



The Relationship between Knowledge and Parents' Attitudes towards the Importance of Breakfast for Children Aged 5-12 Years in the Village of Watutau, Lore Peore District

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Abstrack. This study aims to determine the "Relationship between Parents' Knowledge and Attitudes about the Importance of Breakfast for Children Aged 5-12 Years in Watutau Village, Lore Peore District." This type of research is quantitative research. The research method used is descriptive observational analytic research with a cross-sectional approach. The population in this study consists of all parents who have children aged 5-12 years, totaling 126 people. The sample size was calculated using the Slovin formula, resulting in a sample of 56 people. The sampling technique used was purposive sampling. The results of the Chi-square statistical test showed a value of $p = 0.000 < p = 0.05$, which means there is a relationship between parents' knowledge and attitudes about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore District. The conclusion that can be drawn from the results of this study is that there is a relationship between parents' knowledge and attitudes about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore District. It is hoped that the community can increase their knowledge about the importance of breakfast in Watutau Village, allowing healthcare providers to offer services and counseling on the importance of breakfast to parents and take various efforts to address the problem of malnutrition in school children.

Keywords: Knowledge, Attitude, Parents, Breakfast.

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1. INTRODUCTION

Breakfast or morning meal is food consumed in the morning before starting daily activities. Breakfast is necessary to fill the empty stomach after 8-10 hours of fasting to meet a portion of daily nutritional requirements. Therefore, it is important to pay attention to menu selection and the appropriate nutritional content for breakfast in the morning. The choice of menu and good nutritional content can benefit in enhancing the physical abilities and learning concentration of children (Faradina, 2019).

Data on breakfast activities in various countries show different patterns. In Udupi, India, 23.5% of children skip breakfast. In Saudi Arabia, 23.33% of children are not accustomed to eating breakfast, while in Indonesia, 44.6% of children consume low-quality breakfasts, 35.4% of them have breakfast energy intake less than 15%, and 35.4% have protein intake less than 15% of daily requirements (Ramadhani et al., 2017).

Data from the Total Diet Survey (SDT) by the Ministry of Health of Indonesia in 2020 showed that out of 25,000 children aged 6-12 years in 34 provinces, 47.7% of children had not met their minimal energy requirements during breakfast. Moreover, 66.8% of children had breakfasts with low nutritional quality, especially in terms of vitamin and mineral intake. School-age children require 1,550 calories per day from carbohydrates, protein, fat, vitamins, and minerals. However, the calorie requirement during breakfast is not substantial, about 300 calories. Unfortunately, many Indonesian children fail to meet their calorie needs during breakfast due to unbalanced nutritional intake. If the calorie requirement during breakfast is not met, it can impact brain function during learning in school. Children who skip breakfast or have irregular breakfast habits may experience decreased concentration during learning, as the brain does not receive sufficient energy and nutrition, which can affect their growth and nutritional status.

Breakfast is highly beneficial as it can improve learning concentration, facilitate better comprehension of lessons, and lead to better academic performance. Additionally, having a large meal in the evening can increase glucose storage as glycogen, which can turn into fat during periods of low physical activity at night, potentially leading to obesity (Rahmi, 2018).

A balanced diet should include carbohydrates, proteins, vitamins, and minerals, as no single food can provide all the necessary nutrients. In each meal, vegetables and fruits should make up at least half a plate (one serving), while the other half can be filled with main dishes, typically carbohydrates and protein, with a higher portion of protein than carbohydrates (Purba, 2017).

One of the efforts to support the optimal growth and development of children by meeting their nutritional needs is by promoting breakfast habits. Breakfast is an activity that should be performed from waking up in the morning until 9 AM to fulfill 15-30% of daily nutritional requirements. This is a crucial step toward achieving a healthy, active, and intelligent life. Children aged 6-12 years are typically in primary school, and they are the future generation of the nation. Children have the potential to contribute to future development, so their growth and development are essential aspects to consider. The effects of infrequent breakfast habits in children include feeling weak and being susceptible to illnesses (Juchita, 2019).

The energy required for thinking cannot be sustained, and children cannot concentrate on their studies, making them less productive and more vulnerable to diseases. Adequate nutrition for school-age children can be the foundation of health and optimal stamina in the future. Therefore, children need to be encouraged to maintain a healthy and nutritious lifestyle as per their requirements (Ramadhani et al., 2017).

Parents, especially mothers, play a significant role in influencing their children's breakfast habits because children of primary school age require parental guidance in their habits. Breakfast for children of this age group requires parents to prepare it, and it is usually the mother's responsibility. Mothers are expected to encourage their children to have breakfast at home before starting their activities. In addition to influencing breakfast habits, mothers also play a role in determining the suitable breakfast menu for their children. The nutritional knowledge of mothers can influence the stimulation and habituation of breakfast for their children. A mother is expected to motivate and

encourage her children to have breakfast and provide a nutritious breakfast with essential nutrients and other vital nutritional elements (Susanto, 2018).

Faradina (2019), based on research titled 'The Relationship between Mothers' Knowledge and Breakfast Menu Patterns and Breakfast Habits in Children,' found that there is a correlation between the mothers' level of knowledge and breakfast menu patterns ($p < 0.05$), as well as a correlation between the mothers' level of knowledge and breakfast habits in children ($p < 0.05$). Additionally, Natasha's study (2020) generally shows a correlation between nutritional knowledge and breakfast habits ($p = 0.000$). This suggests that the contribution of nutritional knowledge and understanding the importance of breakfast should be emphasized to parents and school-age children from an early age. Other studies also indicate a correlation between breakfast habits and academic performance ($p = 0.001$). The relationship between breakfast habits and academic performance can serve as an indicator for students to establish a regular breakfast routine as it can enhance their learning performance, as shown in Aprilia's research (2021) on the relationship between breakfast habits and nutritional status in elementary school students (Aprilia et al., 2021).

Based on the preliminary study conducted by the researcher in the village of Watutau, Lore Peore District, there are 126 children aged 5-12 years. Interviews with five parents revealed that breakfast habits in Watutau are still uncommon and challenging to establish. This is because parents often prefer to give pocket money to their children rather than providing breakfast. Several factors contribute to this, including the cold climate, which makes it difficult to wake up early. Children attending distant schools find it challenging to have breakfast due to limited time. They may oversleep or lack appetite in the morning.

Given this background, the author is interested in researching the relationship between knowledge and the attitudes of parents regarding the importance of breakfast for children aged 5-12 years in the village of Watutau, Lore Peore District

2. THEORETICAL STUDIES

2.1 Overview of Knowledge

Knowledge, as defined by Notoatmodjo (2017), is the result of human curiosity about something and the desire to improve their quality of life, making it better and more comfortable. It is also the outcome of efforts to meet both current and future human needs. There are six levels of knowledge within the cognitive domain, according to Notoatmodjo (2017): (1) Know, which involves recalling previously learned information; (2) Comprehension, where one can explain an object or concept accurately; (3) Application, allowing the application of learned material in real-life situations; (4) Analysis, the ability to break down information into smaller parts; (5) Synthesis, involving assembling parts to form a whole or creating new formulations; and (6) Evaluation, which assesses materials or objects based on specific criteria. Knowledge can be acquired through various methods, both traditional and modern. Traditional methods include trial and error, chance discoveries, authoritarian teachings, personal experiences, common sense, divine revelation, intuitive understanding, and deductive or inductive reasoning. Modern methods are more systematic, logical, and scientific, commonly referred to as research methodologies or the scientific method. Knowledge can be measured through interviews and questionnaires, with three categories: good (75% or higher), sufficient (56-74%), and insufficient (<55%) knowledge levels (Notoatmodjo, 2017). Additionally, the environment, including social and cultural factors, can influence an individual's attitude towards receiving information.

2.2 Overview of Attitudes

Attitude can be explained as a closed response or reaction to a stimulus or object. From this definition, we can conclude that the manifestation of attitude cannot be observed directly, but can only be explained through predetermined behaviour (Notoatmodjo, 2017). Attitude consists of three main components, namely: 1) belief in an object and idea, 2) evaluation of emotional life or towards an object, 3) tendency to act. These three components together form a complete attitude, which is referred to as a total attitude. In determining comprehensive knowledge and attitudes, thoughts, beliefs, and emotions play an important role (Notoatmodjo, 2017).

Attitude consists of several levels, including: 1) accept: This means being able to pay attention to a given stimulus (object). For example, attitudes towards nutrition can be measured through willingness and attention to lectures on nutrition, 2) responding: The ability to answer questions, carry out, and complete given tasks is an indication of attitude. Being right or wrong, this means that the individual accepts the ideas presented, 3) appreciating: In this situation, individuals invite others to cooperate and discuss a problem, 4) being responsible: Responsibility is the highest attitude and behaviour, where the individual takes all risks and is responsible for all choices made, regardless of challenges from the family. Attitude measurement can be done directly or indirectly.

The measurement results are available in the form of attitude categories, namely support (positive) and rejection (negative). Attitudes basically reflect a person's tendency to behave. Attitude scales are expressed in the form of statements, with respondents rating whether the statement has support or rejection based on a range of values. Therefore, accepted statements are divided into two categories, positive and negative. One commonly used attitude scale is the Likert scale, in which positive and negative statements are presented for the subject to rate, ranging from strongly agree, agree, have no opinion, disagree, to strongly disagree (Notoatmodjo, 2017).

2.3 Breakfast Overview

Breakfast is one way to give your body the energy it needs to get through the day. Energy comes from protein, fat and carbohydrates in food, and the body needs food to function properly. Humans do a lot of activities in the morning, so the body needs a lot of energy in the morning. Therefore, it is highly recommended that our bodies continue their activities without getting tired. Breakfast is one way to provide the energy the body needs to perform activities (Rindika et al., 2018). Breakfast is the first food intake that enters the body after fasting while sleeping at night. During breakfast, the brain again gets nutrient intake. A healthy breakfast should fulfil at least a quarter of daily nutritional needs. So, at least the breakfast menu should contain carbohydrates, protein, fat, vitamins, minerals and fibre, as well as enough water to help the digestive process, increase energy as well as concentration and memory (Suraya, 2019).

Food and drink are important for the health of the body. However, eating and drinking alone is not enough. There are 10 recommended balanced nutrition messages (PGS), namely: 1) Be grateful and enjoy a variety of foods 2) Eat plenty of vegetables and fruits 3) Make it a habit to consume foods that contain high protein 4) Make it a habit to eat different staple foods 5) Limit the intake of sweet, salty and fatty foods 6) Make it a habit to have breakfast 7) Drink enough water 8) Make it a habit to read labels on food packaging 9) Wash hands with soap and clean running water 10) Maintain normal body weight and do sufficient activity (Pustika, 2017). Number 6 on the balanced nutrition message (PGS), make breakfast a habit. Breakfast is very important because if the body is rested overnight and does not eat anything, the sugar level in the body will drop. During breakfast, the sugar in the body becomes a source of energy and the sugar that enters the body can be supplied to the body to produce the energy needed for the first hour of activity. If you skip breakfast, the body does not have enough

energy to carry out the oxidation process throughout the night that produces energy to move the heart, lungs and other body muscles (Supariasa, 2017).

Minister of Education and Culture Muhadjir Effendy emphasises the importance of breakfast for school children. Before going to school, parents need to provide breakfast first, so that children have the concentration to receive lessons at school. The Minister's statement is related to the planned issuance of the Presidential Instruction on Health-Related Development involving 13 ministries and institutions. In the Presidential Instruction, the Ministry of Education and Culture focuses on efforts to promote breakfast before receiving lessons at school. The Minister of Education and Culture said that if the presidential instruction is issued, he will ask school committees to jointly discuss breakfast at school. Pergizi Pangan chairman Hardinsyah said seven out of ten Indonesian children do not eat breakfast before going to school.

Breakfast not only prevents hunger, but also provides the energy and nutrition needed for children to be more focused in learning, thus improving their achievement and affecting their attention span during school and physical activities (Kompas, 2017). Breakfast is a meal that is eaten in the morning and served from 6am to 10am. It is recommended to eat light meals that aid digestion. Therefore, it is recommended to consume foods that are rich in fibre and protein but low in fat. High protein and fibre intake can help our body feel full at lunchtime. A good breakfast should be high in carbohydrates as it stimulates glucose and micronutrients in the brain for energy production. Among other things, it stimulates the brain to focus on learning in order to facilitate the absorption of lessons (Murniati, 2018).

The benefits of eating breakfast are great for everyone. For adults, breakfast helps maintain physical strength, maintains work stamina, and can increase work productivity. For school children, breakfast can improve focus, increase lesson absorption, and improve learning outcomes (Giovani, 2017). There are 2 benefits of breakfast, namely: (Supariasa, 2017). 1) Breakfast prepares carbohydrates ready for use to raise blood sugar levels, ensure normal blood sugar levels, improve work focus, and have a beneficial effect on increasing productivity. 2) Basically, breakfast plays an important role in supplying several nutrients that the body needs such as protein, fat, vitamins, and minerals. Someone who does not eat breakfast will not be able to perform their activities properly, as the body tries to use glycogen to increase blood sugar levels, and when glycogen is depleted, fat stores are also depleted.

2.4 Overview of Parents

A parent is an adult or older person, consisting of a father and mother. Parents are the main teachers and examples for their children because parents introduce the world to their children (Friedman, 2018). Parents want their children to grow into social adults. In a family, ideally there are two people who play a role, the first is the role of the mother who is responsible for raising the child. Secondly, the father's role is to be responsible for providing guidance on moral values according to religious teachings, discipline, control, participation in childcare, and fulfilling the family's economic needs (Friedman, 2018).

According to Covey (1932), there are four principles of the role of parents or families that are very relevant in shaping child development. First, parents function as role models for their children. They are role models in practising spiritual or religious values as well as norms that apply in society. Parents' actions and thoughts have a significant impact on children's lives, both positively and negatively. The role of parents as models is seen as a key element in shaping children's development and character, where children learn to be caring and compassionate.

Secondly, parents act as their children's first mentors. They build relationships, provide deep affection, both in positive and negative forms, and provide protection to encourage children to become open and receptive individuals. In addition, parents are the main source in the development of children's emotional aspects, creating feelings of security or insecurity, and creating feelings of love or hate.

Thirdly, parents have the role of Organiser in the family. This includes the task of organising, controlling, planning and working together to solve any problems that arise in family life. They should also endeavour to improve family structures and institutions to help overcome various challenges and meet the needs of all family members. Especially in the context of children, parents must resolve problems fairly and wisely to prevent jealousy between siblings.

Fourthly, parents act as Teachers who are responsible for encouraging, supervising and guiding their children. They teach spiritual, moral and social values and introduce life principles to their children so that they can understand and apply them. The role of parents as teachers is to arm their children with "thinking skills" so that they can understand the reasons behind their actions and the importance of their deeds (Friedman, 2018).

2.5 Overview of Children

School-age children, who range from 5 to 12 years old, are a developmental phase that is closely linked to the concept of overall health. Children in this age group are often physically strong and full of energy, which encourages them to be active in various activities. During this phase, children's physical growth and appearance tend to be stable (Faradina, 2019).

However, school-age children are also vulnerable to nutrition problems, especially if the surrounding community experiences food shortages. In general, this group experiences relatively rapid growth and requires considerable nutritional intake. Some nutritional problems, such as underweight and obesity, often occur because children at this age spend a lot of time at school and playing outside the home, which drains a lot of their energy. Therefore, there is an imbalance between food consumption and the necessary calorific needs (Faradina, 2019).

A special characteristic of children aged 5 to 12 years is the latent period, where physical growth is no longer as dramatic as in childhood. During this time, school children begin to build self-confidence and start to recognise the social norms around them. There are significant changes in their physical growth and personality development, which are greatly influenced by diet, physical activity and nutritional intake. Some of the characteristics of school-age children include more time spent outdoors, increased physical activity, exploration of self-identity, tendency to choose food according to personal taste, and increased physical growth towards pre-adolescence (Faradina, 2019)

3. METHOD

This study is a type of quantitative research with an analytical observational descriptive approach using a cross-sectional approach, which was conducted to determine whether there is a relationship between parental knowledge about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore District. The research was conducted in Watutau Village, Lore Peore Sub-district, and the research took place on 8-14 July 2023. The population of this study were all parents who have children aged 5-12 years in Watutau Village, Lore Peore Subdistrict, totalling 126 people. The sample of this study was 56 people, taken using purposive sampling technique.

The independent variable in this study was parental knowledge, while the dependent variable was parental attitude about the importance of breakfast. Knowledge was measured through filling out a questionnaire with a Guttman scale, while attitudes were measured using a questionnaire with

a Likert scale. Data were collected by distributing questionnaires to parents with children aged 5-12 years in Watutau Village, Lore Peore Sub-district. Primary data were obtained by filling out questionnaires directly to respondents, while secondary data were obtained from the village about the number of parents with children aged 5-12 years.

Data analysis involved editing, coding, tabulating, entering, cleaning tabulating, and describing. Univariate analysis was used to determine the frequency of each variable, while bivariate analysis used Chi Square statistical test to see the relationship between dependent and independent variables. This research flow includes all stages from research planning to data analysis and conclusion drawing

4. RESULTS AND DISCUSSION

The distribution of respondent characteristics is a description of some of the characteristics needed in this study including distribution, age and gender. The distribution of respondents based on gender is divided into male and female, education is divided into not in school, elementary and junior high school, age and occupation are described as follows.

Table 1 Distribution of respondents based on parents' characteristics about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore Sub-district

Respondent Characteristics	Frequency (f)	Percentage (%)
Gender		
Female	34	60,7
Male	22	39,3
Education		
Not in school	11	19,6
Elementary school	39	69,6
Junior High School	3	5,4
Senior high school	3	5,4
D3-S1	0	0
Age		
<22 years	3	5,4
23-34 years	16	28,6
>35 years	37	66,1
Occupation		
Housewife	34	60,7
Private	2	3,6
Farmer	20	35,7

Source: Primary Data Researcher (2023)

Based on table 4.1 above, it can be seen that gender is mostly female, totalling 34 people (60.7%), education is mostly elementary school, totalling 39 people (69.6%), age is mostly > 35 years old, totalling 37 people (66.1%) and occupations are mostly housewives totalling 34 people (60.7%) and farmer occupations totalling 20 people (35.7%).

The results of univariate analysis in this study include Knowledge with Parents' Attitudes about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore District which will be presented in tabular form as follows.

Table 2 Distribution of Respondents based on Parents' Knowledge about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore Subdistrict

Knowledge	Frequency (<i>f</i>)	Percentage (%)
Goof	25	44,6
Fair	18	32,1
Less	13	23,2
Total	56	100

Source: Primary Data Researcher (2023)

Based on Table 4.2 above, it can be seen that most of the respondents' knowledge is in the good category, totalling 25 people (44.6%), while enough is 18 people (32.1%) and less knowledge is 13 people (23.2%). As for attitudes, it is shown in the table below.

Table 3 Distribution of parents' attitudes about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore Sub-district

Attitude	Frekuensi (<i>f</i>)	Persentase (%)
Positive	33	58,9
Negative	23	41,1
Total	56	100

Source: Primary Data Researcher (2023)

Based on Table 4.3 above, it can be seen that most of the respondents' attitudes were positive, totalling 33 people (58.9%) and negative attitudes totalling 23 people (41.1%). Furthermore, Bivariate analysis in this study was conducted to see the relationship between knowledge and parents' attitude about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore Sub-district. This study used Chi Square statistical test which aims to assess the relationship between the two variables.

Table 4 Relationship between Knowledge and Parents' Attitude about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore Sub-district

Knowledge	Attitude				Total		<i>P-value</i>
	Positive		Negative				
	<i>f</i>	%	<i>F</i>	%	<i>f</i>	%	
Goog	24	42,9	1	1,8	25	44,6	<i>0.000</i>
Fair	7	12,5	11	19,6	18	32,1	
Less	2	3,6	11	19,6	13	23,2	
Total	33	58,9	23	41,1	56	100	

Source: Primary Data Researcher (2023)

Based on Table 4.4 above, the results of cross tabulation in the study of the Relationship between Knowledge and Parents' Attitudes about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore District, show that of the 25 respondents with good knowledge with a positive attitude, 24 respondents, 1 respondent (1.8%) had a negative attitude. Of the 18 respondents with sufficient knowledge with a positive attitude, 7 people (12.5%) had a negative attitude, 11 respondents, while lack of knowledge with a positive attitude was 2 people (3.6%) with a negative attitude, 11 respondents. Based on the results of statistical tests using the Chi-square test obtained $p\text{-value} = 0.000$ ($p < 0.05$) which means there is a relationship between knowledge and parental attitudes about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore District.

The results of the study on the Relationship between Knowledge and Parents' Attitudes about the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore Sub-district revealed several important findings. Firstly, from the data in Table 3, it can be concluded that most parents have good knowledge about the importance of breakfast in children. This shows that they understand how vital breakfast is and the selection of healthy food patterns for their children. This good knowledge is considered positive as parents who are more knowledgeable about the importance of breakfast are more likely to be able to give good attention to their children's diet.

Furthermore, this study also reflects the important role of mothers in influencing children's eating habits. Mothers play a central role in deciding on a good breakfast menu and ensuring children eat breakfast before starting their activities. This is related to mothers' nutritional knowledge, which can influence their decisions in choosing a balanced breakfast menu for their children. The importance of mothers' role in shaping children's breakfast habits is also supported by previous research, as mentioned by Faradina (2019), Prasetyo (2020) and Rindika (2018). All of these studies showed that mothers' nutritional knowledge strongly influences children's breakfast habits.

Furthermore, this study revealed that there is a positive relationship between parents' knowledge and attitude about the importance of breakfast in children. That is, when parents have good knowledge, they tend to have a positive attitude towards providing breakfast to their children. However, it should be noted that there are some cases where parents with good knowledge still have negative attitudes, possibly due to factors such as busy work.

Overall, the results reflect the importance of nutrition knowledge and education to parents, especially mothers, to improve children's breakfast habits. With good knowledge, parents will be more likely to understand and practice the importance of providing breakfast to their children, which in turn can support children's healthy growth and development.

In addition, this study can also serve as a foundation for nutrition education programmes aimed at parents, especially mothers, in Watutau Village, Lore Peore Sub-district. This education could help parents better understand the importance of breakfast and provide guidance on healthy food choices for their children.

5. CONCLUSION

Based on the results of research conducted from June to July 2023 in Watutau Village, Lore Peore Sub-district, several significant conclusions can be drawn. Firstly, the majority of respondents demonstrated a good level of knowledge about the importance of breakfast for children aged 5-12 years in the area. This reflects their strong understanding of the importance of breakfast intake in supporting children's health and development.

Secondly, the majority of respondents also had positive attitudes towards the importance of breakfast for children. This positive attitude reflects their commitment to providing breakfast to their children before starting their daily activities. This shows parents in Watutau Village's awareness of the important role breakfast plays in their children's well-being.

Third, the results also revealed a significant relationship between parents' knowledge and attitudes about the importance of breakfast for children aged 5-12 years in the area. This means that parents who have good knowledge tend to have a more positive attitude towards providing breakfast to their children. This result underscores the importance of nutrition education and knowledge to parents as an effort to improve children's breakfast habits.

This conclusion illustrates that education and socialisation efforts on the importance of breakfast for children aged 5-12 years in Watutau Village, Lore Peore Sub-district have successfully

influenced parents' knowledge and attitudes. With this good knowledge and positive attitude, it is expected that children in the area will benefit more from breakfast in supporting their growth, development and health

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