

ABSTRAK

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**HUBUNGAN SARAPAN SEHAT DAN KUALITAS TIDUR DENGAN
KONSENTRASI BELAJAR DI SEKOLAH**

Melewatkan sarapan dapat menurunkan glukosa darah dan berpengaruh pada konsentrasi, demikian juga kualitas tidur. Tujuan dari penelitian ini adalah untuk mengetahui hubungan sarapan sehat yang meliputi jenis, jumlah dan waktu serta kualitas tidur dengan konsentrasi belajar pada anak sekolah dasar di Desa Sukarasa Kecamatan Salawu Kabupaten Tasikmalaya Tahun 2024. Penelitian ini menggunakan desain penelitian *cross sectional*, dengan subjek 103 dari 121 murid kelas IV dan V SDN Jahiang 1, SDN Sukarasa dan SDN Karyamukti yang dipilih secara *proportional random sampling*. Instrumen penelitian meliputi formulir *recall* sarapan 3x secara tidak berurutan, blanko *grid concentration test* dan kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Analisis data menggunakan uji *Spearman Rank*. Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara sarapan sehat meliputi jenis ($p=0,001$, $\rho=0,971$), konsumsi energi ($p=0,001$, $\rho=0,547$), protein ($p=0,001$, $\rho=0,430$), lemak ($p=0,001$, $\rho=0,628$), karbohidrat ($p=0,001$, $\rho=0,432$), waktu sarapan ($p=0,036$, $\rho=0,207$) dan kualitas tidur ($p=0,007$, $\rho=0,264$) dengan konsentrasi belajar jam 09.30. Terdapat hubungan yang signifikan antara jenis sarapan ($p=0,001$, $\rho=0,534$), konsumsi energi ($p=0,004$, $\rho=0,283$), protein ($p=0,014$, $\rho=0,243$), lemak ($p=0,001$, $\rho=0,325$) dan karbohidrat ($p=0,023$, $\rho=0,224$), namun variabel waktu sarapan pagi ($p=0,282$, $\rho=0,107$) dan kualitas tidur ($p=0,169$, $\rho=0,137$) tidak berhubungan dengan konsentrasi belajar jam 10.30. Kesimpulan ada hubungan antara jenis, jumlah (energi, protein, lemak, karbohidrat), waktu dan kualitas tidur dengan konsentrasi belajar. Diharapkan siswa memerhatikan kualitas dan kuantitas sarapan dan tidak melewatkan sarapan, serta menjaga kualitas tidurnya.

Kata Kunci: Anak sekolah dasar, konsentrasi belajar, kualitas tidur, sarapan sehat

ABSTRACT

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THE RELATIONSHIP BETWEEN HEALTHY BREAKFAST AND SLEEP QUALITY WITH LEARNING CONCENTRATION AT SCHOOL

Skipping breakfast can lower blood glucose levels and affect concentration, as well as sleep quality. The purpose of this study was to determine the relationship between a healthy breakfast including the type, quantity, and timing and sleep quality with learning concentration among elementary school children in Sukarasa Village, Salawu Subdistrict, Tasikmalaya Regency, in 2024. This study used a cross-sectional research design, with 103 out of 121 fourth and fifth grade students from SDN Jahiang 1, SDN Sukarasa, and SDN Karyamukti selected through proportional random sampling. The research instruments included a 3-day non-consecutive breakfast recall form, a grid concentration test form, and the Pittsburgh Sleep Quality Index (PSQI) questionnaire. Data analysis was conducted using the Spearman Rank test. The results showed a significant relationship between a healthy breakfast, including type ($p=0.001$, $\rho=0.971$), energy intake ($p=0.001$, $\rho=0.547$), protein ($p=0.001$, $\rho=0.430$), fat ($p=0.001$, $\rho=0.628$), carbohydrates ($p=0.001$, $\rho=0.432$), breakfast timing ($p=0.036$, $\rho=0.207$), and sleep quality ($p=0.007$, $\rho=0.264$), with learning concentration at 9:30 AM. Additionally, there was a significant relationship between breakfast type ($p=0.001$, $\rho=0.534$), energy intake ($p=0.004$, $\rho=0.283$), protein ($p=0.014$, $\rho=0.243$), fat ($p=0.001$, $\rho=0.325$), and carbohydrates ($p=0.023$, $\rho=0.224$), but breakfast timing ($p=0.282$, $\rho=0.107$) and sleep quality ($p=0.169$, $\rho=0.137$) were not associated with learning concentration at 10:30 AM. In conclusion, there is a relationship between the type, quantity (energy, protein, fat, carbohydrates), timing, and sleep quality with learning concentration. Students are encouraged to pay attention to the quality and quantity of their breakfast, avoid skipping breakfast, and maintain good sleep quality.

Keywords: *Elementary school children, healthy breakfast, learning concentration sleep quality*