

ABSTRACT

MODEST ACTIVEWEAR DESIGN TO SUPPORT THE ACTIVITIES OF HIJAB WOMEN MEMBERS OF UKM TAEKWONDO TELKOM UNIVERSITY

By

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A healthy lifestyle is very important for students because it can support productivity, especially for those who have a lot of activities. One way that can be done to create a healthy lifestyle is by exercising regularly. For this reason, universities usually provide several facilities to support sports activities such as fields, running tracks, and various kinds of student activity units in the field of sports, as an incentive for students to continue to make time for sports. Every university definitely has a Student Activity Unit known as UKM, including Telkom University. One of the UKM about sports that is still actively holding regular training and taking part in championships is UKM Taekwondo Telkom University. However this UKM is currently having difficulty finding clothing that can support training and other activities, especially for female members who wear hijab. This research examines the design of modest activewear to support the activities of hijabi women members of the UKM Taekwondo Telkom University. Through literature studies, interviews with members, direct and indirect observations and exploration to obtain data regarding the modest activewear that will be designed. From this research, it was found that activewear is clothing that can support activities such as sports and can be used for everyday clothing. Based on the results of interviews and observations, it is also known that there are not many activewear clothes specifically for women who wear hijab, so hijabi women especially members of UKM Taekwondo Telkom University difficulty in finding activewear that can support training activities and can also be used as stylish clothing for other activities. The results of this research can meet the needs of hijabi women members of the UKM Taekwondo Telkom University and provide a variety of modest activewear choices for hijabi women.

Keywords : Hijabi Woman, Modest Activewear, Stylish, Taekwondo.