

ABSTRAK



UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI GIZI
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FENNITA DEVI SIMANJORANG

HUBUNGAN KEBIASAAN SARAPAN, KONSUMSI CAIRAN, DAN STATUS GIZI TERHADAP KONSENTRASI BELAJAR DI SDN 010 NUNUKAN KALIMANTAN UTARA SELAMA PANDEMI COVID 19..

VI BAB, 56 Halaman, 4 Tabel

Pendahuluan: Menggunakan sistem pembelajaran secara daring ini, adapun dampaknya yang timbul terkadang muncul berbagai masalah yang dihadapi oleh siswa dan guru, seperti materi yang belum selesai disampaikan oleh guru kemudian guru mengganti dengan tugas lainnya. **Tujuan:** Untuk mengetahui apakah ada hubungan antara kebiasaan sarapan, konsumsi cairan, dan status gizi terhadap konsentrasi belajar pada anak sekolah dasar. **Metode:** Jenis penelitian ini menggunakan desain penelitian kuantitatif dengan desain penelitian *cross sectional*. Sampel penelitian sebanyak 50 anak sekolah dasar yang berusia 10-13 tahun. Analisa data pada penelitian ini menggunakan *Korelasi Pearson*. **Hasil:** Dari hasil uji korelasi Pearson didapat bahwa ada hubungan yang signifikan antara kebiasaan sarapan dengan konsentrasi belajar (p-value 0,000, r= 0,746). Tidak ada hubungan antara konsumsi cairan dengan konsentrasi (p-value 0,093, r=-0,240). Tidak ada hubungan antara status gizi dengan konsentrasi belajar (p-value 0,261, r= 0,162). **Kesimpulan:** Terdapat hubungan antara kebiasaan sarapan dengan konsentrasi belajar Di SDN 010 Nunukan Kalimantan Utara Selama Pandemi Covid 19. Tidak terdapat hubungan antara konsumsi cairan terhadap konsentrasi belajar Di SDN 010 Nunukan Kalimantan Utara Selama Pandemi Covid 19 dan Tidak terdapat hubungan antara status gizi terhadap konsentrasi belajar Di SDN 010 Nunukan Kalimantan Utara Selama Pandemi Covid 19.

Kata Kunci: Kebiasaan Sarapan, Konsumsi Cairan, Status Gizi, Konsentrasi Belajar

ABSTRACT



**UNIVERSITY OF ESA UNGGUL
FACULTY OF HEALTH SCIENCES
NUTRITIONAL STUDY PROGRAM
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FENNITA DEVI SIMANJORANG**

THE RELATIONSHIP OF BREAKFAST HABITS, FLUIDS CONSUMPTION, AND NUTRITIONAL STATUS TO LEARNING CONCENTRATION AT SDN 010 NUNUKAN NORTH KALIMANTAN DURING THE COVID 19 PANDEMIC.

VI CHAPTER, 56 Pages, 4 Tables

Introduction: Using this online learning system, as for the impact that arises sometimes various problems faced by students and teachers, such as material that has not been completed by the teacher then the teacher replaces it with other tasks. **Purpose:** To find out if there are any the relationship between breakfast habits, fluid consumption, and nutritional status on learning concentration in elementary school children. **Methods:** This type of research uses a quantitative research design with a cross sectional. The research sample was 50 elementary school children aged 10-13 years. Analysis of the data in this study using the Pearson correlation. **Results:** From the results of the Pearson correlation test, it was found that there was a significant relationship between breakfast habits and learning concentration (p-value 0.000, $r= 0.746$). There is no relationship between fluid consumption and concentration (p-value 0.093, $r=-0.240$). There is no relationship between nutritional status and learning concentration (p-value 0.261, $r= 0.162$). **Conclusion:** There is a relationship between breakfast habits and study concentration at SDN 010 Nunukan North Kalimantan during the Covid 19 Pandemic. There is no relationship between fluid consumption and learning concentration at SDN 010 Nunukan North Kalimantan during the Covid 19 pandemic and there is no relationship between nutritional status and learning concentration At SDN 010 Nunukan, North Kalimantan During the Covid 19 Pandemic.

Keywords: Breakfast Habits, Fluid Consumption, Nutritional Status, Study Concentration