

STUDY OF PHYSICAL ACTIVITY DURING PANDEMIC CORONA VIRUS DISEASE (COVID-19) IN INDONESIA AND MALAYSIA

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ABSTRACT

Corona virus is a type of virus that is endemic throughout the world. This study aims to determine the study of physical activity during the Covid19 era in Indonesia and Malaysia. The samples in this study were students of the Faculty of Sports Science, Yogyakarta State University and the Faculty of Sports Science, Sultan Idris University of Education, Malaysia. The technique used in this research is analytic observational with a cross sectional approach. The analysis technique used in this research is analytic observational research. The results in this study indicate that the subjects think that the study of moderate and strenuous physical activity is needed in the midst of a pandemic with the largest percentage of all respondents' answers through distributed instruments resulting in answers to questions 1 to 16, respondents agree that moderate physical activity is the very choice. liked by the respondents. Of the 94 respondents chose moderate physical activity in maintaining the stability of the body's immunity during the Covid-19 epidemic with GPAQ Interpretation $\geq 600 - 3000$.

Kata Kunci: *study, physical activity, Indonesia Malaysia*