

# HEALTH PROFILE BASED ON BODY MASS AND FITNESS INDEX PKO FIK UNY STUDENT PHYSICS: CROSS SECTIONAL STUDY

by Prof. Dr. Dra. Endang Rini Sukamti, M.S.

## ABSTRACT

This study aims to compare students' vo2max Yogyakarta State University (UNY/Indonesia) with students Sultan Idris Education University (UPSI/Malaysia). Deep method This research uses a survey. Sample used in research This was purposive sampling with a total of 72 UNY students students and UPSI as many as 35 students. Instruments used is the Multi Stage Fitness Test (MFT). The research results concluded From the results of calculations using equal variances assumed are known to be the sig value (2-tailed) of  $0.094 > 0.05$ . This means that there is no difference significant difference between the average Vo2max of UNY and UPSI students

Kata Kunci: *profile, healthness*