

PENGARUH ASUPAN ENERGI SARAPAN TERHADAP TINGKAT KONSENTRASI BELAJAR SANTRIWATI PONDOK PESANTREN

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ABSTRAK

Latar belakang: Konsentrasi adalah elemen penting dalam proses pembelajaran, dan diperlukan pada saat pembelajaran. Faktor-faktor yang mempengaruhi konsentrasi belajar adalah kelaparan. Gejala-gejala ini biasanya dialami oleh siswa yang tidak sarapan sebelum masuk kelas. **Tujuan:** Penelitian ini menganalisis pengaruh asupan energi sarapan pada tingkat konsentrasi belajar di kalangan santriwati Pondok Pesantren. **Metode:** Penelitian ini merupakan penelitian observasional dengan desain cross-sectional. Penelitian ini dilakukan di pondok pesantren Darussalam Gontor Putri Jawa Timur, Mantingan, Indonesia. Penelitian ini dilakukan dalam waktu tiga bulan, dihitung 26 Desember 2018 hingga 28 Februari 2019. **Hasil:** Asupan makanan pokok siswa (beras), sayuran dan protein hewani, sayuran, dan makanan ringan. Mereka memiliki siklus menu tujuh hari. Asupan energi mereka adalah 1194,9 kkal, 43% responden mendapat cukup kalori dan 57% memiliki lebih sedikit kalori. Tingkat konsentrasi sebagian besar responden 54,7% memiliki sedang, 42,8% memiliki baik dan sisanya buruk. Ada hubungan yang signifikan antara sarapan dan konsentrasi p.nilai 0,04 <0,05. **Kesimpulan:** Ada pengaruh asupan energi sarapan terhadap tingkat konsentrasi belajar di antara siswa pondok pesantren.

Kata kunci: *kalori sarapan, konsentrasi belajar, remaja*

THE EFFECT BREAKFAST OF ENERGY INTAKE ON LEARNING CONCENTRATION LEVEL AMONG ISLAMIC BOARDING SCHOOL STUDENTS

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ABSTRACT

Background: Concentration was a critical element on learning process, and it is absolutely requires on learning. The factors that influence concentration of learning is hunger. These symptoms are usually experienced by students did not have breakfast before enter the class. **Objective:** This research was to analyze the effect of breakfast energy intake on learning concentration level among Islamic Boarding School students. **Method:** This study an observational study with a cross-sectional design. The research was conducted in Islamic Boarding schools Darussalam Gontor 2 for Girls in East Java , Mantingan, Indonesia. The research was conducted within three months, calculated December 26th, 2018 to February 28th, 2019. **Result:** The student's intakes staple food (rice), vegetables and animal protein, vegetables, and snacks. They had seven days menu cycle. Their energy intake is 1194,9 kcal, 43% of respondent got enough calories and 57% had fewer calories. Level of concentration most responden 54,7 % had medium, 42,8 % had good and the rest was bad. There was significant correlation between breakfast and concentration p.value $0,04 < 0,05$. **Conclusion:** There was the effect of breakfast energy intake on learning concentration level among students islamic boarding school.

Keyword: *adolescents, calorie of breakfast, concentration of learning*