HUBUNGAN KEBIASAAN SARAPAN DENGAN STATUS GIZI DAN PRESTASI BELAJAR DI SEKOLAH DASAR NEGERI 1 GUNTUNG MANGGIS BANJARBARU

RELATIONSHIP OF BREAKFAST HABIT TO NUTRITIONAL STATUS AND LEARNING ACHIEVEMENT IN STUDENTS IN STATE SCHOOL 1 GUNTUNG MANGGIS BANJARBARU

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Abstract

Breakfast is a good way to fill your energy needs throughout the day. Breakfast is very important for children because children will start activities, especially school activities. Breakfast can have a positive impact on school attendance, academic achievement, nutrient intake, fitness and a healthy weight. A good breakfast will contribute as much as 20% energy. This study was an observational study with a cross-sectional research design. The study was conducted at the State Elementary School 1 Guntung Manggis Banjarbaru to analyze the relation of breakfast habit to nutritional status and learning achievement. The research sample were 60 respondents, who were selected using random sampling technique. Data on breakfast habit and nutritional status were obtained from direct measurements and interviews, while the secondary data were obtained from the school. The data were analyzed by Spearman Rank statistical test with the help of SPSS program.The results showed that there was no significant relationsip between breakfast habits and nutritional status (p = 0,150). There isa significant relationship between breakfast habits and learning achievement (p = 0.000).The conclusion that can be drawn from this study is that there was no relationsip between breakfast habits and nutritional status, but there was significant relationship between breakfast habit and learning achievement at the State Elementary School 1 Guntung Manggis Banjarbaru. The school is suggested to help improve the students breakfast habit because it affects learning achievement.

Keywords : *Breakfast Habits, Nutritional Status, Learning Achievement.*