

## DAFTAR ISI

|                                                              |                              |
|--------------------------------------------------------------|------------------------------|
| ABSTRAK .....                                                | Error! Bookmark not defined. |
| KATA PENGANTAR .....                                         | Error! Bookmark not defined. |
| UCAPAN TERIMA KASIH.....                                     | Error! Bookmark not defined. |
| DAFTAR ISI.....                                              | 1                            |
| DAFTAR TABEL .....                                           | Error! Bookmark not defined. |
| DAFTAR GAMBAR .....                                          | Error! Bookmark not defined. |
| DAFTAR BAGAN .....                                           | Error! Bookmark not defined. |
| DAFTAR LAMPIRAN .....                                        | Error! Bookmark not defined. |
| BAB I PENDAHULUAN .....                                      | Error! Bookmark not defined. |
| A. Latar Belakang Penelitian .....                           | Error! Bookmark not defined. |
| B. Rumusan Masalah .....                                     | Error! Bookmark not defined. |
| C. Tujuan Penelitian .....                                   | Error! Bookmark not defined. |
| D. Manfaat Penelitian .....                                  | Error! Bookmark not defined. |
| E. Batasan Penelitian .....                                  | Error! Bookmark not defined. |
| F. Definisi Operasional.....                                 | Error! Bookmark not defined. |
| BAB II KAJIAN PUSTAKA, KERANGKA PEMIKIRAN DAN HIPOTESIS..... | Error! Bookmark not defined. |
| A. Karakteristik Tennis Lapangan .....                       | Error! Bookmark not defined. |
| B. Teknik Dasar Memegang Raket.....                          | Error! Bookmark not defined. |
| C. Teknik Dasar <i>Forehand Drive</i> .....                  | Error! Bookmark not defined. |
| D. Berat Raket.....                                          | Error! Bookmark not defined. |
| E. Struktur Fisik Raket .....                                | Error! Bookmark not defined. |
| F. Distribusi Massa Pada Raket.....                          | Error! Bookmark not defined. |
| G. Tegangan Senar pada Raket .....                           | Error! Bookmark not defined. |
| H. Hasil <i>Forehand Groundstroke</i> .....                  | Error! Bookmark not defined. |
| I. Anggapan Dasar .....                                      | Error! Bookmark not defined. |
| J. Hipotesis.....                                            | Error! Bookmark not defined. |
| BAB III METODE PENELITIAN.....                               | Error! Bookmark not defined. |
| A. Metode Penelitian.....                                    | Error! Bookmark not defined. |

|                                               |                                     |
|-----------------------------------------------|-------------------------------------|
| B. Populasi dan Sampel .....                  | <b>Error! Bookmark not defined.</b> |
| C. Instrumen Penelitian.....                  | <b>Error! Bookmark not defined.</b> |
| D. Tempat dan Waktu Pengambilan Data.....     | <b>Error! Bookmark not defined.</b> |
| E. Prosedur Pengumpulan Data .....            | <b>Error! Bookmark not defined.</b> |
| F. Prosedur Pengolahan Data dan Analisis Data | <b>Error! Bookmark not defined.</b> |
| <b>defined.</b>                               |                                     |
| <b>BAB IV HASIL PENELITIAN DAN PEMBAHASAN</b> |                                     |
| <b>Error! Bookmark not defined.</b>           |                                     |
| A. Deskripsi Data.....                        | <b>Error! Bookmark not defined.</b> |
| B. Persyaratan Analisis Data .....            | <b>Error! Bookmark not defined.</b> |
| C. Pengujian Hipotesis.....                   | <b>Error! Bookmark not defined.</b> |
| D. Diskusi Penemuan.....                      | <b>Error! Bookmark not defined.</b> |
| <b>BAB V KESIMPULAN DAN SARAN.....</b>        |                                     |
| <b>Error! Bookmark not defined.</b>           |                                     |
| A. Kesimpulan .....                           | <b>Error! Bookmark not defined.</b> |
| B. Saran.....                                 | <b>Error! Bookmark not defined.</b> |
| <b>DAFTAR PUSTAKA .....</b>                   |                                     |
| <b>Error! Bookmark not defined.</b>           |                                     |