

UNIVERSITI TEKNOLOGI MARA

**THE DESIGN AND DEVELOPMENT
OF 'FITMY APP': THE ULTIMATE
TECHNOLOGY TO HELP
STUDENTS MAINTAIN A HEALTHY
LIFESTYLE**

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ABSTRACT

Physical activities have scientifically been proven to improve health and overall quality of life. It has been reported that many university students are physically inactive with a sedentary lifestyle. With the advent of wireless technology, the presence of various mobile applications is considered a promising tool for promoting physical activities to university students. This study aims to educate and assist university students about health and fitness through using the FitMy App which offers multiple benefits, including generating suitable physical activities and exercises for every individual's present condition. The design and development of the FitMy App is directed towards the intention to educating and assisting university students in maintaining a healthy lifestyle. The analysis further identifies the university students' health consciousness and the usability of the FitMy App in educating and assisting university students in maintaining their health. Employing the quantitative research approach, a set of questionnaires is used as the research instrument comprising forty questions categorized into four sections and distributed to 100 university students as respondents. Data was analysed using the Statistical Package for Social Sciences (SPSS) version 23. Results revealed the respondents highly liked the user interface design and user experiences of the FitMy App, and all of them would like to use the application again. The overall positive feedbacks gathered from the participants revealed that the FitMy App is significantly effective and useful towards educating and assisting university students in maintaining a healthy lifestyle.

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TABLE OF CONTENTS

	Page
AUTHOR'S DECLARATION	ii
ABSTRACT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF TABLES	ix
LIST OF FIGURES	xi
LIST OF ABBREVIATIONS	xiii
CHAPTER 1 INTRODUCTION	1
1.1 Introduction	1
1.2 Background of Study	2
1.3 Problem Statement	2
1.4 Research Objective	3
1.5 Research Question	4
1.6 Significance of Study	4
1.7 Limitation	4
1.8 Operational Definition	5
1.8.1 FitMy App	5
1.8.2 Students	5
1.8.3 FitMy App Usability	6
1.9 Chapter Summary	6
CHAPTER 2 LITERATURE REVIEW	7
2.1 Introduction	7
2.2 Mobile Application	7
2.3 Physical Inactivity among Malaysians	9
2.4 Physical Inactivity among University Students	10
2.5 FitMy App	11
2.5.1 User Experience	12

CHAPTER 1

INTRODUCTION

1.1 Introduction

The wireless technology has perceptibly progressed most rapidly by the second decade of the 21st century. It eventually propels the society towards establishing a learning environment that engenders effective and knowledge-based citizens espoused by technology (Buabeng Andoh et al., 2018). The use of technology has essentially become indispensable in solving various problems and fulfilling different human daily needs (Kushendriawa et al., 2021) including lifestyle and health.

The development of mobile applications is valuable as support in managing health and fitness. The utilization of mobile applications does not only educate users on health and fitness but also instrumental in monitoring an individual's well-being. Campus life can be challenging to university students especially with the multitude of academic demands causing many to neglect their personal health and fitness. As mentioned by Silva et al. (2022), campus life is a very competitive environment where university students change physically and mentally, especially in the first year, which contributes to weight gain, unhealthy eating, sleep problems, and lack of physical activity. Consequently, they may not get actively involved in physical activities or exercise regularly. Such case threatens the general health with implications to increased high risk factor, while further inference revealed that inactive physical exercise is the most fought back and the lead cause of global fatality rate (Alias et al., 2022). Data from the World Health Organisation (WHO) also revealed that an estimation around 1.4 billion adults in the world's population failed in achieving the recommended health scale based on the discernible statistics of physical and behaviour sedentary (WHO, 2020).

Many studies have shown a decrease in physical activity worldwide and an increase in inactive and obese countries, including Malaysia. In the 2019 National Health Morbidity Survery (NHMS, 2019), it was identified that 25.1% of Malaysians are physically inactive which contributed 16.4% to the mortality rate in the country. There is no exception that university students are also physically inactive, whereby the