

# THE EFFECT OF HAVING BREAKFAST TO GRADE 4-6 STUDENTS' ACHIEVEMENT IN IN ELEMENTARY SCHOOL 01 KEPUHARJO MALANG

*By Ari Damayanti W*

**THE EFFECT OF HAVING BREAKFAST TO GRADE 4-6 STUDENTS'  
ACHIEVEMENT IN IN ELEMENTARY SCHOOL 01  
KEPUHARJO MALANG**

<sup>1</sup>.Ari Damayanti W,<sup>2</sup>.Moh Mundir

<sup>1</sup>.Nursing Science Of Widyagama Husada Health Science College, <sup>2</sup>.Sutomo General Hospital

<sup>1</sup> ailzadamayanti@gmail.com <sup>2</sup>moendiir@yahoo.co.id

**ABSTRACT**

**Background:** Children in 6-12 years old are most commonly suffering from malnutrition. In 2008, a higher rate of nutrition problems and children healthcare occurred indicating by 90% childrens were snacking at school, 56% got anemia, and 40% had no breakfast. Related to those data, 56.4 % had less body weight, 35% had less body height, 94.5% consumed insufficient energy intake that decreased the body immune and the concentration. Based on the preliminary study conducted to 4-6 graders of SDN Kepuharjo 01 Malang, it showed that 50% of the students never have breakfast, 35% of the students always have breakfast, and 15% of the students seldom have breakfast. having For 1-3 graders, all of the students always have breakfast. The objective of this study is to find out the effects of having breakfast to the students' achievement in SDN Kepuharjo 01 Malang.

**Research Method :** The study was conducted in SDN Kepuharjo 01 Malang for 6 months. The sample was taken using stratified random sampling, taking 39 samples out of 132 population. This analitical research used Spearman Rank for the data analysis.

**Findings :** The result showed that the students who always have breakfast has higher learning achievement (28.5%), while the students who do not have breakfast have less learning achievement (25%). From the data analysis showed that in both ordinal and nominal scale the correlation is  $\alpha = 0.005$ . it means that the  $H_0$  is rejected.

**Conclusion :** There is a significance correlation between the breakfast intake to the students learning achievement in SDN Kepuharjo 01 Malang.

**Keywords:** Breakfast, Learning achievement, elementary school student

**Background**

A nation succesful development mostly depends on the success in preparing for high quality, healthy, smart and productice human resource (Hadi, 2010). One of the indicator used is IPM (Human Develpoment Index). In 2004, Indonesian IPM is on 111 out of 177 countries, which is on lower position comparing to the neighbour countries.The low IPM is influenced by the nutrition status and the indonesian citizen health quality (Nuryati, 2010).

Children in 6-12 years old are most commonly suffering from malnutrition. In 2008, a higher rate of nutrition problems and children healthcare occurred indicating by 90% childrens were snacking at school, 56% got anemia, and 40% had no breakfast. Related to those data, 56.4 % had less body weight, 35% had less body height, 94.5% consumed insufficient energy intake that decreased the body immune and the concentration.

Having breakfast will enable the students to perform better at school. They concentrate more, behave positively, cheerful, cooperative, easy to make friends and can solve the problem well. While having no breakfast tends to make them have difficulties in learning and looks lazier (Nuryadin, 2015).

Based on the preliminary study conducted to 4-6 graders of SDN Kepuharjo 01 Malang, it showed that 50% of the students never have breakfast, 35% of the students always have breakfast, and 15% of the students seldom have breakfast. having For 1-3 graders, all of the students always have breakfast. In response to the preliminary study, the researcher was interested in find out the correlation between the breakfast intake to the students learning achievement in SDN Kepuharjo 01 Malang.

### Research Method

The study was conducted in SDN Kepuharjo 01 Malang for 6 months. The sample was taken using stratified random sampling, taking 39 samples out of 132 population. This analitical research used Spearman Rank for the data analysis.

### Findings

Table 1. Respondent Frequency Distribution on the students breakfast habit of 4-6 graders of SDN Kepuharjo 01 Malang

No	Achievement criteria	Achievement criteria						Amount N
		Good		Fair		Poor		
		f	%	f	%	F	%	
1	Breakfast	1	28,5	8	20,5	2	5,1	21
2	Do not eat breakfast	2	5,1	6	15,4	1	2,6	18
Total		3	7,7	14	35,9	3	7,7	39

The students who always have breakfast has higher learning achievement (28.5%), while the students who do not have breakfast have less learning achievement (25%). From the data analysis showed that in both ordinal and nominal scale the correlation is  $\alpha= 0.005$ . it means that the  $H_0$  is rejected and  $H_1$  is accepted that there is a correlation between having breakfast to the learning achievement.

The students who have breakfast took healthy diet included rice for the carbo intake, vegetables ,protein, mineral, and vitamin. Consuming healthy diet regularly will effect the brain. Having breakfast will make the students have the ability to solve the problems well and increase their memory (Fajar,2010). (Dawn, 2010).

Consuming food for breakfast which have carbo complex and fiber will improve the students concentration and memory (Damayanti, 2005).

Having breakfast is essential to all family members, especially to kids because while they are sleeping the glucose and glycogen are used to lower the blood sugar when they wake up in the morning. The food on breakfast is the fuel for them in studying at school (Turner et al, 2015).

From 29 students who do not have breakfast, 14.25 of them were sleepy because of the low blood sugar that can also make them feel weak, sweating, decreasing the consciousness and get fainted. For students, this condition can decrease the concentration and the learning achievement (Lazzeri et al, 2006).

Respondents who never have breakfast rely on th snacks sold at school which are not guaranteed its nutrition level. School snack is 40.8% consist of E.coli that stay in human colon, while 40% school snack uses syntetic food color and 3% consist of hazardous chemical substances such as formaldehyde. It is hard to stop kids from snacking . Most of school students suffer from micronutrient zinc deficiency that can decresase the imune system (Stephanie et al, 2015).

## Conclusion

There is an effect on having breakfast to the 4-6 graders learning achievement in SDN Kepuharjo 01 Malang.

## References

- Damayanti. (2005). *Gizi Pada Anak Usia Sekolah*. Jakarta: EGC
- Fajar, Ibnu. (2010). *Status Gizi*. Jakarta: EGC.
- Hadi. (2010). Pengembangan Sumber Daya Manusia Indonesia. Website: [https://id.wikipedia.org/wiki/Pengembangan\\_sumber\\_daya\\_manusia\\_Indonesia](https://id.wikipedia.org/wiki/Pengembangan_sumber_daya_manusia_Indonesia). Diakses 30 Januari 2015.
- Lazzeri; Giallombardo; Guidoni, Caserelli. (2006). *Nutritional Surveillance in Tuscany: Eating Habits at Breakfast, Mid-Morning and Afternoon Snack among 8-9 Year Old Children*. Journal of England Child Vol 47:9-91.
- Nuryati. (2010). *Pentingnya Sarapan untuk Prestasi Anak*. Website: <http://www.parenting.co.id/usia-sekolah/manfaat+sarapan+untuk+prestasi+anak>. Diakses 2 Januari 2015.
- Nuryadin, Adin. (2015). Pentingnya Sarapan. Website: <http://www.kompasiana.com/adin8118/pentingnya-sarapan-pagi>. Diakses 27 Januari 2015.
- Ridwan. (2008). *Ketercapaian Prestasi Belajar*. Jakarta: Dunia Ilmu
- Stephanie, Anzman; Holly, Carmicael; Megan, Halmo. (2015). *Estimating Impact of a Breakfast in the Clasroom Program on School Outcome*. Jama Pediatric. Vol 169(1):71-77.
- Turner, Lindsey; Chalouptea, Frank. (2015). *Continued Promise of School Breakfast Program for Improving Akademik Outcome Breakfast is Still the most Important Meal of the Day*. Jama Pediatric Vol.169:13-14.



# THE EFFECT OF HAVING BREAKFAST TO GRADE 4-6 STUDENTS' ACHIEVEMENT IN IN ELEMENTARY SCHOOL 01 KEPUHARJO MALANG

---

ORIGINALITY REPORT

---

3%

SIMILARITY INDEX

---

MATCH ALL SOURCES (ONLY SELECTED SOURCE PRINTED)

---

★mafiadoc.com

Internet

3%

---

EXCLUDE QUOTES ON

EXCLUDE MATCHES OFF

EXCLUDE BIBLIOGRAPHY ON