

DAFTAR ISI

| | Halaman |
|--|---------|
| HALAMAN PERNYATAAN KEASLIAN | ii |
| HALAMAN PENGESAHAN TUGAS AKHIR..... | iii |
| HALAMAN PERSETUJUAN PUBLIKASI KARYA ILMIAH | iv |
| KATA PENGANTAR | vi |
| DAFTAR ISI..... | vii |
| DAFTAR TABEL..... | ix |
| DAFTAR GAMBAR | x |
| BAB 1 PENDAHULUAN..... | 1 |
| 1.1 Latar Belakang | 1 |
| 1.2 Identifikasi Masalah | 4 |
| 1.3 Tujuan Tugas Akhir..... | 4 |
| 1.4 Manfaat Tugas Akhir..... | 5 |
| 1.5 Lingkup Tugas Akhir | 5 |
| 1.6 Kerangka Berpikir | 6 |
| 1.7 Sistematika Penulisan Tugas Akhir..... | 7 |
| BAB 2 TINJAUAN PUSTAKA..... | 9 |
| 2.1 Kajian Penelitian | 9 |
| 2.2 <i>User Interface</i> | 14 |
| 2.3 <i>Human Centered Design (HCD)</i> | 15 |
| 2.4 Fitness..... | 16 |
| 2.5 BMI (<i>Body Mass Index</i>) | 17 |
| 2.6 Android..... | 17 |
| 2.7 <i>User/Pengguna Smartphone Apps</i> | 18 |
| 2.8 Software Desain UI Canva | 18 |
| BAB 3 METODE PENELITIAN..... | 20 |
| 3.1 Rencana Penelitian | 20 |

| | | |
|--------------------------------------|---|----|
| 3.2 | Obyek Penelitian | 20 |
| 3.3 | Teknik Pengumpulan Data | 20 |
| 3.4 | Analisis Sistem Berjalan | 21 |
| 3.5 | Metode <i>Understand and Specify The Context of Use</i> | 22 |
| 3.6 | Metode <i>Specifying The User Requirement</i> | 26 |
| BAB 4 HASIL DAN PEMBAHASAN | | 30 |
| 4.1 | Producing Design Solutions | 30 |
| 4.1.1 | Unified Modelling Language (UML) | 30 |
| 4.1.1.1 | Use Case Diagram | 30 |
| 4.1.1.2 | Activity Diagram | 31 |
| 4.1.1.3 | Sequence Diagram | 33 |
| 4.1.1.4 | Class Diagram..... | 36 |
| 4.1.2 | Rancangan Database..... | 36 |
| 4.1.3 | Rancangan Interface | 37 |
| 4.1.4 | Hasil Implementasi..... | 43 |
| 4.2 | Evaluating The Design | 49 |
| BAB 5 PENUTUP | | 52 |
| 5.1 | Kesimpulan..... | 52 |
| 5.2 | Saran | 53 |
| DAFTAR REFERENSI | | 54 |
| Lampiran 1 – Hasil Kuisisioner | | 55 |
| Lampiran 2 – Hasil Wawancara..... | | 58 |

DAFTAR TABEL

| | Halaman |
|--|---------|
| Tabel 2-1 Penelitian sebelumnya | 9 |
| Tabel 2-2 Penelitian sebelumnya | 10 |
| Tabel 2-3 Penelitian sebelumnya | 11 |
| Tabel 2-4 Penelitian sebelumnya | 12 |
| Tabel 2-5 Penelitian sebelumnya | 13 |
| Tabel 2-6 Penelitian Sebelumnya..... | 14 |
| Tabel 3-1 Fitur-fitur pada Aplikasi lain sejenis | 21 |
| Tabel 4-1 Record Jogging | 37 |
| Tabel 4-2 Record Progress | 37 |
| Tabel 4-3 Kuesioner | 50 |
| Tabel 4-4 Kategori Kelayakan | 51 |

DAFTAR GAMBAR

| | Halaman |
|--|---------|
| Gambar 1-1 Berita Gym Tutup Selama Covid Liputan6.com | 1 |
| Gambar 1-2 Berita Gym tutup selama Covid-19 Detik.com..... | 2 |
| Gambar 1-3 teknologi mobile sebagai alternatif gym meningkat selama pandemi Covid-19..... | 3 |
| Gambar 1-4 Identifikasi Masalah dengan metode Fishbound..... | 4 |
| Gambar 1-5 Kerangka Berpikir..... | 6 |
| Gambar 2-1 Tahapan Metode HCD (Rokhmawati et al., 2019) | 15 |
| Gambar 2-2 Tampilan website Canva menampilkan template design UI aplikasi mobile..... | 19 |
| Gambar 3-1 Desain UI Home Page..... | 27 |
| Gambar 3-2 Desain UI Menu Daily Workout Plan..... | 27 |
| Gambar 3-3 Desain UI Menu Calculate BMI | 28 |
| Gambar 3-4 Desain UI Menu Record Progress | 28 |
| Gambar 4-1 <i>Use Case Diagram Home Fitness App</i> | 30 |
| Gambar 4-2 <i>Activity Diagram Workout Plan</i> | 31 |
| Gambar 4-3 <i>Activity Diagram Calculate Your BMI</i> | 32 |
| Gambar 4-4 <i>Activity Diagram Record Your Progress</i> | 33 |
| Gambar 4-5 <i>Sequence Diagram Workout Plan</i> | 34 |
| Gambar 4-6 <i>Sequence Diagram Calculate Your BMI</i> | 35 |
| Gambar 4-7 <i>Sequence Diagram Record Progress</i> | 35 |
| Gambar 4-8 <i>Class Diagram Home Workout</i> | 36 |
| Gambar 4-9 Rancangan Halaman Menu Utama | 38 |
| Gambar 4-10 Rancangan Halaman Workout Plan Menu..... | 39 |
| Gambar 4-11 Rancangan Halaman Workout Plan | 40 |
| Gambar 4-12 Rancangan Halaman Jogging..... | 41 |
| Gambar 4-13 Rancangan Halaman Calculate Your BMI | 42 |
| Gambar 4-14 Rancangan Halaman Record Your Progress..... | 43 |
| Gambar 4-15 Hasil Implementasi Halaman Home Screen | 44 |
| Gambar 4-16 Hasil Implementasi Menu Workout Plan..... | 45 |
| Gambar 4-17 Hasil Implementasi Halaman Workout Plan..... | 46 |
| Gambar 4-18 Hasil Implementasi Halaman Jogging | 47 |
| Gambar 4-19 Hasil Implementasi Halaman Hitung BMI (kiri sebelum menghitung BMI, kanan sesudah menghitung BMI)..... | 48 |
| Gambar 4-20 Hasil Implementasi Halaman Record Progress (kiri sebelum record data, kanan sesudah record data)..... | 49 |