

# **VALIDITY AND RELIABILITY OF SMART WHOLE BODY REACTION (WBR) UPSI MALAYSIA AND UNY INDONESIA STUDENTS**

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## **ABSTRACT**

Sport is an inseparable part of achievement. There are several factors that support achievement, one of which is testing and measurement. The purpose of this comparable study is to determine the level of validity and reliability of UPSI Malaysia students and UNY Indonesia in the use of WBR (Whole Body Reaction). This validity and reliability research is a part that must be done to assess the results of research on Whole Body Reaction (WBR) products. The research method used in this comparable study uses a descriptive approach method. The population and sample in this study were students of UPSI Malaysia and UNY Indonesia who were obtained using purposive sampling technique. The steps in this research are (1) Preliminary study, (2) Conducting theoretical studies and empirical studies, (3) Determining research objectives, (4) Determining the framework of thinking, and research questions and / or research hypotheses (5) Designing research methods , (6) data analysis (7) research reports. The target of this commensurate research is indexed articles.

Kata Kunci: *Keywords: Whole Body Reaction, Validity, Reliability*