

***Difference in Blood Sugar Levels and Concentration to Students
with Breakfast and did not having Breakfast in
Jember State Polytechnic***

Faridah Nisrina
*Clinical Nutrition Study Program
Health Department*

ABSTRACT

Breakfast donated 15-30% calories from the fulfillment of the needs of the day and also a source of energy and nutrients after overnight fasting. Breakfast is the initial energy suppliers to produce the source of glucose to the brain. The brain needs to get a steady supply of glucose from the blood regularly and evenly when we are studying and concentrating. The low levels of glucose in the brain can lead to a weakening of the power of concentration, mental energy, and vigilance. The purpose of the research is to know difference in blood sugar levels and concentration to students with breakfast and did not having breakfast in jember state polytechnic This research done at 21th of November to 9th of December 2016. This research is observational analytic study with cross sectional design. Population of the research were 829 students (late teens) with the research subject of 146 students from 7 courses, they are; Agricultural, environmental and Food Industry Technology (Agricultural technology Department), English Language Department (Language Department, communication and tourism), Agribusiness Management and Argoindustri (Management of industrial agriculture Department), also Production Department and Poultry business management (Animal Science Department) of the third and fifth semester. Questionnaires was using to get the data to find out what type of breakfast that are consumed and the perceived symptoms when did not having breakfast and the test grid concentration to measure the concentration levels of subject and Glucometer to measure blood sugar levels. Statistical analysis research was using the different test Mann-Whitney. The research results indicate there is a difference in blood sugar levels between a habit having breakfast and did not having breakfast with value $p = 0.003$. And there is the difference in concentration between a habit having breakfast and did not having breakfast value $p = 0.009$.

Keywords : breakfast, students, blood sugar levels, concentration