

ABSTRACT

DEVELOPMENT OF PUSHUP, SITUP, AND SQUATS ACTIVITY RECORDER APPLICATIONS WITH ANDROID-BASED GAMIFICATION METHOD IN STRENGTH PART

By

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Excercise habits in the world are still lacking. More than a quarter of adults worldwide lack physical activity to keep their bodies healthy.. Many diseases can actually be overcome by doing sports, but to make a habits that are not easy. To help people develop healthy habits an application was built that records physical activity activities, namely physical activities such as pushups, situps and squats by using gamification to help users feel direct accomplishments. In addition to the application, a business plan is also made to obtain funds through the application.

This final project is carried out using a conceptual method. In application development, development uses extreme programming methods. To check the suitability of the application with the user, the method used is the User Acceptance Test (UAT) by 33 users and to check business feasibility using the Return of Investment (ROI) method.

The results obtained from the final application The level of application acceptance by users is 81.16%. In addition, the level of income generated from a business plan created shows that the business plan is feasible.

Keywords: android, development, application, gamification, information system.