

ABSTRAK

Alginda Pranata Tarigan. 8226102006. Pengembangan Sistem Informasi Berbasis Web Untuk Pencatatan Program Latihan Dan Monitoring Komposisi Tubuh Klien Dalam Mendukung Kinerja Personal Trainer Kota Medan. Tesis. Program Pascasarjana Universitas Negeri Medan. 2026.

Penelitian ini bertujuan untuk mengembangkan sistem informasi berbasis web yang digunakan untuk pencatatan program latihan dan *monitoring* komposisi tubuh klien dalam mendukung kinerja *personal trainer* di Kota Medan. Penelitian ini menggunakan metode *Research and Development* (R&D) dengan model pengembangan 4D yang meliputi tahap *define*, *design*, *develop*, dan *disseminate*. Subjek penelitian adalah *personal trainer*, sedangkan objek penelitian berupa sistem informasi berbasis web. Pengumpulan data dilakukan melalui wawancara, observasi, angket validasi ahli, serta uji coba pengguna dalam skala kecil dan besar. Hasil validasi ahli media dan ahli materi menunjukkan bahwa sistem berada pada kategori layak digunakan. Uji coba tahap I menghasilkan persentase kelayakan sebesar 80,6% (layak), sedangkan uji coba tahap II memperoleh persentase sebesar 94,75% (sangat layak). Sistem informasi yang dikembangkan mampu mempermudah *personal trainer* dalam mencatat program latihan, memantau perkembangan komposisi tubuh klien secara terstruktur, serta menyajikan data secara digital, terpusat, dan mudah diakses. Dengan demikian, sistem informasi berbasis web ini dinyatakan efektif dan sangat layak digunakan sebagai sarana pendukung kinerja *personal trainer*.

Kata kunci: Sistem Informasi Berbasis Web, Program Latihan, Komposisi Tubuh



ABSTRACT

Alginda Pranata Tarigan. 8226102006. Development of a Web-Based Information System for Recording Training Programs and Monitoring Clients' Body Composition to Support the Performance of Personal Trainers in Medan. Thesis. Magister Program, State University of Medan. 2026.

This study aims to develop a web-based information system for recording training programs and monitoring clients' body composition to support the performance of personal trainers in Medan City. The research employed a Research and Development (R&D) approach using the 4D development model, consisting of define, design, develop, and disseminate stages. The research subjects were personal trainers, while the object was a web-based information system. Data were collected through interviews, observations, expert validation questionnaires, and small- and large-scale user trials. The results of media and material expert validations indicated that the system was feasible for use. The first trial phase showed a feasibility percentage of 80.6% (feasible), while the second trial phase achieved 94.75% (highly feasible). The developed system facilitates personal trainers in systematically recording training programs, monitoring clients' body composition progress, and presenting data in a digital, centralized, and easily accessible manner. Therefore, the web-based information system is proven to be effective and highly feasible as a tool to support the performance of personal trainers.

Keywords: *Web-Based Information System, Training Program, Body Composition*

