HUBUNGAN KEBIASAAN SARAPAN PAGI DAN STATUS GIZI DENGAN PRESTASI BELAJAR SISWA SDN MOJO III SURABAYA

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ABSTRAK

Anak sekolah dasar berada di usia antara 6-12 tahun. Pada masa ini status gizi dan kebiasaan sarapan pagi sangatlah mempengaruhi prestasi belajar anak di kelas. Apabila status gizi dan kebiasaan sarapan anak kurang maka di khawatirkan akan menurunkan pencapaian prestasi belajar anak. Penelitian ini bertujuan untuk mengetahui hubungan kebiasaan sarapan pagi dan status gizi dengan prestasi belajar anak di SDN Mojo III Surabaya

Jenis penelitian analitik dengan rancangan penelitian *Cross Sectional*. Jumlah subjek penelitian sebanyak 57 siswa. Pengumpulan data dilakukan dengan antropometri, recall 24 jam, kuesioner dan data nilai rapor siswa. Uji statistik yang digunakan adalah uji *chi Square*.

Hasil penelitian menunjukkan terdapat 66,7% siswa memiliki status gizi tidak normal dan 33,3% siswa memiliki status gizi normal. Sedangkan kebiasaan sarapan 52,6% memiliki kebiasaan sarapan pagi tidak baik dan 47,4% memiliki kebiasaan sarapan baik. Sedangkan 76% siswa memiliki prestasi belajar sangat baik dan 24% siswa memiliki prestasi belajar tidak baik. Hasil uji hubungan kebiasaan sarapan pagi dengan prestasi belajar diperoleh nilai p = 0,506 dan hasil uji hubungan antara status gizi dengan prestasi belajar diperoleh nilai p = 0,202. Tidak ada hubungan antara kebiasaan sarapan pagi dan status gizi dengan prestasi belajar siswa di SDN Mojo III Surabaya.

Sebagai rekomendasi dalam penelitian ini diharapkan para orang tua di rumah dan para guru selalu mengingatkan anak didik agar selalu menjaga kebiasaan sarapan pagi dan menjaga status gizi agar nantinya tidak menurunkan prestasi belajar di sekolah.

Kata Kunci : *Status gizi, kebiasaan sarapan pagi, prestasi belajar*

THE CORRELATION BETWEEN BREAKFAST PATTERN AND NUTRIENT STATUS WITH ACHIEVEMENT LEARN OF ELEMENTARY SCHOOL STUDENT IN ELEMENTARY SCHOOL OF MOJO III SURABAYA.

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ABSTRACT

Primary school children are between the ages of 6-12 years. At this time the nutritional status and breakfast habits greatly affect the learning achievement of children in the classroom. If the nutritional status and breakfast habits of children less then the fear will reduce the achievement of learning achievement of children. This research aim at knowing the correlation between breakfast pattern and nutrient status with achievement learn of elementary school student in elementary school of Mojo III Surabaya.

Type of analytical research with cross sectional study design. The number of research subjects were 57 students. Data collection was done by anthropometry, recall 24 hours, questionnaire and student report card data. The statistical test used is Chi Square test.

The results showed that 66.7% of students had abnormal nutritional status and 33.3% of students had normal nutritional status. While 52.6% breakfast habits have a habit of breakfast is not good and 47.4% have good breakfast habits. While 76% of students have excellent learning achievement and 24% of students have not good learning achievement. The result of test of relationship of breakfast habit with learning achievement obtained p value = 0,506 and test result relation between nutritional status with learning achievement obtained p value = 0,202. There is no relationship between morning habit and nutritional status with student achievement in SDN Mojo III Surabaya.

As a recommendation in this study is expected parents at home and teachers always remind students to always keep the breakfast habits and keep the nutritional status so that later does not reduce the learning achievement in school

Keyword: Nutrient Status, Breakfast habits Achievement Learn.