

## Determinan keberlanjutan praktek makan pagi pada siswa Madrasah Ibtidaiyah Swasta Jakarta Selatan = Determinants of the breakfast habit of students in the Private Elementary School of South Jakarta

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### Abstrak

Penelitian ini bertujuan memperoleh gambaran kebiasaan makan pagi siswa di Sekolah Madrasah Ibtidaiyah Swasta Al Islamiyah Lenteng Agung, Jakarta Selatan. Serta determinan keberlanjutan kegiatan makan pagi bersama di sekolah. Penelitian ini menggunakan desain cross sectional. Sampel pada penelitian ini adalah siswa kelas IV, V, dan VI Madrasah Ibtidaiyah Swasta Al Islamiyah sejumlah 58 orang. Hasil penelitian menunjukkan proporsi siswa yang makan pagi sebanyak 70,7%. Terdapat hubungan yang signifikan antara ketersediaan makan pagi dan kebiasaan membawa bekal dengan praktek makan pagi. Tidak ada hubungan yang signifikan antara pengetahuan, sikap, jenis kelamin, pendidikan ibu, pekerjaan ibu, kebiasaan jajan, jumlah uang jajan, dukungan orang tua, dukungan guru, sanksi, dan informasi melalui media dengan praktek makan pagi.

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This study aims to get a description of the breakfast habit of students in Al Islamiyah Lanteng Agung Private Elementary School in South Jakarta; and its determinants that influence these students continue the habit. The study used crosssectional design with total sampling as its sample calculation method. Sample in this study were 4th, 5th, and 6th grade students with total 58 people. The result showed that 70,7% of the students ate breakfast and there is a significant relationship between the breakfast habit and its availability in the household as well as their habit to bring lunch. Furthermore, the result also indicated that there is no significant correlation between breakfast habit and other factors in the study such as knowledge, attitudes, gender, maternal education, maternal occupation, snack habits, the amount of pocket money, parent support, teacher support, sanction, and information through the media