

ABSTRACT

Background: *The advancement of modern technology that is rapidly developing has caused the lack of physical activity of the community including students. This lack of physical activity impacts the high rates of obesity to obsession. This can cause various risks of chronic diseases such as cardiovascular disease, cerebrovascular disease, and diabetes mellitus.*

Objective: *This study aims to determine how the correlation between the level of physical activity and Body Mass Index (BMI) among students of the Universitas Muhammadiyah Yogyakarta.*

Research Methods: *This study was an observational study with a cross sectional study design. This research was using the secondary data that conducted at Yogyakarta Muhammadiyah University clinic. Data collection was conducted from June 2018 to January 2019 with a sample of 466 people using the Global Physical Activity Questionnaire. Relationship test analysis was performed with Chi-Square with a significance of $P < 0.05$.*

Results: *The level of physical activity on UMY students was balanced between high, medium and low MET. The low MET frequency is the highest frequency of 33.7% with 157 respondents. Respondents were dominated by high levels of physical activity and a normal body mass index of 110 (23.6%) respondents. The result of this study showed as $P 0.018$ ($p < 0.05$)*

Conclusion: *There is a significant correlation between the level of physical activity and BMI.*

Keywords: *Metabolic Equivalent for Task, Obesity*