



**A DISCOURSE ANALYSIS ON  
"GIVE YOUR BODY AND MIND A BREAK THROUGH YOGA"  
*IN THE JAKARTA POST ON 19 JULY 2009***

**THESIS**

**By**

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**ENGLISH DEPARTMENT  
FACULTY OF LETTERS  
JEMBER UNIVERSITY**

**2011**



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*GIVE YOUR BODY AND MIND A BREAK THROUGH YOGA*  
IN THE JAKARTA POST ON 19 JULY 2009**

**THESIS**

A Thesis Presented to the English Department, Faculty of Letters,  
Jember University as One of the Requirements to Get  
The Award of Sarjana Sastra Degree  
in English Studies

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## **DEDICATION**

This thesis is profoundly dedicated to:

My Beloved Parents : My Dad, Eko Lejar Pribadi,S.Pd and My Mom, Sulis

I would like to thank them who always pray and motivate me to finish my study.

To My Sisters: Lina Kusumaningsih,S.Pd and Elya Iswahyuli

Thank you for a life time of support.

To My Beloved Friend

I thank Tyas, Rizka, Eka', Tiwi, Bj, Dyan and Tiar Along for your support and friendship through the years.

To my Alma Mater.

## DECLARATION

I hereby state that the thesis “*A Discourse Analysis on Give Your Body and Mind A Break Through Yoga in The Jakarta Post on 19 July 2009*” is an original piece of writing. I certify that the analysis and the research described in this thesis have not already been submitted for any other degree. I certify in the best of my knowledge that all sources used and any help received in the preparation of this thesis have been acknowledged.

Jember, January 2011

The Writer.

Fina Kusumaningrum  
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## APPROVAL SHEET

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## ABSTRACT

**“ A Discourse analysis on Give Your Body and Mind A Break Through Yoga in The Jakarta Post on July 2009”**; Fina Kusumaningrum, 060110101058, 2010 : 67 pages; English Department, Faculty of Letters, Jember University.

A language is a means of communication among people. Language can be used in many forms through oral or written expressions and body language. This thesis is entitled “*A Discourse analysis on Give Your Body and Mind A Break Through Yoga in The Jakarta Post on July 2009*”. The aims of this study are to describe the application of grammatical cohesive devices and lexical cohesive devices to the article of *Give Your Body and Mind A Break Through Yoga in The Jakarta Post* Newspaper and to find out whether grammatical cohesive devices and lexical cohesive devices can make the text coherent and unified.

This thesis uses library research by reading some books in the library to find out concepts that are relevant to the theoretical framework of the thesis. The data of this study are collected from a written text. The qualitative data are in the form of descriptions and not in the form of numbers. Documentary (bibliographical) study is applied to this study as the technique of data collection, and the data are taken from *Give Your Body and Mind Through Yoga in The Jakarta Post* Newspaper which was published in 2009. Only one article was analyzed. This study is a descriptive study which describes grammatical cohesive devices (Reference, Substitution, Ellipsis and Conjunction) and lexical cohesive devices (Reiteration and Collocation).

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Amin

Jember, 31 January 2011

Writer

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