

STUDENTS' INTEREST AND PHYSICAL ACTIVITY LEVELS DURING PANDEMIC COVID-19 INDONESIA AND MALAYSIA

by Suharjana, Wawan S. Suherman, Widiyanto, Ahmad Nasrulloh, Sigit Nugroho

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 technique used in this research is analytic observational with a cross sectional approach. 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 instruments employed to collect the data used measurement of the level of understanding carried out by the test method. The levels of physical activity were measured Global Physical Activity Questionnaire (GPAQ) questionnaires. 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. Result of the 94 respondents the overall calculation of each question is 1,233.84. Results of this study are on a medium scale with information ≥ 600 - 3000 Total Physical Activity Assessment. Chose moderate physical activity in maintaining the stability of the body's immunity during the Covid-19 epidemic with GPAQ.

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