

HUBUNGAN PENGETAHUAN IBU TENTANG SARAPAN DENGAN KEBIASAAN SARAPAN KELUARGA DI KELURAHAN SAMBIROTO KECAMATAN TEMBALANG KOTA SEMARANG

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ABSTRACT

Breakfast is an activity that is usually done in the morning, very good because it can provide energy for the body to be active, good breakfast activities can be done by eating foods that contain lots of fiber, protein, vitamins, and carbohydrates. Breakfast habits are one of the basic messages in the General Guidelines of Balanced Nutrition (PUGS). The purpose of this research is to know the relationship of mother's knowledge about breakfast with family breakfast habit in Sambiroto Village Tembalang Sub-district Semarang City

This type of research is an analytical quantitative approach with cross sectional research design with survey method. The goal is to know the relationship between the knowledge of housewives about breakfast with breakfast habits. The research was conducted in Sambiroto Village, Tembalang Sub-district, Semarang. In this study the sample became 98 families. Respondents in this study were housewives.

The results showed that the average value of respondents knowledge is 100 that is as many as 95 people (96.9). The value of knowledge of the mother with the achievement of a minimum of 80, with the achievement of a maximum value of 100 and standard devree 5.606. 65 (66,3%) of respondent's family have not done breakfast habit activity simultaneously at home before doing activity outside home. Analysis of normality data test using kolmogorov-smirnov test results are not normally distributed because $p = 0,000$ and $0,000$ then advanced test using Rank Spearman correlation test. Spearman's rho r value of - 0.052 with Sig. (2-tailed) of 0.609 or greater than 0.05 so H_0 received means no relationship Knowing Mother about Breakfast and Family Breakfast Habit.

Conclusion: There is no relationship between Mother's Level of Knowledge about Breakfast with Family Breakfast Habits.

Keywords: Breakfast, Knowledge, Breakfast Habit, Housewife