

## Perilaku sarapan pagi dan kaitannya dengan prestasi belajar sekolah menengah pertama di SMPN 2 Depok tahun 2007

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### Abstrak

Sarapan pagi bagi anak sekolah sangat penting, karena dapat meningkatkan konsentrasi belajar dan memudahkan siswi dalam menyerap pelajaran di sekolah, sehingga prestasi belajarnya menjadi lebih baik. Rasa lapar karena tidak sarapan pagi akan mempengaruhi konsentrasi belajar, menurunkan kemampuan memecahkan soal dan sering membuat kesalahan dalam perhitungan matematika. Penelitian ini bertujuan untuk mengetahui gambaran perilaku sarapan pagi dan faktor-faktor yang berhubungan serta kaitannya dengan prestasi belajar siswi di SMPN 2 Depok. Penelitian ini menggunakan Desain Cross Sectional. Sampel pada penelitian ini adalah siswi kelas 11 dan III SMPN 2 Depok, sebanyak 217 orang. Pengolahan data menggunakan program komputerisasi. Analisis data menggunakan uji regresi logistik. Hasil penelitian menunjukkan proporsi siswi yang sarapan pagi sebanyak 58,5 %, pengetahuan gizi siswi yang baik 65 %, persepsi tubuh ideal yang positif 74,2 %, ketersediaan sarapan pagi 82,9 %, jarak ke sekolah yang jauh sebanyak 53,5%, uang jajan > rata-rata 50,2 %, kebiasaan jajan yang mengenyangkan 65,4 %, kebiasaan tidak membawa bekal 30 %, pendidikan ayah tinggi sebanyak 60,4 %, pendidikan ibu rendah 55,3 %, pekerjaan ayah berpenghasilan tetap 70,3 %, ibu yang tidak bekerja 60,4 %, penghasilan orang tua tinggi 56,77 % dan prestasi belajar baik 58,1 %. Hasil uji statistik menunjukkan bahwa ada hubungan yang bermakna antara pengetahuan gizi siswi, ketersediaan sarapan pagi, pendidikan ibu dan prestasi belajar siswi dengan perilaku sarapan pagi ( $P < 0,05$ ). Tidak ada hubungan yang bermakna antara persepsi tubuh ideal, jarak ke sekolah, uang jajan, kebiasaan jajan mengenyangkan, kebiasaan membawa bekal, pendidikan ayah, pekerjaan ayah, pekerjaan ibu dan penghasilan orang tua dengan perilaku sarapan pagi ( $P > 0,05$ ). Kesimpulan, faktor yang berhubungan dengan perilaku sarapan pagi adalah pengetahuan gizi siswi, ketersediaan sarapan pagi dan pendidikan ibu. Faktor yang paling dominan berhubungan dengan perilaku sarapan pagi adalah pendidikan ibu. Diharapkan pihak sekolah dapat memberikan promosi kesehatan berupa penyuluhan atau pendidikan gizi kepada siswinya mengenai pentingnya sarapan pagi melalui program usaha kesehatan sekolah (UKS) ataupun materi pelajaran di sekolah. Dilakukan penyuluhan kepada orang tua murid mengenai syarat kecukupan zat gizi sehari-hari untuk anak sekolah khususnya dalam penyediaan sarapan pagi.

.....For students, breakfast is very important to improve their concentration to study and enable them to absorb materials delivered in schools easier thereby their quality of study achievement improve. Hunger because of not having breakfast before going to school will impact on students' concentration to study, decrease their ability to solve problems and often lead to difficulties on answer mathematic quiz. This study is aimed to understand breakfast behavior and important factors determining the quality of study achievement of students in SMPN 2 Depok. The method employed in this study is cross Sectional Design. Sample for the study taken from second and last year female students of SMPN 2 Depok, covering 217 female students. In processing data, computerization program is used. Data was analyzed using logistical regression test. The finding of this research shows the proportion of female students who have breakfast is

58.5 %, around 65 % female students have good nutrition knowledge while 74.5 % of students have positive perception on ideal body. There are 82,9 % female students have access to available breakfast, distance from school 53,5 %, average stipend 2 50,2 %, purchasing heavy meals behavior 65,4 %, female students' behavior of not taking breakfast from home 30 %, high education of students' fathers 60,4 %, low education of female students' mothers 55,3 %, female students' fathers have permanent jobs 70,3 %, unemployed female students' mothers 60,4%, high earning parents 56,77 % and good quality of study achievement 58,1 %. The result of statistical tests shows that there is a colored correlation between nutritional knowledge, breakfast availability, level of mothers' education and the quality of study achievement with female students' breakfast behavior ( $P < 0,05$ ). There is no meaningful correlation between ideal body perception, home distance to school, purchasing heavy meals behaviors, behavior for taking breakfast from home, fathers' level of education, mothers' occupation and parents' income with breakfast behavior ( $P > 0,05$ ). To conclude, factors determining breakfast behavior is nutritional knowledge of female students, availability of breakfast and mothers' level of education. The dominant factor that correlates to breakfast behavior is mothers' level of education. It is hoped that the school could promote students' health through socialization or providing nutrition education to its female students on the importance of having breakfast through health education program (usaha kesehatan sekolah I UKS) or giving a specific course on health knowledge in the school. It is also important to involve parents in the socialization so they understand the requirement of good nutrition for students particularly in their breakfast.