

Assessing Aspects Of Strength, Concentration, Interest, Physical Activity And Body Mass Index

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Abstract	<p>This study describes the strength, concentration, interest, physical activity and body mass index between regular schools and Islamic boarding schools based schools. The results of this study were carried out as material for evaluating the interests of interests. This research is a non-experimental quantitative research. The sample in this study were high school students in regular schools and Islamic boarding schools in Kab. Bojonegoro. The number of regular students is 221, students of Islamic boarding schools are 245. The instruments used to measure the variables of this study include: the strength variable (Push Up, Sit Up, Back Up). Concentration variable using grid concentration test. Interest variables using a questionnaire. The physical activity variable used the international physical activity questionnaire (IPAQ short). The body mass index variable uses the national nutritional obesity formula. This research was conducted semi-online. Items of interest and physical activity were carried out offline, while physical fitness, concentration and body mass index were carried out boldly. Regular school excels at item strength and physical activity. Islamic boarding school-based schools are superior in concentration and interest. Regular school students tend to be obese than boarding school students.</p>
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