

# Hubungan sarapan, aktivitas fisik, kebugaran aerobik, IMT/U, asupan gizi, dan bimbingan belajar terhadap prestasi belajar di SMAN 1 Bekasi tahun 2014 = Association between breakfast physical activity aerobic fitness BMI for age nutrient intake and tutoring with academic achievement in SMAN 1 Bekasi year 2014

Pertiwi Putri Utami, author

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## Abstrak

Skripsi ini membahas mengenai gambaran umum sarapan, aktivitas fisik, kebugaran aerobik, IMT/U, asupan gizi dan bimbingan belajar serta kaitannya dengan prestasi belajar. Penelitian ini dilakukan pada siswa siswi kelas XI IPA di SMAN 1 Bekasi pada bulan April - Mei 2014. Desain penelitian ini adalah cross sectional. Sampel pada penelitian ini diambil menggunakan metode total sampling dengan jumlah sampel minimal adalah 130. Hasil penelitian menunjukkan terdapat 57.6% siswa memiliki prestasi belajar kurang dan 42.4% siswa memiliki prestasi belajar baik. Terdapat hubungan yang bermakna antara asupan gizi yaitu asupan energi dengan prestasi belajar siswa. Tidak ditemukan hubungan yang bermakna antara sarapan, aktivitas fisik, kebugaran aerobik, IMT/U, dan bimbingan belajar dengan prestasi belajar siswa.

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The thesis discusses on general picture of breakfast, physical activity, aerobic fitness, BMI for age, nutrient intake, and tutoring in relation with academic achievement. The study was conducted on students of class XI Science SMAN 1 Bekasi in April - May 2014. Design of this study was cross sectional. The subject was selected by total sampling method with a minimum number of sample were 130 students. Results showed there were 57.6% of students were having lower academic achievement and 42.4% of students were having higher academic achievement . There was significant association between nutrient intake of energy and academic achievement. There was no significant association between breakfast, physical activity, aerobic fitness, BMI for age, and tutoring with students academic achievement.