

# **The Correlation of Breakfast Habits, Vitamin C and Iron Intake on Students' Study Concentration When Receiving Lessons**

**Miftahulin Nur Aini**

Clinical Nutrition Study Program

Health Department

## **ABSTRACT**

Concentration is ability to focus, emotion, and five senses to one object in an activity. Breakfast is the best energy supply for brain to be able to concentrate. Vitamin C intake is used as a brain nutrient that can affect memory and Iron plays a role in transporting oxygen from the lungs to the body including the brain, if there is a lack of concentration, it will be disturbed. The purpose of this research is to analyze the correlation between breakfast habits, Vitamin C and Iron intake for student learning concentration. This type of research is quantitative with a cross sectional design. The number of subjects in this study was 65 students using purposive sampling technique. Data collection in this study is by using a concentration questionnaire, breakfast habits questionnaire, and food record for 3x24 hours. Statistical analysis using SPSS with lambda contingency coefficient test and sperm rank correlation test. Research result shows that breakfast habits ( $p=0,069$ ) has no correlation between breakfast habits and student concentration, vitamin C intake ( $p=0,877$ ) has no correlation between vitamin C intake and student concentration and iron intake ( $p=0,612$ ) has no correlation between iron intake and student concentration.

Key Words : Breakfast Habits, Iron Intake, Learning Concentration, Vitamin C Intake