

## ABSTRACT

ANI PRATIWI RATNASARI, NIM: G2B03023, 207. THE RELATIONSHIP OF BREAKFAST HABITS WITH THE LEVEL OF PHYSICAL FITNESS AND SICKNESS ABSENTEEISM OF STUDENT IN ELEMENTARY SCHOOL PEDURUNGAN KIDUL 02 KOTA SEMARANG. Supervisor I: Agus Sartono Supervisor II: Yunan Kholifatuddin Syadi. Nutrition Sciences Program University of Muhammadiyah Semarang.

**Background:** Children primary school-aged is a valuable national asset for the country's development in the future. At this age, children are in a period of growth so that the fulfillment of the need for nutrients through food intake is very important. Get children to have breakfast is beneficial to maintain the availability of nutrients, particularly the energy to improve physical fitness and health that signed as the declining rates of sickness absenteeism. This study aims to determine the relationship between breakfast habits with the level of physical fitness and absenteeism in elementary school children.

**Method:** The research is analytical research with cross sectional approach. The population is all students from SD Negeri Pedurungan Kidul 02 Semarang aged 10-11 years. Total sample of 59 students who selected by simple random sampling. Data of breakfast habits was obtained by food recall method 3x24 hours. The level of Physical fitness was measured by the method of the Harvard Step Test and sick absenteeism is obtained from data on absences from school. The test of relationship on each variable test is by Chi-Square test.

**Results:** The results of the study of elementary school children breakfast with an average frequency of  $4.6 \pm 1.9$  times / week. The average energy adequacy of breakfast was  $16.8 \pm 5.8\%$ . Elementary school children have an average physical fitness level of  $47.5 \pm 22.7$  bpm. Sickness absenteeism is  $0.73 \pm 0.71$  times / year. The result showed no relationship between breakfast habit and physical fitness ( $p = 0,058$ ). The results showed no relationship between breakfast habits with absence of pain ( $p \text{ value} = 0.338$ ).

**Conclusion:** Breakfast habits has not relationship with the level of physical fitness and sickness absenteeism of student SDN Pedurungan Kidul 02 Kota Semarang.

**Keywords:** Breakfast Habit, Physical Freshness, Sickness Absenteeism.