# DAFTAR ISI

<table>
<thead>
<tr>
<th>Bab</th>
<th>Halaman</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAFTAR TABEL</td>
<td>xiii</td>
</tr>
<tr>
<td>DAFTAR GAMBAR</td>
<td>xiv</td>
</tr>
<tr>
<td>DAFTAR DIAGRAM</td>
<td>xv</td>
</tr>
<tr>
<td>DAFTAR LAMPIRAN</td>
<td>xvi</td>
</tr>
<tr>
<td><strong>I. PENDAHULUAN</strong></td>
<td></td>
</tr>
<tr>
<td>A. Latar Belakang</td>
<td>1</td>
</tr>
<tr>
<td>B. Identifikasi Masalah</td>
<td>4</td>
</tr>
<tr>
<td>C. Rumusan Masalah</td>
<td>5</td>
</tr>
<tr>
<td>D. Batasan Masalah</td>
<td>5</td>
</tr>
<tr>
<td>E. Tujuan Penelitian</td>
<td>5</td>
</tr>
<tr>
<td>F. Manfaat Penelitian</td>
<td>6</td>
</tr>
<tr>
<td>G. Ruang Lingkup Penelitian</td>
<td>7</td>
</tr>
<tr>
<td><strong>II. TINJAUAN PUSTAKA</strong></td>
<td></td>
</tr>
<tr>
<td>A. Olahraga Renang</td>
<td>8</td>
</tr>
<tr>
<td>B. Prinsip – prinsip Olahraga Renang</td>
<td>10</td>
</tr>
<tr>
<td>C. Kekuatan Otot Lengan</td>
<td>22</td>
</tr>
<tr>
<td>D. Kekuatan Otot Tungkai</td>
<td>23</td>
</tr>
<tr>
<td>E. Power Lengan</td>
<td>24</td>
</tr>
<tr>
<td>F. Power Tungkai</td>
<td>25</td>
</tr>
<tr>
<td>G. Kerangka Pikir</td>
<td>25</td>
</tr>
<tr>
<td>H. Hipotesis</td>
<td>28</td>
</tr>
<tr>
<td><strong>III. METODE PENELITIAN</strong></td>
<td></td>
</tr>
<tr>
<td>A. Metode Penelitian</td>
<td>31</td>
</tr>
<tr>
<td>B. Populasi dan Sampel</td>
<td>32</td>
</tr>
<tr>
<td>C. Variable Penelitian</td>
<td>32</td>
</tr>
<tr>
<td>D. Teknik Pengambilan Data</td>
<td>33</td>
</tr>
<tr>
<td>E. Instrument Penelitian</td>
<td>34</td>
</tr>
<tr>
<td>F. Teknik Analisis Data</td>
<td>39</td>
</tr>
<tr>
<td><strong>IV. HASIL DAN PEMBAHASAN</strong></td>
<td></td>
</tr>
<tr>
<td>A. Hasil Penelitian</td>
<td>44</td>
</tr>
<tr>
<td>B. Uji Hipotesis</td>
<td>47</td>
</tr>
<tr>
<td>C. Pembahasan</td>
<td>55</td>
</tr>
</tbody>
</table>
V. SIMPULAN DAN SARAN
A. Simpulan ........................................................................................................... 59
B. Saran .................................................................................................................... 60

DAFTAR PUSTAKA .................................................................................................. 60
LAMPIRAN ............................................................................................................... 61