

HUBUNGAN FREKUENSI DAN KOMPOSISI ZAT GIZI SARAPAN SERTA AKTIVITAS FISIK TERHADAP KONSENTRASI BELAJAR PADA REMAJA DI SMA SEJAHTERA 1 DEPOK

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Abstrak

Remaja membutuhkan tingkat konsentrasi yang baik karena sangat diperlukan dalam proses belajar. Konsentrasi belajar adalah memusatkan perhatian pada hal yang dipelajari. Ada beberapa faktor yang dapat mempengaruhi konsentrasi belajar. Penelitian ini bertujuan untuk mengetahui hubungan frekuensi dan komposisi zat gizi sarapan serta aktivitas fisik terhadap konsentrasi belajar pada remaja di SMA Sejahtera 1 Depok. Penelitian ini adalah penelitian kuantitatif dengan menggunakan desain *Cross Sectional*. Teknik sampling yang digunakan yaitu *Simple Random Sampling* dan didapatkan sampel sebanyak 71 responden. Data diperoleh dari pengisian kuesioner secara mandiri dan wawancara. Hasil analisis univariat menunjukkan konsentrasi belajar sebagian besar responden (52,1%) tergolong baik. Analisis bivariat yang dilakukan menggunakan uji *chi-square* menunjukkan hubungan antara frekuensi sarapan ($p\text{-value}=0,384$), tingkat kecukupan energi sarapan ($p\text{-value}=0,133$), tingkat kecukupan protein sarapan ($p\text{-value}=0,451$), tingkat kecukupan lemak sarapan ($p\text{-value}=0,304$), tingkat kecukupan karbohidrat sarapan ($p\text{-value}=0,050$), dan aktivitas fisik ($p\text{-value}=0,581$) terhadap konsentrasi belajar. Kesimpulan yang diperoleh dari penelitian ini adalah tidak terdapat hubungan antara frekuensi sarapan, tingkat kecukupan energi sarapan, tingkat kecukupan protein sarapan, tingkat kecukupan lemak sarapan, dan aktivitas fisik terhadap konsentrasi belajar, namun ada hubungan antara tingkat kecukupan karbohidrat sarapan terhadap konsentrasi belajar pada remaja di SMA Sejahtera 1 Depok.

Kata kunci : Remaja, Frekuensi Sarapan, Komposisi Zat Gizi Sarapan, Aktivitas Fisik, Konsentrasi Belajar

RELATIONSHIP BETWEEN FREQUENCY AND COMPOSITION OF NUTRIENTS IN BREAKFAST AND PHYSICAL ACTIVITY WITH CONCENTRATION OF LEARNING IN ADOLESCENTS AT SEJAHTERA 1 SENIOR HIGH SCHOOL DEPOK

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Abstract

Adolescents needs a good concentration because it is needed in the learning process. Concentration of learning is to focus on what is learned. There are several factors that can affect the concentration of learning. This study was aimed to find out the relationship between frequency and composition of nutrients in breakfast and physical activity with concentration of learning in adolescents at Sejahtera 1 Senior High School Depok. This study was a quantitative research by using a cross sectional design. Simple random sampling was used and 71 respondents were randomly selected. Data were obtained through self-administered questionnaires and interview. The univariate analysis showed that the concentration of learning most of respondents (52,1%) was classified as good. Bivariate analysis was performed by using chi-square test showed relationship between frequency of breakfast (p -value=0,384), energy adequacy level of breakfast (p -value=0,133), protein adequacy level of breakfast (p -value=0,451), fat adequacy level of breakfast (p -value=0,304), carbohydrate adequacy level of breakfast (p -value=0,050), and physical activity (p -value=0,581) with concentration of learning. The conclusion obtained in this study were no relationship between frequency of breakfast, energy adequacy level of breakfast, protein adequacy level of breakfast, fat adequacy level of breakfast, and physical activity with concentration of learning, but there was relationship between carbohydrate adequacy level of breakfast with concentration of learning in adolescents at Sejahtera 1 Senior High School Depok.

Keywords : Adolescents, Frequency of Breakfast, Composition of Nutrients in Breakfast, Physical Activity, Concentration of Learning