

CHAPTER I

INTRODUCTION

1.1 Background of Research

Success and progress of the countries can be seen from the next generation. They should be good quality in every aspect of life. As the time flies, they should be prepared well before they take a role in the country. In order to prepare future generation, they need proper nutrition because the growth needs energy and good nutrients to achieve a healthy life. Macronutrients and micronutrients requirement will be fulfilled precisely and balanced if someone had a good consumption. In previous resource, Giam (2009) state that food intake must consider gender, age, weight, and physical activity so that both energy intake and expenditure were balanced. Breakfast is one of habit which is important to able to good be healthy and productive. Food intake has a role in creating a good and balanced nutritional status in adolescents. This food intake will be necessary for concentration on learning both academically and non-academically.

Learning is an activity of teaching and studying process and a fundamental element in the implementation of every education, so without learning there will be no education. By learning, students will get knowledge and can develop themselves and from less competent to be more competent. Learning plays a vital role in maintaining life because by learning we know about extensive knowledge and technology. Learning is an activity and the education which need concentration. This concentration is a complicated process to get if several factors can affect during learning those are laziness, hunger, weakness and sleepiness.

Islam commands for every human being to learn and get knowledge. Knowledge is a window of the world and base on the Qur'an, the first verse, Allah commands his people for the first time "iqra" or read it! , Allah said in the Quran:

اقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ (١) خَلَقَ الْإِنْسَانَ مِنْ عَلَقٍ (٢) اقْرَأْ وَرَبُّكَ
الْأَكْرَمُ (٣) الَّذِي عَلَّمَ بِالْقَلَمِ (٤) عَلَّمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ (٥)

*“Read! In the Name of your Lord, Who has created (all that exists),
Has created man from a clot (a piece of thick coagulated blood), Read!
Moreover, your Lord is the Most Generous, Who has taught (the writing),
Has taught man that which he knew not “(Al-Alaq;1-5).*

Concentration is an ability to focus thoughts, feelings, mind and all five senses to one object in a particular activity, accompanied by an effort to ignore other objects that have nothing to do with that activity. Children’s learning achievement is influenced by many factors including concentration (Hakim, 2011). One of the several factors that influence the concentration of learning is hunger. These symptoms are usually experienced by students who do not have breakfast before entering the class. The students who are not having breakfast before learning activities will have a poor concentration in the classroom. It is because children experience an empty stomach around 10-11 hours. Students who do not have breakfast will experience symptoms of hunger, fatigue and drowsiness.

Fulfilling our energy intake, we must pay attention to halal thoyibban because the food to be consumed is as in the Qur’an:

وَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا ۗ وَاتَّقُوا اللَّهَ الَّذِي أَنْتُمْ بِهِ مُؤْمِنُونَ

*“Eat of that which Allah hath bestowed on you as food lawful and good,
and keep your duty to Allah in Whom ye are believers”(Al Maidah;88).*

The food consumed should not be excessive because it will be wasted. The despicable behaviour is not permissible and not good for the body, like in the Qur’an:

وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا

“ and eat and drink, but be not prodigal.” (Al Araf; 31).

With the reasons mentioned above, the researcher wants to examine res “The effect energy intake breakfast on learning concentration level among students of Islamic boarding school”. This research is expected to be a contribution to the knowledge of the importance of breakfast in increasing concentration.

1.2. Formulation of The Research Problem

The formulations of the research problem of this research are:

1. What is the characteristic on breakfast of intake energy of Islamic Boarding School students?
2. How is the level of energy adequacy of Islamic Boarding School students?
3. How is the level of concentration of Islamic Boarding School students?
4. There any effect of intake energy breakfast on the level of study concentration of Islamic Boarding School students?

1.3. Objectives Research

1.3.1 General Objective

General Objective to analyse the effect of breakfast energy intake on learning concentration among Islamic Boarding School Students.

1.3.2 Specific Objective

The specific objective of this study are to:

1. Know breakfast energy intake of Islamic Boarding School students.
2. Know the energy adequacy of Islamic Boarding School students.
3. Know the concentration level of Islamic Boarding School students.
4. Analyse the effect of breakfast energy intake on learning concentration level among Islamic Boarding School students.

1.4. Benefit of Research

This research has clear benefits and is practically as follows:

1. Theoretically, the results of this study are expected to provide preliminary information and data for research related to breakfast, intake energy breakfast and concentration of learning, This it can be used as a reference source in further research.
2. Practically, the results of this study are also expected to become data information for relevant Education Service Offices and Health Offices regarding the effect of breakfast energy intake on learning concentration level among students of Islamic Boarding Darussalam Gontor 2 For Girls. Also, the results of this study also expected to increase the knowledge and awareness of students about the importance of breakfast to increase concentration. This research for the school and the education office can be used as a reference in the implementation of an important breakfast program in the process of nutrition education in schools.

1.5 Authenticity and Formers Research

Table 1. Authenticity and Formers Research

No	Title	Variables & Design	Result	Difference
1	The relationship between adequate nutrition for breakfast and the concentration level of learning in school (Siska <i>et al.</i> ,2017).	Variable nutritional adequacy and concentration level of learning Observational cross sectional design.	This research the mean of breakfast calories do not fill in the standard.	The difference the age of sample characteristics inclusion and exclusion and location.

No	Title	Variables & Design	Result	Difference
2	The relationship between the number of calories intake morning meal with a concentration in pubertal age children learning (Zendy,2016).	A variable number of calories intake morning learning concentration This research used descriptive correlational.	Improving the quality of breakfast through intake calories enough to increase concentration on children early adolescence puberty.	The difference sample age characteristics inclusion and exclusion, design using relationships with other variables.
3	Effect of breakfast on the concentration score of a medical student (Aulia <i>et al.</i> ,2015).	Variable breakfast dan concentration /stress level The research method was quasi-experimental pre and post-test without control group design.	There is an effect of breakfast on the concentration statistical significant on medical students.	The differences are age students collage sample and design and do not calculate concentration but calculate stress levels.
4	Breakfast behaviour and its relation to student achievement in school (Ari <i>et al.</i> ,2010).	Variable breakfast and Design cross-sectional.	The research shows that the proportion of a female student is who have breakfast.	Difference in age of junior high school sample used, and the results show the achievement, not at concentration.

