

“Comparison Of Physical Fitness Of Junior High School Students In Indonesia, Phylipina, Malaysia Assessed From Healthy Lifestyle And Family Socio-Economic Conditions“

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ABSTRACT

Physical fitness has become something important with the development of technology which increasingly limits people's ability to move. Lifestyle, social economic conditions influence and are related to physical fitness, fitness is an important capital for activities and optimal performance for every human being. This study aims to compare the relationship between three variables by grouping them into lifestyle and family socio-economic conditions. The method used is comparative correlational. Data collection techniques using measurements and filling out questionnaires on samples of teenagers aged 13-18 years. Physical fitness instrument with the TKJl test, healthy lifestyle and family socio-economic questionnaires. It is hoped that this research can be used to determine the real obstacles and conditions of physical fitness in relation to lifestyle and socio-economic conditions among adolescents in 3 three countries. Based on data analysis, it can be stated that between the two countries there is no significant difference in the level of physical fitness in teenagers. The research results can be used to make policies related to physical fitness by district governments, schools or related parties.

Kata Kunci: *Physical fitness, healthy lifestyle, socio-economics, youth*