

Breakfast Eating Habit and Academic Achievement among Student Nurses

Lovely G. Sepang
Universitas Klabat

Abstract

Energy is the main fuel for the cells that exist in the body in order to perform physiological functions properly. By not eating, there will be no energy to undergo daily activities. The nutritional needs of humans vary for each stage of development. Daily activities should also be balanced with adequate nutritional intake. In reality, doing so many activities can lead a person into bad or irregular eating habits. One example is the habit of skipping breakfast. The aim of this study was to determine relationship between the habits of eating breakfast with academic achievement among students. The research used descriptive correlation with cross sectional approach. This research was conducted among 129 respondents by using total sampling technique. Hypothesis test used spearman correlation. The result showed that 72 respondents (56%) have breakfast four times or more in a week. As for academic achievement, 64 (3%) of respondents have *high* GPA. The result showed that there is a significant relationship between breakfast habits and academic achievement, ($p = 0.036$). Thus, there is a significant relationship between breakfast habits and academic achievement among students of nursing university faculty.

Keywords: *breakfast habit, academic achievement, student nurses*