

ABSTRAK

HUBUNGAN KEBIASAAN SARAPAN PAGI TERHADAP TINGKAT PRESTASI REMAJA DI SMPN 6 PANGKALAN BUN

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Latar Belakang : Kemenkes RI, 2021 sarapan dianjurkan 1-2 jam sebelum berangkat, ketika menerima pelajaran gula darah naik sehingga dipakai sebagai sumber energi otak. Penelitian di Korea, 2019 oleh Young Jeong, menunjukkan bahwa siswa yang rutin sarapan prestasi akademik lebih tinggi dari pada yang tidak. Survei awal 9 siswa SMPN 6 Pangkalan Bun, 4 siswa tidak nafsu makan, 2 siswa tidak ada waktu dan 3 siswa tidak ada sarapan di rumah. Menurut wali kelas, siswa yang tidak terbiasa sarap pagi hanya 3 siswa memiliki nilai rapor baik (80-90) dan 6 siswa tidak terbiasa sarapan pagi nilai rapor cukup (70-80)

Tujuan : Menganalisa hubungan kebiasaan sarapan pagi terhadap tingkat konsentrasi dan tingkat prestasi remaja di SMPN 6 Pangkalan Bun

Metode : Study kuantitatif *ex post facto*, teknik *simpel random sampling*, di dapat 76 kriteria inklusi

Hasil : Kebiasaan sarapan pagi Baik 28 responden (36,8%), Cukup 44 responden (57,9%) dan Kurang 4 responden (5,3%). Tingkat konsnetrasi Tinggi 39 responden (51,3%) dan Sedang 37 responden (48,7%). Tingkat prestasi Baik 41 responden (53,9%) dan Cukup 35 responden (46,1%). Hasil uji sarapan-konsentrasi $0,002 < 0,05$ maka H_a diterima H_o di tolak, uji konsentrasi-prstasi $0,367 > 0,05$ maka H_o di terima H_a di tolak dan uji sarapan-prestasi $0,665 > 0,005$ maka H_o di terima H_a di tolak.

Kesimpulan : Ada hubungan Sarapan dengan Konsentrasi, tidak ada hubungan Konsentrasi dengan Prestasi dan tidak ada hubungan Sarapan Pagi terhadap Tingkat Prestasi. Sarapan dengan karbohidrat berlebih meningkatkan rasa kantuk dan menurunkan konsentrasi seHINGA mempengaruhi tingkat prestasi.

Kata Kunci : Hubungan, Kebiasaan Sarapan Pagi, Tingkat Konsentrasi dan Tingkat Prestasi

ABSTRAK

THE RELATIONSHIP OF BREAKFAST HABITS TO ADOLESCENT ACHIEVEMENT LEVELS IN SMPN 6 PANGKALAN BUN

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Background : Kemenkes RI, 2021 breakfast is recommended 1-2 hours before leaving, when receiving lessons blood sugar rises so that it is used as a source of brain energy. Research in Korea, 2019 by Young Jeong, shows that students who regularly eat breakfast have higher academic performance than those who do not. The initial survey of 9 students of SMPN 6 Pangkalan Bun, 4 students had no appetite, 2 students had no time and 3 students had no breakfast at home. According to the homeroom teacher, students who are not accustomed to breakfast only 3 students have good report card scores (80-90) and 6 students are not accustomed to breakfast report card scores are sufficient (70-80).

Objective : To analyze the relationship between breakfast habits and concentration and achievement levels of adolescents at SMPN 6 Pangkalan Bun.

Method : Ex post facto quantitative study, simple random sampling technique, 76 inclusion criteria were obtained.

Results : Good breakfast habits 28 respondents (36.8%), sufficient 44 respondents (57.9%) and less 4 respondents (5.3%). Level of concentration High 39 respondents (51.3%) and Moderate 37 respondents (48.7%). Achievement level was Good 41 respondents (53.9%) and Fair 35 respondents (46.1%). The results of the breakfast-concentration test $0.002 < 0.05$ then H_a is accepted H_o is rejected, concentration-achievement test $0.367 > 0.05$ then H_o is accepted H_a is rejected and breakfast-achievement test $0.665 > 0.005$ then H_o is accepted H_a is rejected.

Conclusion : There is a relationship between breakfast and concentration, no relationship between concentration and achievement and no relationship between breakfast and achievement level. Breakfast with excess carbohydrates increases drowsiness and decreases concentration so that it affects the level of achievement.

Keywords : Relationship, Breakfast Habits, Level of Concentration and Level of Achievement