

DAFTAR ISI

LEMBAR PENGESAHAN	Error! Bookmark not defined.
PERNYATAAN.....	Error! Bookmark not defined.
KATA PENGANTAR.....	Error! Bookmark not defined.
BAB I PENDAHULUAN.....	Error! Bookmark not defined.
A. LATAR BELAKANG	Error! Bookmark not defined.
B. RUMUSAN MASALAH.....	Error! Bookmark not defined.
C. TUJUAN PENELITIAN.....	Error! Bookmark not defined.
D. MANFAAT TEORITIS DAN PRAKTIS..	Error! Bookmark not defined.
1. Manfaat Teoritis.....	Error! Bookmark not defined.
2. Manfaat Praktis	Error! Bookmark not defined.
BAB II KAJIAN TEORITIS.....	Error! Bookmark not defined.
1. Durasi tidur	Error! Bookmark not defined.
2. Faktor-Faktor yang Mempengaruhi Durasi Tidur	Error! Bookmark not defined.
3. Kebugaran Jasmani	Error! Bookmark not defined.
4. Komponen Kebugaran Jasmani	Error! Bookmark not defined.
5. Hubungan Durasi Tidur dengan Kebugaran Jasmani	Error! Bookmark not defined.
B. Penelitian Terdahulu	Error! Bookmark not defined.
6. Hipotesis Penelitian	Error! Bookmark not defined.
BAB III METODOLOGI PENELITIAN	Error! Bookmark not defined.
A. Metode Penelitian	Error! Bookmark not defined.
B. Desain Penelitian	Error! Bookmark not defined.
C. Populasi dan Sampel Penelitian	Error! Bookmark not defined.
1. Populasi.....	Error! Bookmark not defined.
2. Sampel.....	Error! Bookmark not defined.
D. Variabel Penelitian.....	Error! Bookmark not defined.
1. Identifikasi Variabel.....	Error! Bookmark not defined.
Definisi Operasional Variabel.....	Error! Bookmark not defined.
a. Durasi Tidur (X):.....	Error! Bookmark not defined.
b. Kebugaran Jasmani (Y):	Error! Bookmark not defined.
E. Instrumen Penelitian	Error! Bookmark not defined.
1. Kuesioner Durasi Tidur (PSQI)	Error! Bookmark not defined.
2. Tes Kebugaran Jasmani Indonesia (TKJI).	Error! Bookmark not defined.
F. Peralatan yang Digunakan	Error! Bookmark not defined.
G. Prosedur Penelitian	Error! Bookmark not defined.
1. Tahap Persiapan	Error! Bookmark not defined.

2.	Tahap Pengumpulan Data	Error! Bookmark not defined.
H.	Prosedur Pelaksanaan Per Item Tes TKJI ..	Error! Bookmark not defined.
a.	Lari 60 Meter:	Error! Bookmark not defined.
b.	Gantung Angkat Tubuh (Pull-up, 60 Detik):	Error! Bookmark not defined.
c.	Baring Duduk (Sit-up, 60 Detik):	Error! Bookmark not defined.
d.	Loncat Tegak (Vertical Jump):	Error! Bookmark not defined.
e.	Lari 1.200 Meter:	Error! Bookmark not defined.
I.	Tahap Pengolahan Data	Error! Bookmark not defined.
J.	Teknik Analisis Data	Error! Bookmark not defined.
1.	Analisis Deskriptif	Error! Bookmark not defined.
K.	Uji Hipotesis (Uji Korelasi)	Error! Bookmark not defined.
L.	Lokasi dan Waktu Penelitian	Error! Bookmark not defined.
BAB V		Error! Bookmark not defined.
KESIMPULAN DAN SARAN		Error! Bookmark not defined.
LAMPIRAN		Error! Bookmark not defined.

DAFTAR TABEL

Tabel 2 1 Ringkasan Penelitian Terdahulu yang Relevan**Error! Bookmark not defined.**

Tabel 3 1 Paradigma Penelitian**Error! Bookmark not defined.**

Tabel 3 2 Data Populasi Santri SMA Laki-laki Pondok Pesantren Al Amin Pangandaran

.....**Error! Bookmark not defined.**

Tabel 3 3 Penentuan Jumlah Sampel dengan Teknik Total Sampling**Error! Bookmark not defined.**

Tabel 3 4 Ringkasan Kriteria Inklusi dan Eksklusi**Error! Bookmark not defined.**

Tabel 3 6 Operasionalisasi Variabel Penelitian**Error! Bookmark not defined.**

Tabel 3 7 Kisi-kisi Kuesioner Durasi Tidur (PSQI)**Error! Bookmark not defined.**

Tabel 3 8 Item Tes, Komponen yang Diukur, dan Prosedur Pelaksanaan TKJI**Error! Bookmark not defined.**

Tabel 3 9 Nilai (Norma) TKJI untuk Usia 16-19 Tahun Laki-laki**Error! Bookmark not defined.**

Tabel 3 10 Klasifikasi Tingkat Kebugaran Jasmani Berdasarkan Skor Total TKJI**Error! Bookmark not defined.**

Tabel 3 11 Daftar Peralatan Pelaksanaan TKJI**Error! Bookmark not defined.**

Tabel 3 12 Jadwal Pelaksanaan Pengambilan Data Penelitian**Error! Bookmark not defined.**

Tabel 3 13 Alur Penentuan Metode Analisis Berdasarkan Hasil Uji Normalitas**Error! Bookmark not defined.**

Tabel 3 14 Pedoman untuk Menentukan Interpretasi Koefisien Korelasi**Error! Bookmark not defined.**

Tabel 3 15 Jadwal Penelitian**Error! Bookmark not defined.**

DAFTAR LAMPIRAN

Lampiran 1 Surat Izin Penelitian	Error! Bookmark not defined.
Lampiran 2 Surat Balasan Penelitian.....	Error! Bookmark not defined.
Lampiran 3 Quesioner Adaptasi Durasi Tidur PSQI	57
Lampiran 3 Data Mentah	59
Lampiran 4 Out Put SPSS.....	60
Lampiran 5 Dokumentasi.....	63
Lampiran 6 Riwayat Hidup.....	66