

INTISARI

PENGARUH ASUPAN KALORI SARAPAN TERHADAP TINGKAT KONSENTRASI ANAK KELAS IV DAN V DI SDN WONOGONDO I KEBONAGUNG PACITAN

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Latar Belakang: Masih banyak anak sekolah dasar (SD) yang belum tahu manfaat sarapan dan seringnya mengabaikan sarapan. Sarapan pagi sebelum beraktivitas ke sekolah dapat membantu kemampuan siswa dalam mengikuti proses belajar di kelas. Dengan sarapan pagi siswa mempunyai energi yang diperlukan tubuh dan otak untuk meningkatkan konsentrasi belajar. Namun pada kenyataannya tidak semua siswa yang berangkat ke sekolah mempunyai kebiasaan sarapan pagi. Sehingga asupan kalori anak kurang dari kebutuhan. Penelitian ini bertujuan untuk mengetahui pengaruh asupan kalori sarapan terhadap tingkat konsentrasi anak kelas IV dan V SDN wonogondo kebonagung. Berdasarkan studi pendahuluan dari 10 siswa diketahui bahwa 6 siswa (60%) sarapan pagi dan 4 siswa (40%) tidak sarapan pagi.

Tujuan Penelitian: Untuk mengetahui pengaruh asupan kalori sarapan terhadap konsentrasi anak kelas IV dan V SDN Wonogondo I Kebonagung Pacitan.

Metode Penelitian: Penelitian ini merupakan penelitian *deskriptif analitik* dengan desain penelitian *cross sectional*. Teknik pengambilan sampel dengan menggunakan teknik *total sampling* sehingga diperoleh jumlah sampel kelas IV dan V sebanyak 33 siswa. Alat ukur asupan kalori sarapan menggunakan tabel kalori, dan tingkat konsentrasi menggunakan *digit symbol coding test*. Teknik analisis data menggunakan analisis uji *Mann Whitney U*.

Hasil Penelitian: Dari hasil analisa diketahui mayoritas siswa berjenis kelamin perempuan, dan mayoritas berusia 10 tahun. Hasil analisa univariat diketahui bahwa asupan kalori sarapan siswa mayoritas dalam kategori tidak baik sebanyak 24 siswa (72,7%) dan tingkat konsentrasi siswa mayoritas dalam kategori kurang baik sebanyak 20 siswa (60,6%). Hasil analisis bivariat diperoleh *p value* (0,000) < 0,05. Hal ini dapat diartikan bahwa ada pengaruh asupan kalori sarapan terhadap tingkat konsentrasi siswa.

Simpulan: Terdapat pengaruh asupan kalori sarapan terhadap tingkat konsentrasi anak kelas IV dan V SDN Wonogondo I Kebonagung.

Kata Kunci: Asupan kalori sarapan, tingkat konsentrasi, anak

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ABSTRACT

THE INFLUENCE OF BREAKFAST CALORIE INTAKE TOWARD STUDENTS CONCENTRATION LEVEL OF CLASS IV AND V IN WONOGONDO I ELEMENTARY SCHOOL OF KEBONAGUNG PACITAN DISTRICT

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Background: *There are many elementary school students that still don't know yet about the benefit of breakfast and many of them often ignore having a breakfast. Having a breakfast before go to school can help students ' ability in following the process of learning in the classroom. By having a breakfast, students get the necessary energy for their body and brain to enhance concentration while studying. In fact, many of students still don't have a habit of breakfast before go to school so that the calorie intake of them is less than one day requirement. The results of a previous study through the observation and interview of 10 students shown that 6 students (60%) were having breakfast and 4 students (40%) often ignore having breakfast.*

Purpose: *to identify the influence of breakfast calorie intake toward student concentration level of class IV and V in Wonogondo I Elementary School of Kebonagung Pacitan District.*

Method: *This research used a descriptive analytic with cross sectional design. The sampling technique used was total sampling so that obtained the sample total of class IV and V which were 33 students. The measuring instruments to calculate calorie intake of breakfast was table of calorie. Meanwhile, the instrument to calculate student concentration level was digit symbol coding test. Furthermore, the data was analyzed by using Mann Whitney U.*

Result: *The analysis result showed that the majority were female students whose age was 8 years old. The result of Univariate analysis showed that the majority of breakfast calorie intake were 24 students (72,7%) and concentration level in unfavourable category were 20 students (60,6%). The result of Bivariate analysis showed that p value was (0,000) <0,05. It can be reflected that there is an influence among calorie intake of breakfast toward the concentration level of students.*

Conclusion: *There was influence among calorie intake of breakfast toward concentration level of students class IV an V in Wonogondo I Elementary School of Kebonagung Pacitan District.*

Key word: *intake of calorie breakfast, concentration level, students*

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