

# Comparison of Physical Fitness, Blood Pressure, Screen Time, and Academic Performance among Students from Indonesia and Malaysia

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## ABSTRACT

As the growing rate of Covid-19 patients diminishes, interaction patterns and people's lives begin to slowly shift, as do activities in the field of education in the last semester. This state is clearly advantageous for kids involved in sports, thus there is a probability that they will change their behavior and become active again. On the other hand, this condition still requires attention because, in particular, students are still complacent with pandemic circumstances that are all about practical life and the amount of sedentary lifestyle that is still associated. The objective is to research and compare the circumstances of (1) physical fitness, (2) fat percentage, (3) blood pressure, (4) screen time, and (5) academic accomplishment among students in Indonesia and Malaysia at the beginning and end of the epidemic. **Methods:** The study methodology employs observational methods of analysis. The research participants were Malaysian and Yogyakarta sports students. Subjects are active students in both Indonesia and Malaysia, and a total of approximately 50 participants were chosen using the approach of purposive sampling. In the previous semester, the Bleep test was used to collect data on physical fitness, blood pressure was measured with an Omron Digital Tensiometer, Screen time was measured by a questionnaire, and Academic Achievement was assessed with a test. The technique utilized to analyze the data is ANOVA. **Results:** There was a very significant difference in the ability to perform push-ups (0.000 0.01), systolic blood pressure (0.032 0.05), diastolic blood pressure (0.011 0.050), VO2Max value (0.011 0.05), length of time using the internet in a day (0.025 0.05), the difference in the length of time in front of the screen during the week (0.006 0.05) and Nonetheless, there is no statistically significant difference in the grade point average (GPA). **Conclusion:** Arm and cardiovascular endurance demonstrated statistically significant differences, followed by blood pressure. On weekdays and weekends, screen time habits also grow and seen different between groups. Nonetheless, there must be a change in behavior for extended presses in front of the screen to increase the overall fitness component.

Kata Kunci: *sports students, physical fitness, blood pressure, screen time, grade point average.*