IMPACT: International Journal of Research in Applied, Natural and Social Sciences (IMPACT: IJRANSS)
ISSN (P): 2347-4580; ISSN (E): 2321-8851
Vol. 6, Issue 5, May 2018, 71-76

THE CORRELATION BETWEEN PHYSICAL ACTIVITY AND BODY MASS INDEX (BMI) FOR ADOLESCENT STUDENT

Arief Abdul Malik[1], DeviaAnggita Anggelia[2], Adang Suherman[3] & Yudy Hendrayana[4]

[1,2]Magister in Sport Education of Universitas Pendidikan Indonesia, Bandung, West Java, Indonesia

[3,4]Sport and Health Education Faculty of Universitas Pendidikan Indonesia, Bandung, West Java, Indonesia

Received: 25 Apr 2018 **Accepted:** 11 May 2018 **Published:** 18 May 2018

ABSTRACT

Obesity is a disease that occurs due to the accumulation of excess fat tissue in the body and it is bad for health. This study aims to determine the frequency of physical activity, BMI category and the relation between physical activities with the level of BMI. The respondents are 99 adolescents aged 15-19 years old. They were selected using random sampling techniques. Physical activity was measured using the PAQ-A instrument and BMI levels were assessed by height, weight, gender, and age range. Data were analyzed using Pearson correlation test. The calculation results showed no relationship between physical activity with BMI (r = 0.112; p = 0.271> 0.05). Most students have the light category of physical activity and normal BMI levels.

KEYWORDS: *Physical Activity, Body Mass Index, Adolescent Student*