ABSTRACT

The trend of an active lifestyle is growing among office workers, which affects their mobility patterns, including using public transportation such as the MRT to commute to the office and gym. However, many office workers face challenges in carrying office and gym gear simultaneously, leading to the need for an efficient and convenient practical solution. This research aims to design a backpack that supports the mobility of office workers who use public transportation and go to the gym after work. The research method used is qualitative with a case study approach on public transportation users who regularly go to the gym after work. This research adopts the User-Centered Design (UCD) design method, which focuses on user needs and experiences in the product design process. Data collection techniques include observation, interviews, documentation, questionnaires, and literature studies, with an inductive data processing approach. Design validation will be carried out through pretest and posttest by product design experts and field tests. It is hoped that the results of this design can provide practical and efficient solutions for office workers who use public transportation, and meet their needs in carrying office and gym equipment.

Keywords *: Backpack, Trend of an active lifestyle, Public transportation, Gym*