

# **Relationship Nutritional Adequacy Morning Eating and Fitness Index with Concentration Learning in Elementary Student**

**by Yuliati, Tutiek Rahayu, Tri Harjana**

## **ABSTRACT**

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#### **Abstract**

This study aims to determine the adequate intake of breakfast, an index of fitness, concentration of learning, knowing the relationship between the nutritional quality of food intake in the morning with the concentration studied, the relationship between the adequacy of food intake with an index of fitness, relationship between the index of fitness with the concentration studied children aged 7-9 years of elementary school student.

This research is analytic survey, with the design of the study is a cross sectional study design. The time and place of study housed in SDIT Lukman Al-Hakim Yogyakarta. The sample used in this study were elementary school student aged 7-9 years who are healthy and willing researched and are not on a diet and was present when the study was conducted. The variable in this study included the independent variable (energy intake adequacy breakfast), intermediate variable (fitness index), the dependent variable (concentration of study). Sampling techniques using purposive sampling. Techniques of data retrieval with anthropometric measurements such as weight, height and body mass index (BMI); nutritional adequacy breakfast; fitness and concentration indexes of student learning, instrument such as scales, microtois, record diet version of the MOH, Indonesia Physical Fitness Test (TBJI) and test Bourdon Wiersma.

The results of this study indicate that the nutritional adequacy morning meal at most is less (68,75%) and least suitable (0%); fitness index at most in the medium category (53%) and least either category all (0%); concentration primarily learn more categories (50%) and least in the category of less (3.1%); in the study showed no correlation ( $P>0.05$ ) between the energy breakfast with the concentration of learning for elementary school children ages 7-9 years; there is no correlation ( $P>0.005$ ) between nutrition eating breakfast with fitness index for elementary school children ages 7-9 years and their significant correlation ( $P<0.005$ ) between fitness with the concentration of learning for elementary school children ages 7-9 years.

*Kata Kunci: index of fitness, nutritional adequacy, concentration of learning, breakfast, elementary students*