

MEASUREMENT OF BODY MASS INDEX AND PERSONAL FITNESS LEVEL OF ADULTS BASED ON “ACT-FIT” APPLICATION

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ABSTRACT

This research is part of a further road map from the research conducted in the previous year. The objectives of this study were: 1) Measuring adult BMI and fitness level, 2) Providing training to be able to independently assess BMI and fitness, 3) Testing the validity and reliability and assessment of the "Act.Fit" android application that has been developed in previous studies.

The research steps include: 1) Formulating research problems and determining research objectives, 2) Determining concepts and hypotheses and digging into the literature, 3) Sampling, 4) Preparation of questionnaires and instruments, 5) Field data collection, 6) Data processing, 7) Analysis and reporting. The research was conducted in Yogyakarta. The subjects in this study were 30 adults. The instrument for collecting application-based BMI and physical fitness assessment data was carried out using an online questionnaire.

The validity and reliability data of the instrument got an average score of 0.632 and a score of 0.651 which means that all aspects of the instrument are valid and reliable. The general profile of the measurement of BMI and Fitness for adults showed the following results: 1) The average BMI score for male adults was 26.70 in the Overweight category, 2) The average BMI score for female adults was 20, 28 Underweight categories, 3) Male adult travel time is 15 minutes 25 seconds with an average fitness score of 27.3 Fair categories (less), 4) Female adult travel time is 15 minutes 38 seconds with an average score -The average fitness is 27 categories Fair (less). User assessment data on the application from the appearance aspect, material aspect, display aspect and usability aspect got an average score of 4.55 with a very good category.

Kata Kunci: *BMI, fitness, application, act.fit*