

**HUBUNGAN KEBIASAAN SARAPAN, STATUS GIZI DENGAN
PRESTASI BELAJAR MURID KELAS 5 DAN 6 SD NEGERI
KEDATON II KECAMATAN KAPAS
KABUPATEN BOJONEGORO**

ABSTRAK

Latar Belakang: Data Riskesdas 2013, rasio kekurangan gizi di Indonesia sejumlah 13,9% sementara di Riskesdas 2018 angkanya sedikit menurun menjadi 13,8%. Akan tetapi analisis data Riskesdas 2010 mengenai memakan makanan ke 35 ribu anak SD yang memperlihatkan bahwasanya 26,1% anak makan pagi hanya minum saja (teh, air susu) dan 44,6% anak yang sarapan hanya menerima pasokan energi < 15% dari AKG. **Tujuan Studi:** Mengidentifikasi korelasi sarapan & status gizi terhadap capaian akademis murid di SD Negeri Kedaton II. **Metode Penelitian :** Studi ini ialah analitik pengamatan menggunakan desain studi *Cross Sectional*. Jumlah sampel seluruh kelas 5 dan 6 sebanyak 53 siswa. Teknik Pengumpulan data Pengukuran Antrhopometri, formular recall 2 kali sarapan, dan pengisian kebiasaan sarapan. Penelitian dilakukan dari bulan Oktober – Aril 2024, Analisis statistik dilakukan dengan menerapkan uji Spearman Rho. **Hasil penelitian:** Temuan studi menyebutkan. Dari 53 responden, sebagian besar memiliki kebiasaan sarapan responden sebanyak 36 (67,9%) memiliki sarapan baik, status gizi anak di SDN Kedaton II sebagian besar berjumlah 20 partisipan (37,7%) mempunyai status gizi & sebanyak 3 partisipan (5,7%) masih terdapat yang memiliki gizi kurang. Prestasi belajar anak di SDN Kedaton II tergolong baik sejumlah 34 partisipan (64,2%) sedangkan cukup sejumlah 19 partisipan (35,8%). Terdapat korelasi antara kebiasaan sarapan pagi dengan prestasi belajar di SDN Kedaton II tahun 2024. Terdapat korelasi status gizi dengan prestasi belajar di SDN Kedaton II tahun 2024. Kesimpulan : Terdapat korelasi antara kebiasaan makan dengan prestasi belajar dan terdapat korelasi status gizi dengan prestasi belajar

Kata Kunci: *Kebiasaan Sarapan, Status Gizi, Prestasi*

**THE RELATIONSHIP BETWEEN BREAKFAST HABITS,
NUTRITIONAL STATUS WITH THE LEARNING
ACHIEVEMENT OF GRADE 5 AND 6 STUDENTS OF SD
NEGERI KEDATON II KAPAS DISTRICT BOJONEGORO
REGENCY**

ABSTRACT

Background: According to the Riskesdas 2013 data, the ratio of undernutrition in Indonesia was 13.9%, whereas the Riskesdas 2018 data reports a slightly lower ratio of 13.8%. However, analysis of Riskesdas (2010) data conducted on food consumption in 35,000 children of primary school age, showed that 26.1% of children only had breakfast with drinks (water, tea, and milk) and 44.6% of children who had breakfast only received energy intake less than 15% of the Nutritional Needs Rate. **Research Objective:** To investigate the correlation between breakfast patterns, nutritional status, and academic performance at SD Negeri Kedaton II in 2024. in SD Negeri Kedaton II students. **Research Method:** This study is of an analytical observational nature, employing a cross-sectional study design. The total sample of all grades 5 and 6 was 53 students. Data collection techniques Anthropometric measurements, formular recall 2 times breakfast, and filling breakfast habits. The study was conducted from October – April 2024, Statistical Analysis using the Spearman Rho test. **Results:** The finding of the study stated that of the 50 respondents, most of them had breakfast habits as many as 36 (67.9%) had a good breakfast, The nutritional status of children at SD Negeri Kedaton II revealed that the majority, comprising 20 respondents (37.7%), exhibited good nutritional status, while only 3 respondents (5.7%) were found still had malnutrition. The learning achievement of children at SD Negeri Kedaton II was good as many as 34 respondents (64.2%) while 19 respondents (35.8%) were sufficient. There is a correlation between breakfast habits & children's academic performance at SD Negeri Kedaton II in 2024. There is an association between nutritional status & academic performance at SD Negeri Kedaton II in 2022. **Conclusion:** both eating habits and nutritional status are related to students' academic achievement.

Keywords: *Breakfast habits, Nutritional Status, Achievements*