

ABSTRAK

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HUBUNGAN KEBIASAAN SARAPAN DENGAN KONSENTRASI BELAJAR
DAN PRESTASI BELAJAR PADA SISWA SMP IPIEMS SURABAYA

xvi + 92 Halaman + 12 Tabel + 14 Lampiran

Sarapan membantu anak-anak memenuhi kebutuhan energi dan tetap fokus di kelas, hal yang sangat penting untuk mendukung kegiatan belajar mereka. Penelitian ini bertujuan untuk mengkaji hubungan antara kebiasaan sarapan, konsentrasi belajar, dan prestasi akademik siswa di SMP IPIEMS Surabaya. Desain penelitian observasional analitik dengan pendekatan cross-sectional diterapkan dalam studi ini. Pengumpulan data dilakukan menggunakan tes konsentrasi grid, metode recall asupan makan 24 jam, kuesioner kebiasaan sarapan, dan nilai rapor siswa. Sampel penelitian terdiri dari 59 siswa kelas delapan yang dipilih melalui teknik pemilihan acak proporsional. Hasil penelitian menunjukkan bahwa sebagian besar siswa (49,2%) memiliki kebiasaan sarapan yang "cukup", sementara 67,8% memiliki asupan energi pagi yang "kurang memadai". Sebagian besar siswa menunjukkan tingkat konsentrasi belajar sedang (59,4%), dengan mayoritas mencapai prestasi akademik "sangat baik" (93,2%). Kebiasaan sarapan terbukti memiliki hubungan yang signifikan baik dengan konsentrasi belajar ($p = 0,000$; $r = 0,679$) maupun prestasi akademik ($p = 0,001$; $r = 0,432$). Dengan demikian, kebiasaan sarapan yang konsisten berpotensi meningkatkan konsentrasi belajar dan kinerja akademik siswa.

Kata kunci: kebiasaan sarapan, konsentrasi belajar, prestasi belajar, siswa SMP
Daftar bacaan: 91 jurnal (2020 – 2025)

ABSTRACT

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*THE RELATIONSHIP BETWEEN BREAKFAST HABITS AND CONCENTRATION
AND ACADEMIC ACHIEVEMENT AMONG STUDENTS*

AT IPIEMS JUNIOR HIGH SCHOOL IN SURABAYA

xvi + 92 Pages + 12 Tables + 14 Appendices

Breakfast helps children satisfy their energy needs and stay focused in class, which is critical for supporting their learning activities. The purpose of this study was to investigate the association between breakfast habits, learning concentration, and academic accomplishment among students at SMP IPIEMS Surabaya. An observational analytic design using a cross-sectional approach was implemented. A grid concentration test, 24-hour dietary recall, a breakfast habits questionnaire, and graded student report cards were used to collect data. The study sample included 59 eighth-grade pupils chosen using proportional random selection. The findings revealed that the majority of students (49.2%) had "fair" breakfast habits, while 67.8% had "inadequate" morning energy intakes. Most pupils displayed a "moderate" degree of learning concentration (59.4%), whereas the majority obtained "good" academic achievement (93.2%). Breakfast habits were found to be significantly related to both learning concentration ($p = 0.000$; $r = 0.679$) and academic achievement ($p = 0.001$; $r = 0.432$). Thus, consistent breakfast habits have the potential to improve kids' learning concentration and academic performance.

Keywords: breakfast habits, learning concentration, academic achievement, junior high school students

References: 91 journals (2020–2025)