

## **ABSTRACT**

### **RELATED BEHAVIOR BREAKFAST AND NUTRITIONAL STATUS OF LEVEL CONCENTRATION ON THE STUDENTS FACULTY OF MEDICINE LAMPUNG UNIVERSITY**

**By**

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Teenagers are human resource for development in the future, to improve the quality of human resources, many factors must be considered including the factor of food (nutrients) in the morning and nutritional status. The purpose of this study was to determine the relationship between the behavior of breakfast (breakfast) and nutritional status by level of concentration.

This study is observational analytic cross-sectional design. This study was conducted on 87 students of the Faculty of Medicine, University of Lampung pre clinic. Samples were taken with proportionated stratified random sampling. Test analysis used chi-square test.

Obtained respondents who did not have breakfast 58.6%, 41.4% breakfast. Normal nutritional status of 74.4%, 18.4% lean, fat 6.9%. Good concentration level of 64.4%, being 31.0%, less than 4.6%. It was found there was no correlation between the behavior of breakfast with a concentration level ( $p = 0.082$ ) and there was no correlation between nutritional status and the level of concentration ( $p = 0.161$ ).

**Keywords:** breakfast, concentration, nutritional status, students