Difference Levels of Sufficient omega 3 (EPA and DHA) Fish and Learning Achievement in Elementary School Student in Coastal and Non Coastal Areas

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ABSTRACT

Nutritien foods strongly affects the growth of the brain and the other organs needed to support child intelligence. One way to increase brain intelligence in children is to consume essential fatty acids. Fish are food that countains complate nutrition and omega 3 content convering linoleic acid, eicosapentarnoic acid (EPA) and docosaheksaenoic acid (DHA) which is verry good for increasing intelligence, health care and stamina increase. The purpose of this research is to know the difference levels of sufficient omega 3 (EPA and DHA) fish and learning achievement in elementary school student in coastal and non coastal areas. method is analytic survey with cross sectional design with population as many as 123 student academic year 2017-2018. Subject size in this research is 56 students with sampling technique proportional stratified random sampling. Statistical analysis of this study using SPSS 16 for Windows with Mann-Whitney test. The results showed there was a difference between in the levels of sufficient omega 3 (EPA and DHA) fish, with value p=0.035 (<0,05)*, there was a difference of student learning achievement in elementary school student in coastal and non coastal areas, with value p=0.004* (<0,05)*. The conclusion is that there are significant differences between the levels of sufficient omega 3 (EPA and DHA) fish and learning achievement in elementary school student in coastal and non coastal areas.*

***Keyword** : DHA, EPA, Omega 3, learning achievement, student in coastal and non coastal areas.*