

STUDY OF STUDENT'S DIGITAL MEDIA AND PHYSICAL ACTIVITY LITERACY IN PRIMARY AND SECONDARY SCHOOLS

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ABSTRACT

This study aims to determine the level and relationship between the use/utilization of digital media and the physical activity patterns of students in primary and secondary schools. This research uses a quantitative approach with a survey method. The participants of this study were elementary and secondary school students who were determined based on clusters of three regions/areas, namely: schools in urban, suburban and rural areas in the Special Region of Yogyakarta with a total of 24 schools and 3427 students involved. Data collection was carried out through a questionnaire/questionnaire which was distributed to elementary and secondary school students through various ways both online and offline. The data analysis used descriptive and associative. The results showed that elementary and secondary school students were still balanced in utilizing/using digital media and physical activity patterns. A significant positive relationship between the use of digital media and physical activity patterns is seen in elementary and junior high schools students, while senior high school students are not. The balance needs to be done with the support of parents and teachers and the intensity of physical activities must be further improved.

Kata Kunci: Digital Media, Physical Activity, Students