in this study. The writer analyzes the registers that found in *Duniafitness.com Newsletter* and the result of the finding mostly are fitness exercises techniques and chemistry term. Then the writer directly find out the meaning of the term by using related book and interview the fitness expert. While Risna's analyzed the registers of connotative term that she found in the broadcasting program used by Oriza FM radio community in the University of Brawijaya. Then she found out the dennotative meaning of the term by conducting interview with the community and check in the related book. After all of the dennotative meaning found, she found the meaning of the registers itself. Meanwhile, compared to the study done by Whina Anugraheni Maharani (2012), this study is gave more explanation about borrowing than Whina's. In her study, she mostly explained about the acronym that found in her analysis. Here, the writer explain about fitness registers which included in borrowing process and analyze them from the origin of the word.

In conclusion, it can be inferred from the finding that fitness registers is a phenomenon that really exist and becomes a part of language variation. Register is a variety of a language used for a particular purpose or in a particular social setting. It is used for the purpose of not letting the meaning of other to understand, to show the identity of the group that becomes a special characteristic of the group it self, and to establish the relationship between in-group memberships. In this study, the writer has proved that word formation processes also take important

roles in language development. Word formation processes are not just theory to be learned but also as clear evidence that exist in our daily communication.



CHAPTER V

CONCLUSION AND SUGGESTION

This chapter displays the conclusion of the finding of the problems of the study that have been analyzed in previous chapter. Then, this chapter also displays suggestions for the next researcher in order to enrich the present study.

5.1 Conclusion

This study was conducted to find out the word formation processes of fitness registers in *Duniafitnes.com Newsletter* that was published in January until April 2013. In this study, the writer found 40 fitness registers in *Duniafitnes.com Newsletter*, and then the writer also identify the meaning of those fitness registers.

The writer found 40 fitness registers that can be classified into five types of word formation processes namely acronym, borrowing, compounding, derivation, and multiple processes. The writer found that there are 1 acronym, 40 borrowing, 10 compounding, 1 derivation and 12 multiple processes.

Furthermore, it can be inferred from the finding that fitness registers is a phenomenon that really exist and becomes a part of language variation. Register is a variety of a language used for a particular purpose or in a particular social setting. It is used for the purpose of not letting the meaning of other to understand, to show the identity of the group that becomes a special characteristic of the group itself, and to establish the relationship between in-group memberships. In this study, the writer has proved that word formation processes also take important

roles in language development. Word formation processes are not just theory to be learned but also as clear evidence that exist in our daily communication.

5.2 Suggestion

In this study, the writer only focused on two articles in each edition from January until April 2013, those are the supplement information and workout guide of *Duniafitnes.com Newsletter*. The writer would like to suggest for the next researcher to continue this study. This study would be better if the next researchers can analyse more than two articles of the *Duniafitnes.com Newsletter* that was published in January until April 2013. The result might show more types of word formation processes.

It is also recommended for the next researchers who are interested to conduct a research in this area to take another popular sport beside fitness that might find the registers.

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Appendix 1. *Suplementasi* Article (January first edition)

SUPLEMENTASI

CREATINE SUPLEMEN FAVORIT FITNES MANIA

Bagi Anda yang akrab dengan dunia fitness pasti sering mendengar tentang creatine. Bahkan creatine merupakan salah satu suplemen favorit para fitness mania. Dengan mengonsumsi suplemen creatine, banyak orang merasakan perubahan yang signifikan, entah itu dari performa latihannya ataupun dari ukuran ototnya.

Sebenarnya apa manfaat creatine untuk Anda dan apakah Anda membutuhkannya?

Apa Itu Creatine?

Creatine adalah kombinasi dari beberapa asam amino yang secara spesifik membentuk fungsi tersendiri. Komponen pembentuk creatine adalah *glycine*, *arginine*, dan *methionine*. Tubuh manusia secara alami memproduksi creatine baik di hati, pankreas, dan ginjal. Creatine yang diproduksi dialirkan oleh darah ke otot. Begitu mencapai otot, creatine diubah menjadi *phosphocreatine* (creatine phosphate), yang berkontribusi pada pembentukan bahan bakar tubuh yang dikenal sebagai ATP (adenosine triphosphate).

Manfaat Creatine Bagi Anda

Mengonsumsi suplemen creatine akan meningkatkan kadar creatine dalam jaringan otot Anda. Creatine berfungsi untuk meningkatkan massa otot. Selain itu, creatine juga terbukti mampu meningkatkan kebugaran tubuh Anda. Penganut diet vegetarian akan cenderung memiliki kadar creatine yang lebih rendah. Tapi hal ini memungkinkan sumber creatine dari luar (suplemen) mudah diserap oleh jaringan otot Anda, karena jaringan otot masih memiliki ruang yang cukup untuk menampungnya.

Jika saat ini Anda sedang dalam tahap *bulking*, pada saat inilah target difokuskan untuk membangun massa otot sebanyak-banyaknya. Pencapaian target tersebut sangat terbantu oleh creatine dengan kemampuan mengangkat beban lebih berat sehingga mendapatkan stimulasi otot lebih besar dan dengan asupan nutrisi optimal dari makanan maka pertumbuhan ukuran sel otot lebih optimal pula.

Creatine juga menyerap kandungan air dalam tubuh, yang menyebabkan massa air pada otot Anda cenderung bertambah, sehingga jika tidak diimbangi dengan banyak minum bisa memicu dehidrasi. Oleh karena itulah, sebaiknya Anda banyak minum air ketika menggunakan suplemen creatine ini. Dan jangan lupa, gunakanlah creatine dengan bijak, yaitu dengan cara mengonsumsinya sesuai dengan anjuran.

Appendix 2. Workout Guide Article (January first edition)



Appendix 3. *Suplementasi* Article (January second edition)

SUPLEMENTASI

MENGAPA ANDA PERLU VITAMIN C?

Kebanyakan orang akan mengonsumsi Vitamin C (dalam bentuk suplemen) saat terserang flu. Dan, ya, memang menambah asupan Vitamin C ke dalam tubuh terbukti efektif untuk mengatasi serangan virus influenza.

Nah, selain memiliki peran penting untuk meningkatkan dan menjaga daya tahan tubuh, ternyata masih banyak peran Vitamin C bagi tubuh Anda. Apa sajakah itu?

1. Membantu Pertumbuhan & Pemulihan

Vitamin C diperlukan tubuh untuk pertumbuhan dan memperbaiki jaringan seluruh bagian tubuh. Selain itu juga digunakan untuk proses penyembuhan luka, dan perbaikan serta pemeliharaan tulang dan gigi.

2. Mencegah Penuaan

Vitamin C juga merupakan antioksidan yang sangat efektif untuk melawan radikal bebas. Radikal bebas adalah salah satu faktor penyebab penuaan dini.

3. Memperbaiki Mood

Vitamin C membantu memperbaiki *mood* dengan cara mengurangi stres. Saat stres, tubuh akan memproduksi radikal bebas dalam jumlah besar dibandingkan biasanya. Vitamin C bertindak sebagai antioksidan kuat yang mampu menangkal radikal bebas dengan efektif.

4. Mengendalikan Kadar Kolesterol

Fungsi Vitamin C selanjutnya adalah membantu metabolisme kolesterol menjadi asam empedu, yang mungkin memiliki implikasi untuk tingkat kolesterol darah dan timbulnya batu empedu.

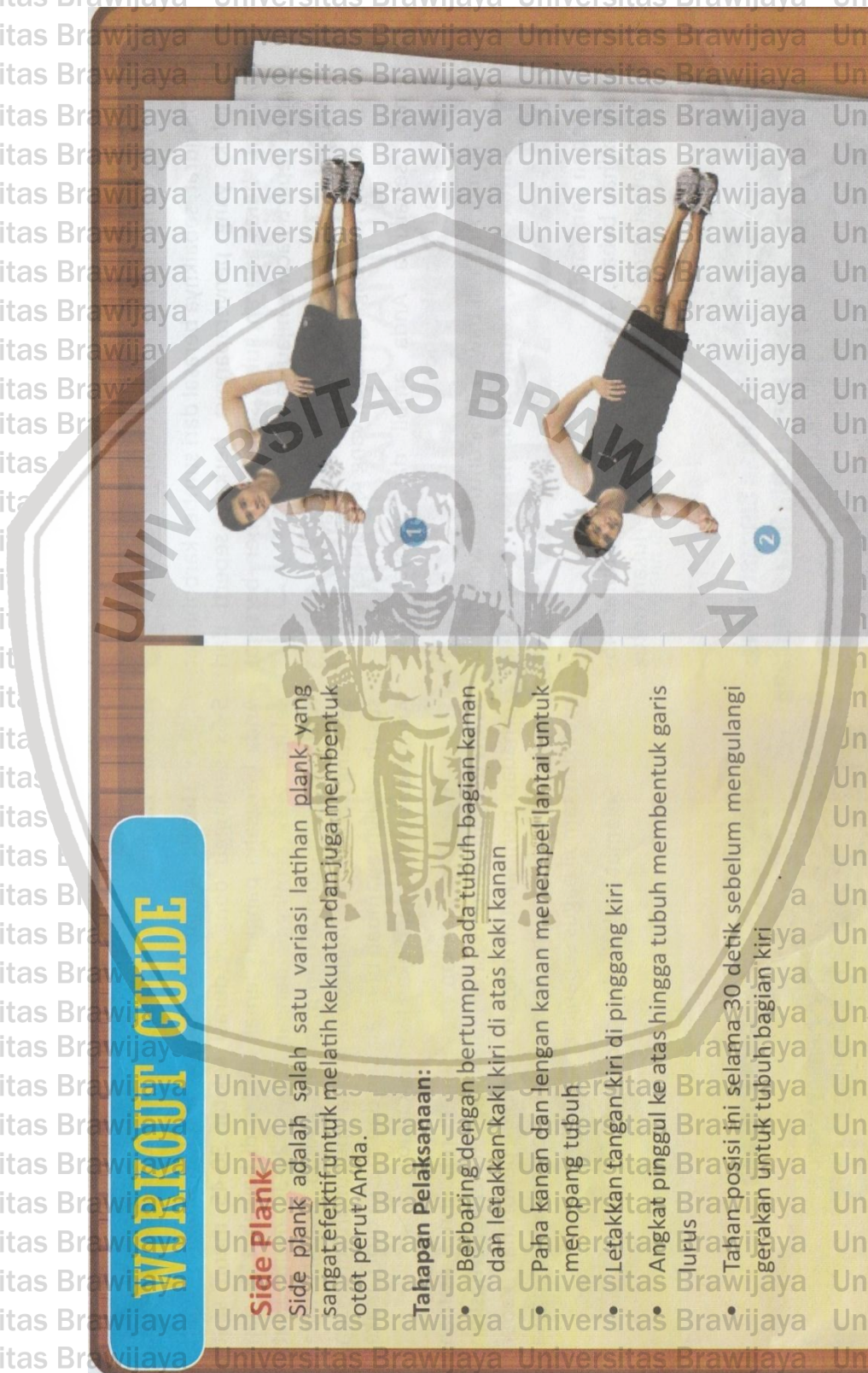
5. Membantu Menurunkan Berat Badan

Vitamin C telah terbukti menjadi faktor penting terjadinya biosintesis molekul kecil seperti protein yang disebut carnitine. Carnitine berperan mengarahkan molekul lemak ke sel-sel jaringan di mana pembakaran lemak terjadi. Jika kadar carnitine dalam tubuh menurun maka akan terjadi penimbunan lemak.

Setelah mengetahui semua manfaat vitamin C bagi tubuh, kini saatnya Anda memenuhi kebutuhan vitamin C harian Anda. Apapun tujuan Anda, baik menambah stamina, mengurangi berat badan, menjaga kondisi tubuh, ataupun untuk vitalitas, vitamin C adalah salah satu vitamin yang akan membantu Anda meraih kebugaran.

So, sudahkah tubuh Anda mendapat Vitamin C dalam jumlah yang cukup hari ini?

Appendix 4. *Workout Guide* Article (January second edition)



Appendix 5. *Suplementasi* Article (February edition)

SUPLEMENTASI

KALSIUM PLUS VITAMIN D TAK HANYA UNTUK TULANG SAJA

Kalsium dan vitamin D merupakan 2 (dua) nutrisi penting yang selalu dikaitkan dengan kesehatan tulang dan gigi. Itulah sebabnya, banyak orang mengonsumsi suplemen kalsium dan vitamin D untuk mencegah osteoporosis.

Namun demikian, bagi orang-orang lanjut usia yang rajin mengonsumsi suplemen vitamin D dan kalsium ternyata juga bisa membantu panjang umur!

Pernyataan tersebut merupakan hasil sebuah *review* internasional dari berbagai penelitian yang meneliti lebih dari 70.000 orang.

Para peneliti yang menulis di *Journal of Clinical Endocrinology* menemukan bahwa lansia yang mengonsumsi kedua suplemen itu mengalami penurunan 9 persen risiko kematian selama periode tiga tahun, ketimbang orang yang hanya mengonsumsi pil plasebo. Selain itu, vitamin D sendiri tidak memiliki dampak pada tingkat kematian.

Menurunnya risiko kematian sebanyak 9 persen selama periode tiga tahun mungkin memang terdengar masih kecil, namun pemimpin penelitian, Lars Rejnmark, mengatakan setidaknya kedua suplemen ini memiliki manfaat terkait penurunan kolesterol statin dan obat tekanan darah.

"Dalam pandangan saya, penurunan mortalitas 9 persen pada populasi umum lansia adalah sangat penting," kata Rejnmark, seorang profesor di Universitas Aarhus di Denmark.

Rejnmark dan rekan-rekannya menggabungkan hasil dari delapan uji klinis yang melibatkan lebih dari 70.000 orang dewasa, sebagian besar wanita. Dalam setiap percobaan, para partisipan secara acak untuk mengonsumsi vitamin D atau plasebo. Beberapa penelitian menggunakan kombinasi konsumsi vitamin D dan kalsium.

Vitamin D dan kalsium mungkin paling dikenal sebagai pembangun tulang. Wanita yang lebih tua sering mengambil suplemen ini untuk menangkali penyakit tulang keropos (*osteoporosis*) dan menurut beberapa hasil penelitian, kombinasi konsumsi kedua suplemen ini juga dapat mencegah patah tulang pada lansia.

Kemungkinan lain adalah suplemen ini juga bisa mengurangi risiko kematian akibat kanker. Rejnmark mengatakan, ada beberapa bukti bahwa kalsium dan vitamin D dapat menurunkan kemungkinan kanker usus besar.

Appendix 6. Workout Guide Article (February edition)



SUPLEMENTASI

SOLUSI TEPAT ATASI RAMBUT RONTOK DAN KEBOTAKAN

Rambut rontok hingga kebotakan merupakan masalah yang kerap dialami oleh banyak orang di berbagai kalangan. Nah, kali ini mari kita telusuri lebih jauh mengenai mitos sekaligus solusi dan perawatan paling tepat untuk mengatasi kebotakan dan kerontokan rambut bagi Anda kaum pria.

Hair Loss: A Common Problem

Sekitar 85% pria akan mengalami rambut rontok yang cukup signifikan di usia 50-an. Bahkan, beberapa pria akan mulai mengalami rambut rontok sebelum mereka berumur 21 tahun.

Apa Penyebab Rambut Rontok dan Kebotakan?

Lebih dari 95% rambut rontok yang terjadi pada pria merupakan faktor genetik, efek dari obat-obatan tertentu, terlalu banyak asupan vitamin A, dan kurangnya asupan protein ke dalam tubuh.

Pengobatan Rambut Rontok

Minoxidil & Finasteride

Minoxidil dan Finasteride merupakan obat yang sering digunakan untuk mengatasi rambut rontok dan kebotakan. Obat-obatan tersebut bekerja dengan cara memperlambat laju kerontokan rambut.

Transplantasi Rambut?

Transplantasi rambut membutuhkan biaya yang mahal dan Anda mungkin harus melalui beberapa prosedur tertentu. Setelah dua bulan, rambut baru akan tumbuh kembali, dan dalam waktu enam bulan rambut Anda mulai terlihat normal.

Suplemen Protein

Seperti yang sudah dijelaskan di atas, bahwa salah satu penyebab rambut rontok dan kebotakan adalah kurangnya asupan protein ke dalam tubuh. Nah, faktor yang satu ini seringkali menjadi penyebab tersering yang tak disadari. Untuk itu, penuhi kebutuhan protein harian Anda dengan cara menambahkan suplemen protein, contohnya Prostar 100% Whey Protein Hair Loss Defense.

Selain memperlakukan rambut dengan lebih lembut, diet seimbang juga sangat penting untuk menjaga kesehatan rambut Anda.



Appendix 9. *Suplementasi* Article (April edition)

SUPLEMENTASI

L-CARNITINE UNTUK MEMBAKAR LEMAK LEBIH CEPAT

Akhir-akhir ini banyak bahasan tentang suplemen L-Carnitine. Sebelum Anda memutuskan untuk mengonsumsi suplemen ini terlebih dahulu Anda harus mengetahui tentang apa yang dimaksud dengan L-Carnitine dan manfaatnya terhadap tubuh Anda.

L-Carnitine merupakan sebuah substansi yang berasal dari asam amino esensial metionin dan lisin, yang juga diproduksi oleh tubuh. Fungsi L-Carnitine adalah untuk membantu transportasi asam lemak melewati membran mitokondria (pusat produksi energi pada tingkat sel) yang mengubah cadangan lemak yang ada di dalam tubuh menjadi energi.

Jumlah produksi L-Carnitine dapat menurun seiring dengan bertambahnya usia, serta pada kondisi kurang mengonsumsi daging-dagingan seperti pada vegetarian, juga pada orang yang menjalani diet tinggi lemak, penggunaan obat-obatan tertentu, dan konsumsi rendah protein, semuanya dapat menyebabkan penurunan kadar L-Carnitine di dalam tubuh. Efek penurunan L-Carnitine ini dapat menyebabkan nyeri dada, sering merasa lelah, peningkatan lemak tubuh, peningkatan kadar kolesterol, otot menjadi mudah lelah dan sakit.

Bagaimana L-Carnitine Membakar Lemak?

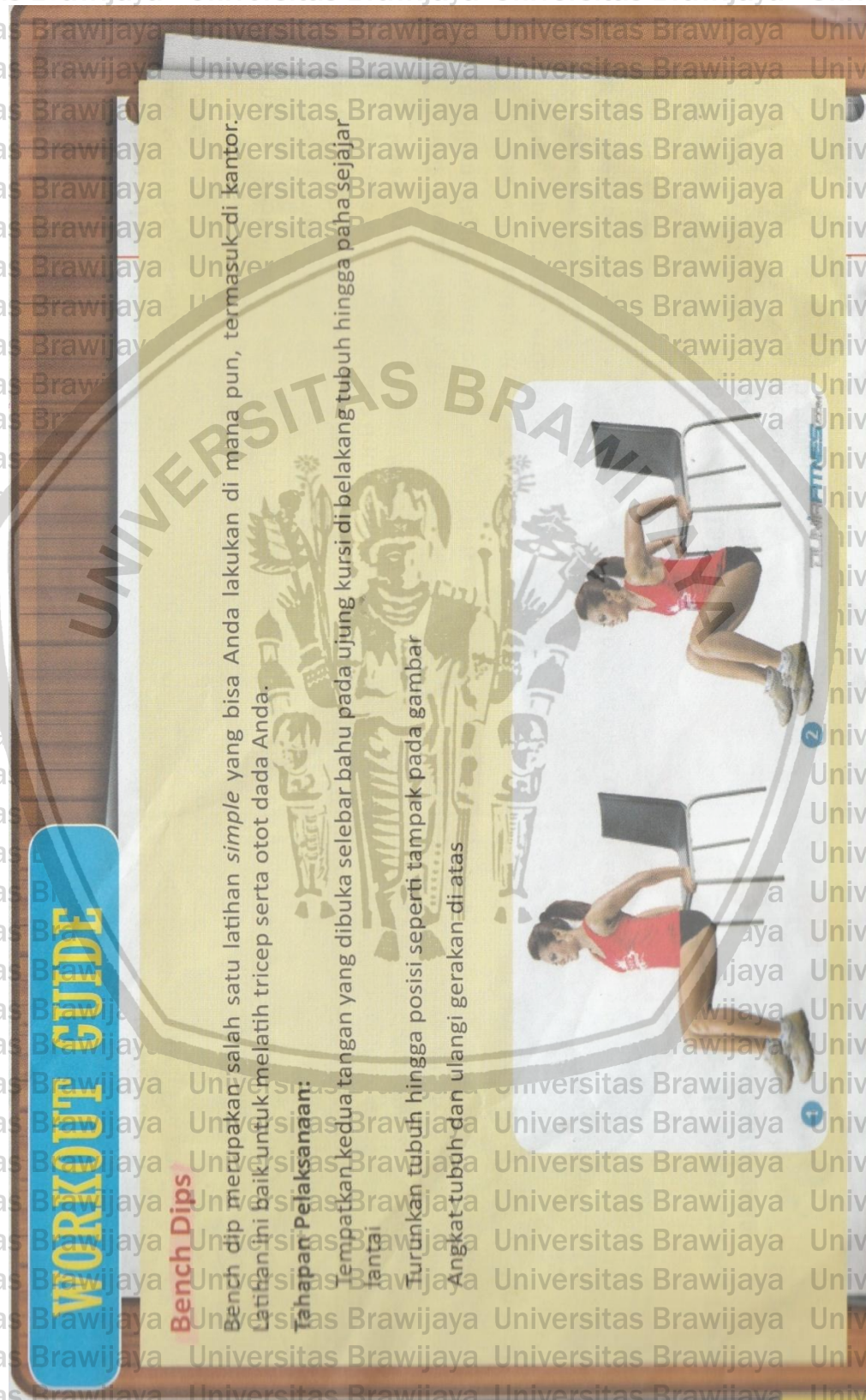
Apabila tubuh tidak membakar lemak dengan efisien, kelebihan lemak akan disimpan di dalam tubuh. Hal ini yang membuat pinggul dan pinggang jadi besar karena tumpukan lemak di daerah perut. Bagaimanapun, untuk membakar lemak adalah dengan mentransfer lemak ke mitokondria untuk dipecah jadi bahan bakar. L-Carnitine yang bertugas membawa lemak ke mitokondria kemudian masuk ke dalam tungku pembakaran untuk membakar lemak dan meningkatkan metabolisme.

Singkatnya, L-Carnitine membuka peluang untuk menggunakan energi dari lemak yang disimpan di dalam tubuh Anda, sehingga cadangan lemak yang menonjol di bagian tubuh Anda dapat dikurangi dengan terus menggunakan lemak sebagai bahan bakar untuk energi. Secara sederhana, L-Carnitine akan mengubah lemak menjadi energi dengan cara berikut:

FAT (lemak) + O₂ (oksigen) + L-Carnitine = ENERGY (energi)

Dari bahasan di atas dapat disimpulkan bahwa L-Carnitine merupakan substansi yang diproduksi di dalam tubuh namun jumlahnya sangat sedikit. Suplementasi L-Carnitine dengan dosis yang tepat akan memberikan manfaat untuk membantu membuat lemak jadi energi, membantu meningkatkan kesehatan jantung, menurunkan kadar lemak jahat dalam darah, membuang racun-racun yang ada di dalam tubuh, dan memperlambat proses penuaan. *Keep healthy!*

Appendix 10 . Workout Guide Article (April edition)



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No.	Tanggal	Materi	Pembimbing	Paraf
1.	11 Febuari 2013	Persetujuan Judul Skripsi	Pembimbing I	
2.	11 Febuari 2013	Persetujuan Judul Skripsi	Pembimbing II	
3.	22 Febuari 2013	Pengajuan bab I, II dan III	Pembimbing I	
4.	28 Febuari 2013	Konsultasi bab I	Pembimbing I	
5.	2 Maret 2013	Revisi bab I	Pembimbing I	
6.	13 Maret 2013	Konsultasi bab II dan III	Pembimbing I	
7.	19 Maret 2013	Revisi bab II dan III	Pembimbing I	
8.	28 Maret 2013	Revisi bab I, II dan III	Pembimbing I	
9.	2 April 2013	Konsultasi bab I, II,III	Pembimbing I	
10.	9 April 2013	Revisi bab I, II,III	Pembimbing I	
11.	19 April 2013	Revisi bab I,II,III	Pembimbing II	
12.	28 April 2013	Konsultasi bab I,II,III	Pembimbing II	
13.	3 Mei 2013	Revisi bab I,II,III	Pembimbing II	
14.	13 Mei 2013	Revisi bab I,II,III	Pembimbing II	
15.	14 Mei 2013	ACC Seminar Proposal	Pembimbing I	

16.	15 Mei 2013	ACC Seminar Proposal	Pembimbing II
17.	03 Juni 2013	Konsultasi bab IV dan V	Pembimbing I
18.	27 Juni 2013	Revisi bab IV dan V	Pembimbing I
19.	12 Juli 2013	Revisi bab IV dan V	Pembimbing I
20.	28 Juli 2013	Konsultasi bab IV dan V	Pembimbing II
21.	1 Agustus 2013	Revisi bab IV dan V	Pembimbing II
22.	15 Agustus 2013	ACC Seminar Hasil	Pembimbing I
23.	16 Agustus 2013	ACC Seminar Hasil	Pembimbing II
24.	20 Agustus 2013	Revisi bab I, II, III, IV, V	Pembimbing I
25.	21 Agustus 2013	Revisi bab I, II, III, IV, V	Pembimbing II
26.	21 Agustus 2013	ACC Ujian Skripsi	Pembimbing I
27.	21 Agustus 2013	ACC Ujian Skripsi	Pembimbing II

8. Telah dievaluasi dan diuji dengan nilai:

Malang, September 2013

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