

ABSTRAK

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“HUBUNGAN POLA KONSUMSI SARAPAN PAGI DAN STATUS GIZI DENGAN KONSENTRASI BELAJAR PADA REMAJA DI SMP Dr. SOETOMO SURABAYA”

1 x + 78 Halaman + 7 Tabel + 12 Lampiran

Masa remaja yakni kurun perkembangan serta pertumbuhan yang pesat sehingga menuntut asupan gizi secara ideal. Kebiasaan mengabaikan sarapan pagi serta kondisi gizi yang kurang baik bisa berdampak pada daya nalar, termasuk fokus belajar. Penelitian ini bertujuan guna menganalisis kaitan pola konsumsi sarapan pagi serta status gizi dengan konsentrasi belajar pada remaja di SMP Dr. Soetomo Surabaya. Jenis penelitian ini ialah riset kuantitatif dengan model analitik observasional memakai pendekatan *cross-sectional*. Sampel riset berjumlah 63 murid kelas VII–IX yang dipilih memakai teknik *proportionate stratified random sampling*. Pengumpulan data dilaksanakan lewat wawancara menggunakan lembar identitas partisipan guna memperoleh data profil partisipan serta wawancara menggunakan kuesioner pola konsumsi sarapan pagi guna mengetahui kekerapan, jenis, serta takaran makanan ataupun minuman yang disantap kala sarapan. Data status gizi diperoleh lewat pengukuran berat badan memakai timbangan digital serta tinggi badan memakai stadiometer guna menentukan status gizi berlandaskan Indeks Massa Tubuh menurut Umur (IMT/U), sedangkan data konsentrasi belajar diperoleh menggunakan *Concentration Grid Test*. Analisis data dilakukan menggunakan uji *Spearman Rank* serta tabulasi silang. Hasil penelitian memperlihatkan bahwasanya 39,7% partisipan punya pola konsumsi sarapan pagi kategori baik, 33,3% kategori cukup, serta 27,0% kategori kurang. Kebanyakan partisipan punya status gizi baik (60,3%), diikuti status gizi lebih (19,0%), obesitas (17,5%), serta gizi kurang (3,2%). Tingkat konsentrasi belajar partisipan kebanyakan berada pada kategori sedang (39,7%). Hasil uji *Spearman Rank* memperlihatkan terdapat hubungan yang bermakna antara pola konsumsi sarapan pagi dengan konsentrasi belajar ($p = 0,004$), serta terdapat hubungan yang bermakna antara status gizi dengan konsentrasi belajar ($p = 0,000$; $r = 0,758$). Dapat disimpulkan bahwasanya pola konsumsi sarapan pagi serta status gizi berkaitan dengan konsentrasi belajar pada remaja di SMP Dr. Soetomo Surabaya. Oleh karena itu, diperlukan upaya dari pihak sekolah serta orang tua untuk membiasakan sarapan pagi serta merawat status gizi yang baik demi mendukung peningkatan konsentrasi belajar siswa.

Kata kunci: Pola konsumsi sarapan pagi, Status gizi, Konsentrasi belajar, Remaja.

Daftar bacaan: 32 referensi (2011–2024)

ABSTRACT

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“THE RELATIONSHIP BETWEEN BREAKFAST CONSUMPTION PATTERNS AND NUTRITIONAL STATUS WITH LEARNING CONCENTRATION AMONG ADOLESCENTS AT SMP Dr. SOETOMO SURABAYA”

1 x + 78 Pages + 7 Tables + 12 Appendices

Adolescence represents a phase of swift growth and evolution requiring ideal nutritional provision. Omitting breakfast and substandard nutritional health can impact cognitive capacities, encompassing study focus. This research intended to evaluate the correlation between breakfast dietary habits and nutritional conditions with learning focus among teenagers at SMP Dr. Soetomo Surabaya. This investigation utilized a quantitative research layout applying an observational analytic method coupled with a cross-sectional strategy. The sample comprised 63 pupils from grades VII–IX chosen via a proportionate stratified random sampling technique. Data collection was executed via interviews deploying respondent identity sheets to acquire participants' attributes and interviews deploying a breakfast dietary questionnaire to evaluate the frequency, kind, and quantity of victuals and liquids ingested during breakfast. Nutritional condition data were gathered through anthropometric assessments, covering body mass utilizing a digital scale and stature utilizing a stadiometer, and were evaluated referencing Body Mass Index-for-Age (BMI-for-Age). Learning focus data were gathered employing the Concentration Grid Test. Data were evaluated employing the Spearman Rank correlation test and cross-tabulation. The findings demonstrated that 39.7% of participants possessed favorable breakfast dietary habits, 33.3% possessed moderate breakfast dietary habits, and 27.0% possessed deficient breakfast dietary habits. Most participants possessed normal nutritional condition (60.3%), succeeded by overweight (19.0%), obesity (17.5%), and undernutrition (3.2%). The major portion of participants exhibited a moderate tier of learning focus (39.7%). The Spearman Rank test disclosed a substantial correlation between breakfast dietary habits and learning focus ($p = 0.004$), alongside a substantial correlation between nutritional condition and learning focus ($p = 0.000$; $r = 0.758$). In summary, breakfast dietary habits and nutritional condition were substantially linked with learning focus among teenagers at SMP Dr. Soetomo Surabaya. Consequently, schools and parents must foster regular breakfast habits and uphold optimal nutritional condition to back pupils' learning focus and academic achievement.

Keywords: Breakfast consumption patterns, Nutritional status, Learning concentration, Adolescents.

References: 32 references (2011–2024).