ABSTRACT

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The Relation Between Breakfast With Learning Concentration Toward The Students Of XI Science In SMA Negeri 6 Palembang

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(xvi + 79 page + 10 list + 3 scheme + 10 attachment)

The growth of students are belongs to the nutrition with the best quality and quantity. The purpose of this research is to know the relation between breakfast with learning concentration toward the students of XI Science in SMA Negeri 6 Palembang 2015. This research using quantitative with cross sectional plan. The technique of sample taking in this research is using simple random sampling technique with raffle the population members with the total population 132 students of XI Science in SMA Negeri 6 Palembang. Univariat analyze result give data that 62,9% students have a good breakfast, 69,7% students consume a perfect breakfast, 93,2% students consume bad breakfast and 74,2% students have a good learning concentration. Bivariate analyze result tell that there are the influence of breakfast and type of breakfast with learning concentration on students XI science SMA Negeri 6 Palembang with *p value*= 0,001 and there is no relation about the serving with learning concentration on students XI science SMA Negeri 6 Palembang with *p value*= 0,235. So, the suggestion to the headmaster of SMA Negeri 6 Palembang to make an obligation for the students to have a breakfast before school.

Book List : (1993-2014)