THE DESCRIPTION OF THE PHYSICAL ACTIVITY LEVEL ON EARLY ADOLESCENT AT SMP UNGGULAN AISYIYAH BANTUL

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ABSTRACT

Background: *The development of technology and the increasing use of gadgets lately affect the level of physical activity, especially in early adolescent. Declining levels of physical activity in early adolescent can increase the incidence of degenerative diseases later in life, increase obesity cases, affect mental health, and inhibit the growth and development of early adolescents.*

Objective: *To know the description of the physical activity level in early adolescent at Bantul.*

Research Method: *The design of this research is descriptive quantitative with cross-sectional approach and data analysis using univariat. The samples of the study are 33 respondents. Sampling's technique is purposive sampling. The research instruments used Global Physical Activity Questionnaire (GPAQ) and Metaboliq Equivalent (MET).*

Result: *The result of measurement of physical activity level using GPAQ instrument obtained showed that majority of respondents has low and moderate physical activity level with same percentage value that was 48.5% while the result of high physical activity level obtained showed that 3%. Physical activity level using MET instrument obtained shows that majority of respondents has 63.7% of moderate physical activity, 18.5% of high activity and 7% of low activity .*

Conclusion: *The results of the GPAQ study showed that early adolescents has low and moderate physical activity levels, while the results of the study using MET instruments showed that the majority of early adolescents has moderate levels of physical activity.*

Keywords: *Physical activity level, Early adolescent, Global Physical Activity Questionnaire, Metabolic Equivalent*