



Original Article

KITA FIT Application: validate through the system usability scale (SUS).

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ABSTRACT

The accuracy of physical movement in the world of sports and health, as well as the problems arising from a lack of understanding of the basic principles of exercise and the lack of literacy in the digital age, are issues that need to be solved. The research aims to validate, evaluate, and develop the Android-based We Fit App for the community as well as educational learning media for improving sports literacy and physical literacy in the era of digitalization. The research method uses the Likert scale and the System Usability Scale (SUS), involving the public and students. Research results show that our Fit app is successful and can be said to be worthwhile in improving digital literacy and physical literacy in society, with a high level of user satisfaction. Includes features of sports articles, brief insights, learning videos, quizzes, and reading references supporting the development of digital literacy in the world of sports. The average user stated that the Kita Fit app's validity score reached 4.7, which indicates that it is worth using and effective when used. Here's a summary of the application draft results from the embroidery that has been made. The Kita Fit team developed the features and contents of the app based on the judgment of the user during the validity test, this strengthens user satisfaction with the use of the application for everyday activities.

Key words: literacy, sports literation, digital literature, physical, health, the era of digitalization.

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INTRODUCTION

Humans depend on physical activity that requires a lot of energy and motor movement. According to [Sukintaka \(2004\)](#), human mobility refers to the movement of impulses that originate from the inside of a lower skill aimed at moving outwardly that can be observed, thus prioritizing precision. The principle of precision itself is often associated with sports. Precision is one of the main principles in the world of sports and is the key to physical activity because, in achieving a goal, consistency and competitiveness when exercising depend on accuracy. Exercise can develop a variety of skills and abilities related to physical activity in a person's growth ([Arisman & Guntara, 2021](#)). However, there are factors that make sports a scourge or a disease. Miscellaneous movements while performing certain activities or exercising can cause fatal effects on the body, which are commonly referred to as injuries. Permanent physical exercise with inconsistent movements or postures, causing the body to experience stress, laceration, or even worse, overuse syndrome, As for the factor causing the injury, it is a lack of understanding of a movement. The primary cause of the injuries is the lack of understanding of warming up to 62%.

The System Usability Scale (SUS) is a widely used scale to quantify the usability of various products and services, including digital health apps. It consists of a 10-item questionnaire with five response options for respondents, allowing evaluation of a wide variety of products and services. ([Theobald, 2020](#)) The SUS provides a "quick and dirty," reliable tool for measuring usability and has become an industry standard. It is not specifically designed to evaluate mobile apps or digital health apps, but it can be used to assess their usability. ([Aripradono, 2021](#); [Sulaiman et al., 2018](#); [Theobald, 2020](#)) The scale's benefits include its ability to produce a percentile score, though it is not diagnostic. The SUS can be used to classify the ease of use of the site, application, or environment being tested

The SUS scores can help in benchmarking the usability of digital health apps, including fitness apps like KITA FIT. Studies have used the SUS to assess the usability of mHealth apps, and the scores can provide insights into the effectiveness, efficiency, and satisfaction of the app's users

In the context of KITA FIT, conducting a SUS evaluation can help in understanding the app's usability, identifying areas for improvement, and benchmarking its usability against other digital health apps. This can be valuable for ensuring that the app meets the needs of its users and is easy to use, which are crucial factors for the adoption and success of digital health apps

In the world of sport, health, and education, there are many problems that are emerging as a result of the advance of the 4.0 industrial revolution towards digitalization. One of them is the spirit of exercise.

METHODS

The study uses the Likert scale, which spreads the question by giving the numbers 1–5 as an indication of the level of agreement. As for the purpose of this method as a basis for developing the level of user needs on the Application Kita Fit, The research subject consists of two components, namely the general public as the user who will enjoy the application Kita Fit, and students of the Universitas Pendidikan Indonesia Campus Tasikmalaya as the validity of the user and testers of the effectiveness of the application work.

The instrument used in this method is the System Usability Scale (SUS) instrument to determine the validity of the user. The obtained data is then analyzed using descriptive presentation techniques. This helps in providing a clear picture of the distribution of data as a collected variable.

RESULTS AND DISCUSSION

Results

Kita Fit is an Android app that has achieved success for digital-based mobile applications in terms of digital literacy, technological literacy, and human literacy. Overall, Kita Fit features tend to include basic literacy and understanding. It will be a general understanding, learning model, learning implementation, as well as Android-based digital learning evaluation. These include short insight features, sports articles, sports videos, injured chat features, evaluation through the "Quiz Fit" test, and "Perpus Fit" reading references.

After making the application to the publication stage, the researchers tested the validity of the application first as a form of evaluation for the users using the survey Google Form. The user trial of the Kita Fit app involved 75 respondents, consisting of the general public and students.

Tabel 1. Application Validity Test

	Statement Number										Efficiency
	1	2	3	4	5	6	7	8	9	10	
Average	5	5	4	5	4	5	5	4	5	5	4,7

The average user stated that the Kita Fit app's validity score reached 4.7, which indicates that it is worth using and effective when used. Here's a summary of the application draft results from the embroidery that has been made.

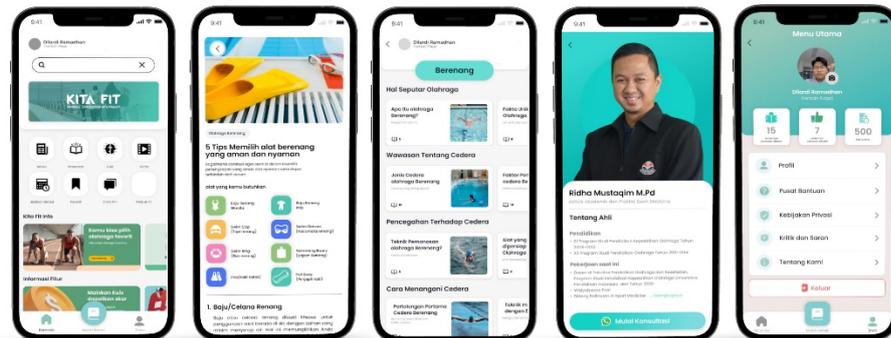


Figure1.Application Mobile KITA FIT

Discussion

Entertainment through social media is one of the advances in technology. Technology is something new as a tool to help humans achieve a goal by facilitating or streamlining a job. Technologies that are already life-supplying are often viewed as negative rather than positive by society, as has been mentioned in the influence of social media on the younger generation. Research published in the Journal of Pekomnas by Fauzi Marhamah states that digital literacy can have a negative influence, such as increasing the spread of information by 20.6%. The need for literacy itself to implement a digital system requires the classification of

technical skills related to information accessibility, online engagement, computer skills, search engine skills, and evaluation of information obtained. (McArthur, 2018).

Literacy was initially only identical to reading, but in 2004, the Institute of Medicine (IOM) classified writing, speaking, listening, and counting as literacy. From such classifications, literacy can be combined with social skills that enable effectiveness in other aspects, such as health in sports. Physical literacy covers motivation, physical competence, self-confidence, knowledge, and understanding to appreciate and be responsible for the involvement of physical activity throughout life. (Nasrulloh, 2012). Meanwhile, UNESCO statistics indicate that Indonesian people's reading interest is very high, with a Indonesia of 1 to 1000 people, making Indonesia rank 60th out of 61 countries that are considered to have low literacy. In fact, in this era of digitalization, the literacy process is one of the important aspects of the development of the industrial revolution that drives the progress of IPTEK. As stated by Aonun (2017), the skills required in the Industrial Revolution 4.0 are digital literacy, literation against technology, and human literacy. Since the Industrial Revolution 4.0 towards 5.0 changed the way humans view everyday life, one of these books is considered ancient as the medium of literature.

When people lack understanding of sports literacy, it will affect the way they view sports information, so sports activities are considered unimportant because of the lack of motivation from the environment. As for hard-to-understand reading, people are reluctant to start reading and engage in sports without regard for the principles. We need media that support literacy and follow the progress of IPTEK to become new media for improving learning, as well as the way the Indonesian people view the use of the latest advanced technologies.

Kita Fit has become one of the applications of IPTEK's advances that have greatly affected the world, that is, mobile applications to change the negative impact of technology that is viewed as having no education. The educational system, which is also undergoing changes, will have an impact on many aspects of life when compared with technology. Kita Fit (Physical Application of Literacy) is designed as an innovative solution to digital literacy that offers

tutorials, information, and interactions that entertain, educate, and provide knowledge about physical health, good exercise, and a healthy lifestyle. Through this renewable medium, Kita Fit will become a learning medium in an educational institution and the surrounding environment. Even digital literacy has become a necessary skill for everyone in the 21st century.

Learning methods on the Kita Fit app that have passed the evaluation results and validity research of the user, not just driven in one field, This includes learning methods that involve reading literacy, such as the article features and brief insights into the Application Kita Fit. Reading literacy can be a means for students to recognize, understand, and apply the knowledge acquired in school (Hanggi, 2016). Other benefits of self-reading literacy will lead students to make an effort to understand a message (Hernowo, 2013). This means that the literacy feature of the App Kita Fit will help the reading interests of the Indonesian public as well as be a learning medium for educational institutions.

Kita Fit is a learning method that supports the evolution of the era after the literacy shift from books to digital media. Video itself is categorized as a visual, audio-based medium (Hayati, 2017). Says that learning using visual audio is an intermediate medium whose application through vision and hearing can better build conditions that can enable students to acquire knowledge, skills, or attitudes used to help them achieve their learning goals. As for the features of Quiz Fit on the application, Kita Fit helps students learn methods for memorizing through the type of game. Game-based learning is a game-based learning technique to help improve the student's ability to absorb knowledge. Game-based learning can help students solve problems, enhance critical thinking, and make assessments in the learning process. (Ryan Dellos, 2015).

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CONCLUSION

The Kita Fit team developed the features and contents of the app based on the judgment of the user during the validity test, this strengthens user satisfaction with the use of the application for everyday activities. The app has received positive reviews from users, and its use has helped improve the digital literacy of the community. With features such as sports articles, short sports interviews, video learning, expert chat, quizzes as a form of evaluation of understanding, and reading reference features, Kita Fit supports literacy development in the digital age. It reflects the shift from traditional literacy to digital literacy in the world of sport and health, which is becoming increasingly important in the era of technological development.

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