

## TABLE OF CONTENT

<b>ABSTRACT</b> .....	iv
<b>STATEMENT OF ELIGIBILITY</b> .....	vi
<b>DECLARATION</b> .....	vii
<b>ACKNOWLEDGMENTS</b> .....	ix
<b>TABLE OF CONTENT</b> .....	xi
<b>LIST OF TABLES</b> .....	xiii
<b>LIST OF FIGURES</b> .....	xiii
<b>LIST OF APPENDIX</b> .....	xiv
<b>CHAPTER 1 INTRODUCTION</b> .....	1
1.1. Background of Research .....	
1.2. Formulation of Research problem.....	
1.3. Purpose of Research .....	
1.3.1.General Purpose .....	3
1.3.2. Special Purpose .....	
1.4. Benefit of Research .....	
1.4.1.Theoretical Research .....	
1.4.2.For Practical Research.....	4
1.5. Authenticity of Research.....	
<b>CHAPTER II LITERATURE REVIEW</b> .....	
2.1. Literature Review .....	7
2.1.1.Academic Achievement.....	7
2.1.2.Breakfast Habits .....	8
2.1.3.Sleep Quality .....	1
2.2. Theoretical Framework .....	
2.3. onceptual Framework .....	13
2.4. Research Hypothesis .....	1

<b>CHAPTER III RESEARCH METHODS</b> .....	15
3.1. Type of Reasearch .....	1
3.2. Time and Location.....	1
3.3. Research Subjects.....	15
<u>3.3.1.Population</u> .....	
<u>3.3.2.Sample</u> .....	
3.4 Identification of Research Variables.....	16
3.5. Operational Definition of Research.....	1
3.6. Instruments and Data Collection Techniques .....	17
<u>3.6.1.Research Instrument</u> .....	
<u>3.6.2.Data Collection Techniques</u> .....	18
3.7. Research Procedure Flow Chart .....	1
3.8. Statistic Analysis .....	1
3.9 Work plan .....	20
<b>CHAPTER IV RESULTS AND DISCUSSION</b> .....	
4.1. General description .....	21
4.2 Characteristics of Respondents .....	21
4.3 Univariate Analysis .....	2
4.4 Bivariate Analysis .....	
<u>4.4.1 Relationship between breakfast habits and academic</u> <u>achievement</u> .....	
<u>4.4.2 Relationship between sleep quality and academic achievement.</u> 29	
4.5. Contributions in Islam.....	31
<b>CHAPTER V CONCLUSION AND SUGGESTION</b> .....	33
5.1. Conclusion .....	33
5.2. Suggestion.....	34
<b>REFERENCES</b> .....	3
<b>APPENDIX</b> .....	4

## LIST OF TABLES

Table 1. Authenticity of research .....	
Table 2. Operational definition .....	1
Table 3. Work plan .....	2
Table 4. Average of breakfast habits .....	
Table 5. Average of sleep quality .....	25
Table 6. Average of academic achievement .....	
Table 7. The Relationship between breakfast habits and academic achievement .....	27
Table 8. The Relationship between sleep quality and academic achievement .....	29

## LIST OF FIGURES

Figure 1. Theoretical framework .....	13
Figure 2. Conceptual framework .....	13
Figure 3. Research design flow chart.....	19
Figure 4. Distribution of Respondents Based on faculty .....	22
Figure 5. Distribution of Respondent Based on study program criteria .	23
Figure 6. Distribution of Respondent Based on dormitory criteria .....	24

## LIST OF APPENDIX

Appendix 1. Informed consent.....	41
Appendix 2. Characteristic of respondent.....	
Appendix 3. Breakfast habits questionnaire .....	42
Appendix 4. Sleep quality questionnaire .....	45
Appendix 5. Scoring of sleep quality questionnaire .....	4
Appendix 6. Statistical test result.....	51
Appendix 7. Activity documentation .....	