

**POLA MAKAN MENYEBABKAN PERBEDAAN STATUS GIZI DAN  
KONSENTRASI BELAJAR PESERTA DIDIK DI SMP NEGERI 1  
SELEMADEG**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui: (a) pola makan peserta didik di SMP Negeri 1 Selemadeg; (b) pola makan dapat menyebabkan perbedaan status gizi peserta didik; (c) pola makan dapat menyebabkan perbedaan konsentrasi belajar peserta didik. Penelitian ini berupa penelitian eksperimental lapangan (*field experimental*) dengan rancangan *randomized post test only group design*. Variabel bebas berupa pola makan peserta didik dan variabel terikat berupa: (a) status gizi yang didata dengan *Indeks Massa Tubuh (IMT)*; (b) konsentrasi belajar yang didata dengan kuisioner konsentrasi. Pendataan dilakukan pada 224 populasi yang dipilih secara diacak bertingkat (*multistage random sampling*) dan terpilih 32 sampel penelitian yang didata selama 3 (tiga) hari. Data yang diperoleh dianalisis menggunakan uji *t independent* pada taraf signifikansi 5%. Hasil penelitian menunjukkan bahwa pola makan peserta didik di SMP Negeri Selemadeg dapat dibedakan menjadi dua yaitu pola makan tidak teratur dengan persentase 50% dan pola makan teratur dengan persentase 50%. Terdapat perbedaan status gizi antara pola makan tidak teratur dan pola makan teratur ( $p < 0,05$ ) dan Terdapat perbedaan konsentrasi belajar antara pola makan tidak teratur dan pola makan teratur ( $p < 0,05$ ). Dengan demikian dapat disimpulkan bahwa pola makan menyebabkan perbedaan status gizi dan konsentrasi belajar peserta didik.

**Kata Kunci: Pola Makan, Status Gizi dan Konsentrasi Belajar**

## **ABSTRACT**

*This study aims to determine: (a) the eating patterns of students in SMP Negeri 1 Selemadeg; (b) eating patterns can cause differences in the nutritional status of students; (c) eating patterns can cause differences in the concentration of student learning. This research is in the form of experimental field research (experimental field) with a randomized post test only group design. The independent variables were students' dietary patterns and the dependent variables were: (a) nutritional status that was recorded with Body Mass Index (BMI); (b) concentration of learning which is recorded by concentration questionnaire. Data collection was carried out on 224 populations selected by multistage random sampling and 32 research samples selected for 3 (three) days. The data obtained were analyzed using an independent t test at a significance level of 5%. The results showed that the eating patterns of students in Selemadeg State Junior High School could be divided into two, namely irregular eating patterns with a percentage of 50% and regular eating patterns with a percentage of 50%. There were differences in nutritional status between unsaturated eating patterns and regular eating patterns ( $p < 0.05$ ) and there were differences in learning concentrations between unsaturated eating patterns and regular eating patterns ( $p < 0.05$ ). Thus it can be concluded that eating patterns lead to differences in nutritional status and concentration of students' learning.*

*Keywords: Diet, Nutrition Status and Learning Concentration*