

GAMBARAN KEBIASAAN SARAPAN PAGI DENGAN KONSENTRASI BELAJAR PADA ANAK KELAS 5 SEKOLAH DASAR NEGERI SEMANDING 1 KECAMATAN SEMANDING KABUPATEN TUBAN

Oleh :

Siti Laili Rahmawati

ABSTRAK

Latar Belakang : Sarapan pagi merupakan aktivitas makan pagi wajib dilaksanakan untuk memenuhi kebutuhan tubuh sumber energi agar maksimal dalam aktivitas sehari-hari. Memerlukan gizi yang sepadan dengan energi, protein, lemak, karbohidrat, vitamin, mineral, serta air. **Tujuan** : Mengetahui gambaran kebiasaan sarapan pagi dengan konsentrasi belajar pada anak kelas 5 Sekolah Dasar Negeri Semanding 1 Kecamatan Semanding Kabupaten Tuban. **Metode** : Jenis penelitian yaitu deskriptif. Teknik pengambilan sampel menggunakan *simple random sampling* 40 responden diambil sebagai sampel. Data tentang kebiasaan sarapan dikumpulkan melalui kuesioner dan formulir SQ-FFQ untuk mengetahui energi saat sarapan pagi. Sementara itu, data tentang konsentrasi belajar dikumpulkan melalui kuesioner *Symbol Digit Test*. Data kemudian dianalisis menggunakan secara deskriptif yang dilakukan untuk melihat gambaran distribusi frekuensi variabel bebas (kebiasaan sarapan pagi) dan variabel terikat (konsentrasi belajar). **Hasil** : Menunjukkan sebagian besar melakukan kebiasaan sarapan pagi sebanyak 25 anak (62,5%) dan tidak melakukan kebiasaan sarapan pagi sebanyak 15 anak (37,5%). Tingkat konsentrasi anak dapat diketahui bahwa seimbang, anak yang konsentrasi baik sebanyak 25 anak (50%). Dan sebagian anak yang konsentrasi kurang baik sebanyak 25 anak (50%). **Kesimpulan** : Bahwa anak yang kebiasaan sarapan pagi mempunyai konsentrasi belajar yang baik, sedangkan anak yang tidak kebiasaan sarapan pagi mempunyai konsentrasi belajar kurang baik. **Saran** : bahwa orang tua mempertahankan kebiasaan sarapan kepada anak sebelum berangkat ke sekolah dengan jumlah asupan energi sesuai AKG sarapan agar dapat berkonsentrasi belajar dengan baik.

Kata Kunci : Kebiasaan Sarapan pagi, Konsentrasi Belajar, Anak Sekolah Dasar

**DESCRIPTION OF BREAKFAST HABITS WITH LEARNING
CONCENTRATION IN 5TH GRADE CHILDREN OF
SEMANDING 1ST STATE ELEMENTARY SCHOOL,
SEMANDING DISTRICT, TUBAN REGENCY**

By :

Siti Laili Rahmawati

ABSTRACT

Background : Breakfast is a morning meal activity that must be carried out to meet the body's needs for energy sources so that it is maximal in daily activities. Requires commensurate nutrition with energy, protein, fat, carbohydrates, vitamins, minerals, and water. **Objective** : Knowing the description of breakfast habits with a concentration on learning in grade 5 Semanding 1 Public Elementary School, Semanding District, Tuban Regency. **Method** : This type of research is descriptive. The sampling technique used simple random sampling 40 respondents were taken as samples. Data on breakfast habits were collected through questionnaires and the SQ-FFQ form to determine energy at breakfast. Meanwhile, data on learning concentration was collected through the Symbol Digit Test questionnaire. The data were then analyzed using a descriptive method to see the description of the frequency distribution of the independent variable (breakfast habit) and the dependent variable (study concentration). **Results** : Shows that most of them have breakfast habits as many as 25 children (62.5%) and do not have breakfast habits as many as 15 children (37.5%). It can be seen that the concentration level of children is balanced, 25 children (50%) have good concentration. And some of the children whose concentration was not good were 25 children (50%). **Conclusion** : That children who have breakfast habits have good concentration in learning, while children who do not have breakfast habits have poor learning concentration. **Suggestion** : that parents maintain the habit of having breakfast for their children before going to school with the amount of energy intake according to the RDA for breakfast so they can concentrate on studying well.

Keywords: Breakfast Habits, Concentration learning, Elementary School Children