```xml
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:orientation="vertical"
tools:context=".MainActivity" >

<TextView
android:id="@+id/textView"
android:layout_width="match_parent"
android:layout_height="wrap_content"
android:textSize="36sp"
android:layout_marginTop="20dp"
android:text="0%" />

<SeekBar
android:id="@+id/seekBar"
android:layout_width="match_parent"
android:layout_height="wrap_content" />

<Button
android:id="@+id/button"
android:layout_marginTop="20dp"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_gravity="center"
android:text="시작" />
</LinearLayout>
```



```java
public class MainActivity extends AppCompatActivity {
TextView textView;
SeekBar seekBar;
Button button;
Handler handler = new Handler();
int i=0;
@Override
protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_main);
textView = findViewById(R.id.textView);
seekBar = findViewById(R.id.seekBar);
button = findViewById(R.id.button);

button.setOnClickListener(new View.OnClickListener() {
@Override
public void onClick(View view) {
new Thread(new Runnable() {
@Override
public void run() {
for (i=0; i<=seekBar.getMax(); i++){
seekBar.setProgress(i);
handler.post(new Runnable() {
@Override
public void run() {
textView.setText("진행률 : " + seekBar.getProgress()+"%");
}
});
SystemClock.sleep(300);
i=seekBar.getProgress();
}
}
}).start();
}
});
}
}
```

```xml
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:orientation="vertical"
tools:context=".MainActivity2">

<TextView
android:id="@+id/textView2"
android:layout_width="match_parent"
android:layout_height="wrap_content"
android:textSize="30sp"
android:text="0%" />

<SeekBar
android:id="@+id/seekBar2"
android:layout_width="match_parent"
android:layout_height="wrap_content" />
</LinearLayout>
```



```java
public class MainActivity2 extends AppCompatActivity {
TextView textView2;
SeekBar seekBar2;
int position = 100 ; // seekBar의 Progress의 움직임의 위치값을
기억하는 변수
@Override
protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_main2);

textView2 = findViewById(R.id.textView2);
seekBar2 = findViewById(R.id.seekBar2);

seekBar2.setOnSeekBarChangeListener(new
SeekBar.OnSeekBarChangeListener() {
@Override
public void onProgressChanged(SeekBar seekBar, int i, boolean b) {
position = seekBar2.getProgress();
textView2.setText("밝기 : "+ position+"%");
// 실제 폰의 화면 밝기 조절 하는 메소드
setBrightness(position);
}

@Override
public void onStartTrackingTouch(SeekBar seekBar) { }
@Override
public void onStopTrackingTouch(SeekBar seekBar) {}
});
}
private void setBrightness(int k){
// 실제 폰 밝기 조절
WindowManager.LayoutParams params  = getWindow().getAttributes();
params.screenBrightness = (float) k / 100.0f;
getWindow().setAttributes(params);
}
}
```