

## ABSTRAK

**Pendahuluan,** Sarapan memiliki peran yang penting bagi anak, yakni dapat memacu pertumbuhan dan memaksimalkan kemampuan belajar saat di sekolah (Elizabeth, 2003). SD Negeri Unggulan Karanggeneng merupakan salah satu sekolah dasar favorit di Kecamatan Karanggeneng, hasil studi pendahuluan menunjukkan bahwa 11% siswa dengan status gizi obesitas, 11% dengan status gizi lebih, dan 67% siswa dengan status gizi baik. Namun, studi pendahuluan belum dapat menggambarkan status gizi dan kebiasaan sarapan siswa di SD Negeri Unggulan Karanggeneng. **Tujuan,** Penelitian ini bertujuan mengetahui gambaran mengenai status gizi, kebiasaan sarapan, dan tingkat prestasi belajar siswa Sekolah Dasar Negeri Unggulan Karanggeneng Kabupaten Lamongan. **Metode Penelitian,** Jenis penelitian ini adalah deskriptif dengan menggunakan teknik *simple random sampling*, jumlah sampel dalam penelitian ini sebanyak 44 siswa kelas 4, 5 dan 6 SD Negeri Unggulan Karanggeneng. **Hasil,** Berdasarkan penelitian diperoleh data status gizi berdasarkan (IMT/U) pada responden terdapat 9 siswa (20,8%) dengan status gizi obesitas. 10 siswa (22,7%) memiliki kebiasaan sarapan cukup. 33 siswa (75%) memiliki tingkat prestasi belajar sangat baik. **Kesimpulan,** Hasil penelitian didapatkan yakni rasio responden antara laki-laki dan perempuan sama dan sebagian besar berusia 11 tahun. Status gizi obesitas (20,5%) melebihi angka kejadian obesitas pada tingkat Kabupaten Lamongan (8,97%) menurut Riskesdas (2018). Sebagian besar memiliki kebiasaan sarapan baik (77,3%), namun masih ditemukan (22,7%) memiliki kebiasaan sarapan cukup. Sebagian besar responden memiliki tingkat prestasi belajar sangat baik (75%), namun masih ditemukan (9,1%) memiliki tingkat prestasi belajar cukup. **Saran,** Pihak sekolah diharapkan dapat mendatangkan petugas kesehatan untuk mengadakan penyuluhan terkait pentingnya sarapan dan gizi seimbang. Saran untuk orang tua diharapkan mampu menyiapkan sarapan dengan gizi seimbang.

Kata kunci : Status Gizi, Kebiasaan Sarapan, Tingkat Prestasi Belajar

**OVERVIEW OF NUTRITION STATUS, BREAKFAST HABITS, AND  
LEARNING ACHIEVEMENT LEVEL OF ELEMENTARY SCHOOL STUDENTS  
THE LEADING COUNTRY OF KARANGGENENG,  
LAMONGAN REGENCY**

**ABSTRACT**

**Background,** Breakfast has an important role for children, which can stimulate growth and maximize learning abilities while at school (Elizabeth, 2003). Karanggeneng Superior Elementary School is one of the favorite elementary schools in Karanggeneng District, the results of a preliminary study showed that 11% of students with nutritional status were obese, 11% had overweight status, and 67% students had good nutritional status. However, preliminary studies have not been able to describe the nutritional status and breakfast habits of students at SD Negeri Unggulan Karanggeneng. **Purpose,** This study aims to determine the description of nutritional status, breakfast habits, and learning achievement levels of students at the Karanggeneng State Elementary School, Lamongan Regency. **Research Method,** This type of research is descriptive using simple random sampling technique, the number of samples in this study were 44 students in grades 4, 5 and 6 of SD Negeri Unggulan Karanggeneng. **Results,** Based on the research, data on nutritional status (BMI/U) were obtained. There were 9 students (20.8%) with obesity nutritional status. A small portion of breakfast habits (22.7%) or as many as 10 students have the habit of having enough breakfast. The level of learning achievement of most respondents (75%) or as many as 33 students have a very good level of learning achievement. **Conclusion,** the results of the study showed that the ratio of respondents between men and women was the same and most of them were 11 years old. The nutritional status of obesity (20.5%) exceeds the incidence of obesity at the Lamongan Regency level (8.97%) according to Riskesdas (2018). Most of them have good breakfast habits (77.3%), but still found (22.7%) have enough breakfast habits. Most of the respondents had a very good level of learning achievement (75%), but it was still found (9.1%) had a moderate level of learning achievement. **Advice,** the school is expected to bring in health workers to conduct counseling related to the importance of breakfast and balanced nutrition. Suggestions for parents are expected to be able to prepare breakfast with balanced nutrition.

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