

# CHAPTER 1

## INTRODUCTION

### 1.1. Background of Research

The success of students in university education can be measured through evaluation each semester. The results become a benchmark for student academic success, it is the achievement index. The achievement index is the learning achievement gotten by students in higher education (Daely., et al, 2013). According to the United Nations Development Program (2013), Indonesia is ranked 121 of 186 countries in learning achievement in the world, which education is the indicators of whether the country has developed or is still developing. The percentage of students in Indonesia who have difficulty in understanding lessons always increasing, there were 28% of students in 2010, 65% of students in 2011 and 78% of students in 2012, whereas in East Java, the percentage of students who had difficulty in understanding lessons was 25% students in 2010, became 30% of students in 2011, and reached 38% of students in 2012 (UNESCO, 2012).

Several factors that influence academic achievement are internal and external factors. Internal factors such as intelligence (IQ), genetics, motivation, and nutritional adequacy (including breakfast intake). Breakfast gives a positive value to brain activity; the brain becomes smarter, more sensitive and easier to concentrate, so children are more receptive to learning. Breakfast is an activity of eating and drinking in the morning the time from waking up to 9 o'clock to meet 25-30% of daily needs (Hardinsyah, 2012). Breakfast is the most often missed meal time. There are many reasons that make people not consume food (Lisdiana, 2012). Based on Riskedas (2013), 16.9% -50% of school-age children and adolescents as well as an average of 31.2% of adults in Indonesia did not have breakfast. School children only consume drinks at breakfast (26.1%), such as water, milk, or tea and 44.6% consume low-quality breakfast (Khalida, 2013).

Like the word of God in Al-Qur'an letter Al-Maidah verses 87-88:

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تُحَرِّمُوا طَيِّبَاتِ مَا أَحَلَّ اللَّهُ لَكُمْ وَلَا تَعْتَدُوا إِنَّ اللَّهَ لَا يُحِبُّ  
الْمُعْتَدِينَ (٧٨) كُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلالًا طَيِّبًا وَاتَّقُوا اللَّهَ الَّذِي أَنْتُمْ بِهِ مُؤْمِنُونَ  
(٨٨)

The Meaning: O you who have believed, do not prohibit the good things which Allah has made lawful to you and do not transgress. Indeed, Allah does not like transgressors (87) And eat of what Allah has provided for you (which is) lawful and good. And fear Allah, in whom you are believers. (Surah Al-Maaidah: 87-88).

There are several factors in addition to breakfast that affect the student achievement index. The quality of sleep affects student academic achievement which is assessed from the achievement index (Desouky, et al., 2015). In East Java Indonesia, as much as 65% of students are having poor sleep quality, 25% students are having good quality sleep, and 10% of students are having no disturbance in their sleep quality (Wicaksono, 2012). Factors that affect academic achievement in Boarding University can be both of breakfast habits and quality sleep. However, the majority of Islamic boarding school students have poor sleep quality (Umar, 2012). Generally, boarding university applies the rules of sleep at 10 pm and wake up at 4 am to their students. So that it affects the quality of sleep which is less effective (Amir, 2007). This is by the Word of Allah SWT in the Qur'an, especially regarding the need for sleep, in QS. An Naba verse 9:

وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا (سورة النباء)

The Meaning: And made your sleep (a means for) rest. (Surat an-Naba: 9)

The previous study showed that students who experienced poor sleep quality with a percentage (80%) had a cumulative index (GPA) in a very satisfying range (2.76-3.50), while the rest of the students who

experienced good sleep quality (20%) had the cumulative grade point average (GPA) in the range is satisfactory (2.00-2.70). It concluded that there was no significant relationship between sleep quality and student academic achievement (Saragih, 2016), Therefore this study is expected to examine the relationship between breakfast habits, sleep quality and academic achievements of the University of Darussalam Gontor female students which in previous studies there was no relationship between sleep quality and academic achievement.

## **1.2. Problem Research**

The research questions was:

1. Is there the relationship between breakfast habits with academic achievements student of University of Darussalam Gontor for Girls?
2. Is there the relationship between sleep quality with academic achievements Student of University of Darussalam Gontor for Girls?

## **1.3. Purpose of Research**

### **1.3.1. General Purpose**

The general purpose of this research was to analyze the relationship between breakfast habits and sleep quality with academic achievement at the University of Darussalam Gontor for Girls.

### **1.3.2 Special Purpose**

Special purposes of this research were to:

- a. Identify the breakfast habits of student at the University of Darussalam Gontor for Girls.
- b. Identify the sleep quality of student at the University of Darussalam Gontor for Girls.
- c. Identify the academic achievements of student at the University of Darussalam Gontor for Girls.

- d. analyse the relationship between breakfast habits and academic achievements of student at the University of Darussalam Gontor for Girls.
- e. Analyse the relationship between sleep quality and academic achievement of students at the University of Darussalam Gontor for Girls.

#### **1.4. Benefit of Research**

##### 1.4.1. Theoretical Research

The result was expected to be able to provide a clear illustration of the impact of the relationship between the breakfast habits and sleep quality with academic performance of student at the University of Darussalam Gontor for Girls.

##### 1.4.2 For Practical Research

- a. Increase knowledge about the dangers of the impact of lack of breakfast frequency and low quality of sleep for personal health and academic achievement
- b. Improving breakfast habits and sleep quality of student of the University of Darussalam Gontor for Girls.
- c. The result of research is expected to be useful as a base to the next researchers.

### 1.5. Authenticity of Research

Table 1. Authenticity of Research

Researcher	Title	Method & Result	Difference
Hanif, 2016	Hubungan sarapan dengan prestasi belajar mahasiswi keperawatan semester 2 pada modul BSN III UIN Syarif Hidayatullah Jakarta.	Method: Descriptive Analytic Design: Cross-Sectional Result: a significant relationship p (0,000).	- This study only used one variable, namely breakfast. -The sample was second-semester nursing students of UIN Syarif Hidayatullah Jakarta.
Awal, 2017	Hubungan antara kualitas tidur dengan prestasi belajar pada mahasiswa keperawatan angkatan 2014 UIN Alauddin Makassar.	Method: Descriptive Analytic Design: Cross-Sectional Result: There was no significant relationship p (0,814).	-This study used only one variable, namely the quality of sleep. - The sample was the 2014 nursing student UIN Alauddin Makassar.
Saragih, 2016	Hubungan kualitas tidur dengan indeks Prestasi mahasiswa keperawatan angkatan 2013 Universitas tanjungpura.	Method: Observational Analitic Design: Cross Sectional. Result: There was no a significant relationship p (0,506)	-This study used only one variable, namely sleep quality. -The sample was students of nursing 2013 graduate of University Tanjungpura.

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<b>Researcher</b>	<b>Title</b>	<b>Method &amp; Result</b>	<b>Difference</b>
Safriyanda, 2015	Hubungan antara kualitas tidur dan kuantitas tidur dengan Prestasi belajar mahasiswa.	Method: Deskriptif Korelasi Design: Cross-Sectional Result: There was no significant relationship p (0,284).	-This study used one variable, sleep quality. -The sample was college students

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