UNIVERSITI TEKNOLOGI MARA

THE EFFECTIVENESS OF USING MULTIMEDIA PLATFORM: FITNESS APPS FOR OBESITY & HEALTH PROBLEMS

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Thesis submitted in fulfillment of the requirements
for

Bachelor Degree (Hons) in Graphic Design

Faculty of Art & Design

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CONFIRMATION BY EXAMINER

I certify that an examiner has met on 6th February 2022 to conduct the final examination of Muhammad Danial Amri Bin Zainal on his Bachelor Degree (Hons) in Graphic Design thesis entitled The Effectiveness of Using Multimedia Platform: Fitness Apps For Obesity & Health Problems in accordance with Universiti Teknologi MARA Act 1976 (Akta 173). The examiner undersigned recommends that the student be awarded the relevant degree.

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

In today's age, body health problems often apply to society, such as obesity, diabetes, hypertension and others. This purpose of this research is to identify problems related to the health of the human body in terms of nutrition, fitness and physical. The objective of this research is to help people that suffer from body health problems to recover as usual. Next, attracting community awareness of the importance of body health to live daily life more meaningfully. The secondary data such as reference books, dictionary and internet services will also be used to collect information and data about this study to get more accurate information. Research was conducted using several methods such as quantitative research methods. With this research, frequent problems that can cause pain and unhealthy can be identified and can be solved using the social media platform through applications . According to JMIR Publication, Mobile apps seem to be promising tools to help people improve their health . Apps are software applications that enable programs to run on smartphones. Because smartphones can be used anywhere and at any time, they can potentially reach many people and can offer good opportunities to contribute to health promotion and health protection .Beside That, the outcome of this research can also provide a source of benefits and knowledge to everyone who wants to maintain a healthy lifestyle and have awareness of being healthy and vibrant. By making the application for health we can prevent and guide others people from being obesity or sick to maintain healthy lifestyle.

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