ABSTRACT

Breakfast is the activity of eating and drinking immediately after waking up to meet daily nutritional needs of 15-30% until 09.00 in the morning. Breakfast habits have several factors related to health, behavior, concentration and problem-solving abilities. In Indonesia, many people do not adopt the habit of eating breakfast. The prevalence of children and adolescents who are not used to breakfast ranges from 16.9% to 59%, while for adults it is 31.2%. This study aims to analyze the relationship between breakfast and students' concentration levels, the relationship between types of breakfast and concentration levels and look at the characteristics of breakfast for students at the Faculty of Medicine, Pasundan University in 2023 - 2024. This research design uses quantitative analytical research with a cross-sectional study with the number of respondents for breakfast characteristics were 114 students, while the number of respondents to find out the relationship between breakfast and concentration were 85 students. Data was obtained from a questionnaire to assess breakfast characteristics and the Concentration Grid Test to assess student concentration. The results showed that 54 respondents (63.5%) did not eat breakfast, while 31 respondents (36.5%) did not eat breakfast out of a total of 85 respondents. Univariate analysis was carried out to see the picture and bivariate analysis using Somer's and Spearman tests. The results of the correlation between breakfast and the level of concentration obtained a p-value of 0.425 (p>0.05) and the results of the correlation between the type of breakfast and the level of concentration correlation a p-value of 0.027 (p<0.05). The results of the research show that there is no effect of breakfast on concentration levels but there is a relationship between the type of breakfast and concentration levels in students at the Faculty of Medicine, Pasundan University in 2023-2024.

Keywords : *Breakfast, Concentration, Students, Concentration Grid Test, Medical*