

The Relationship between Breakfast Habits and Smoking Habits with Physical Activity Levels among Students of SMP Nurus Salam Wuluhan

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ABSTRACT

Physical activity is an important component in maintaining the health and physical fitness of adolescents. Low levels of physical activity among adolescents may increase the risk of various health problems and may be associated with lifestyle and health behaviors. Breakfast habits contribute to providing the energy needed for daily activities, while smoking habits may affect physical capacity and fitness. This study aimed to determine the relationship between breakfast habits and smoking habits with physical activity levels among students of SMP Nurus Salam Wuluhan. This study employed a quantitative observational method with a cross-sectional design. The study population consisted of all students in grades VII, VIII, and IX of SMP Nurus Salam Wuluhan, with a total of 55 students, all of whom were included as respondents using total sampling. Data on breakfast habits and smoking habits were collected using questionnaires, while physical activity levels were assessed using the International Physical Activity Questionnaire-Short Form (IPAQ-SF). Data were analyzed using the Pearson Chi-Square test with a significance level of $\alpha = 0.05$. Statistical analysis showed no significant relationship between breakfast habits and physical activity levels (p -value = 0.343) and no significant relationship between smoking habits and physical activity levels (p -value = 0.733). This study concludes that breakfast habits and smoking habits were not significantly associated with physical activity levels among students of SMP Nurus Salam Wuluhan.

Keywords: *Breakfast Habits, Smoking Habits, Physical Activity, Adolescents, Junior High School Students*