

## INTISARI

### HUBUNGAN KEBIASAAN SARAPAN DENGAN KESIAPAN DAN TINGKAT KONSENTRASI BELAJAR SISWA DI PAGI HARI

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**Latar belakang:** Banyak remaja yang melewatkan waktu sarapan yang akan mengganggu aktivitas selama di sekolah ditandai dengan merasa lelah, mudah mengantuk, dan kurang fokus menerima pembelajaran di kelas. Penelitian terkait kebiasaan sarapan, kesiapan, dan konsentrasi belajar telah dilakukan. Namun, hasilnya menunjukkan inkonsistensi sehingga perlu dikaji lebih lanjut. **Tujuan:** mengetahui hubungan antara kebiasaan sarapan dengan kesiapan dan tingkat konsentrasi belajar saat pagi hari. **Metode:** Responden dalam penelitian ini yaitu 140 siswa kelas 10 dan 11 di SMAN 1 Yogyakarta. Desain penelitian yang digunakan cross-sectional dengan teknik sampling menggunakan *cluster sampling*. Instrumen yang digunakan meliputi kuesioner kebiasaan sarapan, *food recall* 3x24 jam, kuesioner kesiapan belajar, dan *grid test concentration* untuk mengukur kebiasaan sarapan, kesiapan belajar, dan tingkat konsentrasi. Data dianalisis menggunakan uji Chi-Square. **Hasil:** Siswa yang memiliki kategori sarapan baik sebesar 27,9% sedangkan kategori sarapan buruk sebesar 72,1%. Siswa memiliki kesiapan belajar baik sebesar 81,4% dan buruk sebesar 18,6% sedangkan siswa yang konsentrasi baik sebesar 55% dan konsentrasi buruk sebesar 45%. Hasil uji analisis menunjukkan tidak terdapat hubungan yang signifikan antara kebiasaan sarapan dengan kesiapan belajar ( $p=0.387$ ), tidak terdapat hubungan yang signifikan antara kesiapan belajar dengan konsentrasi ( $p=0.238$ ), dan tidak terdapat hubungan yang signifikan antara kebiasaan sarapan dengan konsentrasi ( $p=0.334$ ). **Kesimpulan:** Tidak terdapat hubungan yang signifikan antara kebiasaan sarapan, kesiapan belajar, dan tingkat konsentrasi belajar siswa di pagi hari. Namun, ditemukan bahwa masih banyak siswa yang belum memenuhi kebutuhan energi sarapan sehingga siswa perlu meningkatkan kesadaran untuk selalu sarapan dengan kualitas yang baik dan menu bervariasi.

**Kata Kunci:** remaja, kebiasaan sarapan, kesiapan belajar, konsentrasi belajar

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## ABSTRACT

### THE RELATIONSHIP BETWEEN BREAKFAST HABITS AND STUDENTS' READINESS AND CONCENTRATION LEVELS TO LEARN IN THE MORNING

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**Background:** Many teenagers skip breakfast, which disrupts their schoolwork, leading to fatigue, drowsiness, and a lack of focus in class. Research has been conducted to examine the relationship between breakfast habits, readiness, and concentration in school. However, the results are inconsistent and require further study. **Objective:** To determine the relationships between breakfast habits and students' readiness and concentration levels to learn in the morning. **Metode:** The respondents in this study were 140 10th- and 11th-grade students at SMAN 1 Yogyakarta. The research design used was cross-sectional with a sampling technique using cluster sampling. The instruments used included a breakfast habits questionnaire, a 3x24-hour food recall, a learning readiness questionnaire, and a concentration grid test to measure breakfast habits, learning readiness, and concentration levels. Data were analyzed using the Chi-Square test. **Result:** Students who had a good breakfast category were 27.9% while the poor breakfast category was 72.1%. Students had good learning readiness of 81.4% and poor by 18.6% while students who had good concentration were 55% and those who had poor concentration were 45%. There is no significant relationship between breakfast habits and learning readiness ( $p=0.387$ ), there is no significant relationship between learning readiness and concentration ( $p=0.238$ ), and there is no significant relationship between breakfast habits and concentration ( $p=0.334$ ). **Conclusion:** There is no significant relationship between breakfast habits, readiness to learn, and students' level of morning learning concentration. However, it was found that many students still do not meet their breakfast energy needs, so students need to increase their awareness to always have a good-quality breakfast with a varied menu.

**Keywords:** teenagers, breakfast habits, readiness, concentration

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