

**THE RELATIONSHIP BETWEEN STUDENTS BREAKFAST HABITS
AND MOTHERS KNOWLEDGE ABOUT BALANCED NUTRITION
WITH NUTRITIONAL STATUS AT SD KARTIKA IX-1**

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ABSTRACT

Elementary school age children are very vulnerable to nutritional problems, in this period the child experiences a period of rapid growth and development. Food intake that enters the body if it is not balanced will affect the nutritional status of the child. The students breakfast habits and the mothers knowledge are factors that influence nutritional status. The purpose of this study was to determine the relationship between students breakfast habits and mothers knowledge about balanced nutrition with nutritional status in SD Kartika IX-1. The method in this study use observational analytics with a cross sectional design. The study sample amount to 43 students using proportionate stratified random sampling technique. The data collection of this study use a questionnaire on students breakfast habits and a questionnaire on maternal knowledge about balanced nutrition. Statistical analysis use Spearman Rank test. The results show that there was a relationship between students breakfast habits ($p = 0.023$) and there was no relationship between mothers knowledge about balanced nutrition ($p = 0.165$) with nutritional status at SD Kartika IX-1.

Keywords: *Breakfast Habits, Knowledge of Balanced Nutrition, Nutritional Status*