



ABSTRACT

ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH
DEPARTEMENT OF NUTRITION
UNDERGRADUATE THESIS, 25 AUGUST 2017

RAFIKA SILVANA

RELATION OF BREAKFAST HABITS OF PHYSICAL ACTIVITY AND NUTRITION STATUS ON LEARNING ACHIEVEMENT IN SDN MARGAHAYU XIV BEKASI

xvi, VI Chapter, 111 Pages, 17 Tables, 2 Pictures, 7 Attachments

Background: School-aged children are busy with various activities at school and require adequate intake of breakfast, children who do not have breakfast in the morning, usually experience a decrease in speed in capture, given information and decreased learning capacity that impact on achievement of children's learning achievement . Physical activity is any body movement produced by skeletal muscle and result in energy expenditure. physical activity gives a good effect on brain performance and can indirectly affect learning achievement. Diet is a major factor to meet one's nutritional needs. Nutritional status is one of the determinants of whether or not student achievement. A student will be more active in learning and concentrating well if his physical condition is not disturbed due to malnutrition that inhibits motivation, the ability to concentrate in learning so that learning achievement will be left behind compared with good nourished colleagues.

Objective: Knowing the relationship of breakfast habits, physical activity, and nutritional status to the achievement of learning at SDN Margahayu XIV Bekasi..

Method: Design study cross sectional study, Chi-square test, population is all students kels IV and V as 85 students. the number of samples are 80 people consisting of 37 students of grade IV and 43 students of class V. This research was conducted at SDN Margahayu XIV Bekasi

Result: There is correlation between the habits of breakfast to the learning achievement with (p-value 0.002) and obtained the value of OR 5000 (OR> 1), there is correlation between nutritional status to learning achievement with p-value 0.000 and OR 22,895 (OR> 1, there is no relationship of physical activity with learning achievement with (p-value 0.490)) and obtained value of OR 1.526 (OR = 1).

Conclusion: There is correlation between breakfast habits to learning achievement, there is correlation between nutritional status to learning achievement, and there is no relation between physical activity to learning achievement.

Keywords: Breakfast habit, Physical Activity, and Nutritional Status

References : 86 (1999-2016)