

CONTENT

TITLE.....	i
RATIFICATION PAGE.....	ii
ASSERTION.....	iii
ACKNOWLEDGEMENT.....	iv
CONTENT.....	vi
LIST OF TABLES.....	viii
LIST OF FIGURES.....	ix
LIST OF APPENDICES.....	x
INTISARI.....	xi
ABSTRACT.....	xii
CHAPTER I. INTRODUCTION	
A. Background.....	1
B. Problem Formulation.....	3
C. Research Objectives.....	4
D. Research Authenticity.....	5
E. Study Benefits.....	6
CHAPTER II. LITERATURE REVIEW	
A. Literature Review	
1. Body Water Distribution.....	7
2. Roles of Water in the Human Body.....	8
3. Water Balance.....	9
4. Hydration Status.....	11
5. Relationship between Hydration Status and Physical Fitness.....	14
6. Types of Muscle Fibers.....	15
7. Mechanism of Muscle Contraction.....	16
8. Sprint.....	16
9. Relationship between Hydration Status and 60-m Sprint.....	17
B. Basic Theory.....	19
C. Conceptual Framework.....	20
D. Hypothesis.....	20
CHAPTER III. RESEARCH METHODOLOGY	
A. Research Design.....	21
B. Research Place and Time.....	21
C. Research Subject and Population.....	21
D. Subject and Data Collection.....	22

E. Research Variables.....	22
F. Operational Definition of Research Variables.....	23
G. Study Materials and Tools.....	24
H. Study Procedure.....	25
I. Statistical Analysis.....	26
CHAPTER IV. RESULT AND DISCUSSION	
A. Result.....	27
B. Discussion.....	36
C. Limitations of the Study.....	44
CHAPTER V. CONCLUSION AND SUGGESTION	
A. Conclusion.....	45
B. Suggestion.....	45
REFERENCES.....	47
APPENDICES.....	56

LIST OF TABLES

Table 1. Research authenticity.....	5
Table 2. 60-m sprint test scores for boys.....	23
Table 3. 60-m sprint test scores for girls.....	24
Table 4. Characteristics of students of SMA Negeri 1 Jetis, Bantul.....	28
Table 5. Distribution of students of based on height, weight, BMI, and hydration status.....	33
Table 6. Distribution of students based on hydration-status group.....	33
Table 7. Distribution of students based on 60-meter sprint performance.....	34
Table 8. Correlation between 60-m sprint performance and other variables.....	35

LIST OF FIGURES

Figure 1. Theoretical Framework.....	19
Figure 2. Conceptual Framework.....	20
Figure 3. Distribution of students based on father's ethnicity.....	29
Figure 4. Distribution of students based on mother's ethnicity.....	29
Figure 5. Distribution of students based on father's educational level.....	30
Figure 6. Distribution of students based on mother's educational level.....	30
Figure 7. Distribution of students based on father's occupation.....	31
Figure 8. Distribution of students based on mother's occupation.....	31
Figure 9. Difference in hydration status between boys and girls.....	36
Figure 10. Difference in 60-m sprint performance between boys and girls.....	39

LIST OF APPENDICES

Appendix 1. Data Recording and Questionnaire Form.....	56
Appendix 2. Statistical Analysis.....	60