

**THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND BODY  
MASS INDEX WITH AGILITY IN FUTSAL PLAYERS  
AT CLUB PFA SUKOHARJO**

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**Background:** Sport is a physical activity that aims to improve one's health and fitness. Futsal is able to enchant people to love this sport to play it. A futsal player must have endurance, speed, strength, and agility as important components in playing futsal. **Purpose:** To determine the relationship between physical activity and BMI with agility in futsal players. **Method:** This type of research is a qualitative research using a cross-sectional correlational descriptive approach. With a total sample of 50 subjects. The research instrument used a questionnaire, Adolescent Physical Activity Questionnaire, Scales and Stadiometer, Hexagonal Drill Test. **Results:** The results of this study indicate that there is a significant relationship between physical activity and BMI on Agility. With a value of physical activity ( $p=0.017$ ) and a BMI value ( $p=0.018$ ). **Conclusion:** There is a relationship between Physical Activity and BMI with Agility.

**Keywords:** Physical Activity, BMI, Agility, Futsal