

POLITEKNIK KESEHATAN TANJUNGPUR
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**Gambaran Konsumsi Sarapan Pagi, Konsentrasi Belajar dan Status Gizi
Pada Siswa SD Yayasan Ismaria Al-Qur'anniyah Rajabasa**

xv + 85 halaman + 16 tabel + 4 gambar

ABSTRAK

Usia antara 6-12 tahun adalah usia anak duduk di sekolah dasar. Pada permulaan usia 6 tahun anak mulai masuk sekolah, sehingga anak-anak mulai masuk ke dalam dunia baru, dimana mulai banyak berhubungan dengan orang-orang di luar keluarganya dan berkenalan dengan suasana dan lingkungan baru dalam hidupnya. Hal ini dapat mempengaruhi kebiasaan makan mereka. Tujuan penelitian ini adalah mengetahui gambaran konsumsi sarapan pagi, konsentrasi belajar dan status gizi pada Siswa SD Yayasan Ismaria Al-Qur'anniyah Rajabasa.

Rancangan penelitian menggunakan *cross sectional study* dengan pendekatan deskriptif kuantitatif. Variabel penelitian ini adalah konsumsi sarapan pagi, konsentrasi belajar dan status gizi. Populasi penelitian ini adalah siswa kelas 5 dengan jumlah populasi 110 siswa. Sampel pada penelitian ini menggunakan rumus slovin mendapatkan jumlah 60 siswa. Pengumpulan data primer meliputi konsumsi sarapan pagi menggunakan *food recall*, pengumpulan data konsentrasi belajar menggunakan *Grid concentration test* dan data status gizi diperoleh dengan pengukuran antropometri meliputi tinggi badan dan berat badan anak. Penelitian ini dilakukan di SD Yayasan Ismaria Al-Qur'anniyah Rajabasa 2025. Analisis univariat ini digunakan untuk menjelaskan atau mendeskripsikan karakteristik setiap variabel penelitian.

Hasil penelitian menunjukan siswa memiliki tingkat konsumsi sarapan tidak beragam 80%, tingkat konsentrasi belajar kurang 91,7%, dan status gizi lebih 28,3%. Berdasarkan hasil penelitian tersebut, diharapkan pihak sekolah melakukan kerja sama dengan puskesmas agar melakukan edukasi kepada siswa dan orang tua siswa dengan pentingnya konsumsi sarapan pagi dengan makanan beragam dan melakukan pemantauan status gizi secara berkala.

Kata kunci : Sarapan, Konsentrasi Belajar, Status Gizi
Daftar bacaan : 30 (2015-2025)

TANJUNGKARANG HEALTH POLYTECHNIC
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Description of Breakfast Consumption, Study Concentration and Nutritional Status of Ismaria Al-Qur'anniyah Rajabasa Foundation Primary School Students

xv + 85 page + 16 table + 4 pictures

ABSTRACT

Between 6-12 years old is the age when children are in elementary school. At the beginning of the age of 6 years, children start to go to school, so that children begin to enter a new world, where they begin to have more contact with people outside their family and become acquainted with new atmosphere and environments in their lives. This can affect their eating habits. The aim of this research is to determine the description of consumption breakfast, study concentration and nutritional status of Ismaria Al-Qur'anniyah Rajabasa Foundation Elementary School students.

The research design used a cross-sectional study with a quantitative descriptive approach. The variables of this study were breakfast consumption, learning concentration and nutritional status. The population of this study was 5th grade students with a population of 110 students. The sample in this study used the Slovin formula to get 60 students. Primary data collection included breakfast consumption using food recall, learning concentration data collection using the Grid concentration test and nutritional status data obtained by anthropometric measurements including children's height and weight. This study was conducted at SD Yayasan Ismaria Al-qur'anniyah Rajabasa 2025. This univariate analysis was used to explain or describe the characteristics of each research variable.

The results of the study showed that students had a non-diverse breakfast consumption rate of 80%, have low learning concentration rate 91.7%, and a nutritional status of overweight 28.3%. Based on the results of the study, it is expected that the school will cooperate with the health center to educate students and parents about the importance of consuming breakfast with a variety of foods and to monitor nutritional status regularly.

Keywords : Breakfast, Study Concentration, Nutritional Status

Reference : 30 (2015-2025)