

CHAPTER V

CONCLUSION AND RECOMENDATION

5.1 Conclusion

From the results of research that has been done, can be taken several conclusions, namely:

1. From the results of this research is Gym Tutorial For Beginner as information media with some features of the material menu in which there is a video Tutorial Gym, text, sound that will explain. And there's also a timer feature to find out how long you want. With extension of the file (.apk) to run on Android.
2. From the test results evaluated by 30 respondents, the score obtained from the information aspect of 63.2% which can be categorized well.
3. From the test results evaluated by 30 respondents, the score obtained from the interface aspect of 64% which can be categorized well.

5.2 Recommendation

At the writing of this thesis, there is still a deficiency that can be further enhanced in subsequent research. And the author of Gym Tutorial app For

Beginner, there are some suggestions that can be developed for the next research, as for the Saranya is:

1. Add features to the app.
2. This application can only be used Android only, therefore it needs to be developed again so that the application can be run on iOS devices.
3. Multiply the exercise video on the application.
4. Improve video quality for clearer image resolution.

