

BREAKFAST CULTURE FOR MENTAL SUSTAINABILITY OF 3RD SEMESTER STUDENTS IN KOTA PALANGKA RAYA

Yola Pradita *¹

Institut Agama Kristen Negeri Palangka Raya, Indonesia
yola.pradita@iaknpky.ac.id

Cicha Widia

Institut Agama Kristen Negeri Palangka Raya, Indonesia
cicha.widia@iaknpky.ac.id

Matthew Timothy Palit

Institut Agama Kristen Negeri Palangka Raya, Indonesia
matthew.timothy.palit@iaknpky.ac.id

Santia Oktaviani

Institut Agama Kristen Negeri Palangka Raya, Indonesia
santia.oktaviani@iaknpky.ac.id

Linta

Institut Agama Kristen Negeri Palangka Raya, Indonesia
linta@iaknpky.ac.id

Maria Veronica

Institut Agama Kristen Negeri Palangka Raya, Indonesia
maria.veronica@iaknpky.ac.id

Reynhard Malau

Institut Agama Kristen Negeri Palangka Raya, Indonesia
reynhard.malau@iaknpky.ac.id

Abstract

Breakfast for a student is very important, because our bodies require quite a lot of energy and calories. By having breakfast, the brain will feel fresher and can function well, because the impact of not eating breakfast is a decrease in students' thinking and learning abilities. Breakfast is beneficial for every human being to maintain endurance, maintain physical endurance and be able to increase work productivity. In the body there is glucose which functions as the main energy source for the brain. Because nowadays it is very rare for students to eat breakfast, perhaps because of laziness or various kinds of busyness which makes them forget to have breakfast. However, breakfast is very beneficial for the body and health, especially for students so they can focus on studying.

Keywords: *breakfast. students in Palangka Raya*

¹ Correspondence author

INTRODUCTION

Breakfast for university students is extremely valuable, but breakfast is not only for university students, but for everyone else as well, especially since our bodies need a lot of energy and calories (J.O. et al., 2021; Noya et al., 2023; Organization, 2021). Among students, breakfast is a necessity as if not, there is the impact of not eating breakfast, which could reduce learning ability and lack of proper concentration.

Concentration owned by each student is useful as far as researchers have understood as an understanding in learning activities, especially those encountered with focusing (Apandie et al., 2022; Apandie & Rahmelia, 2020, 2022; Rahmelia, 2020; Rahmelia, Prasetiawati, et al., 2023; Rahmelia, Prihadi, et al., 2023; Rahmelia & Agustina, 2022; Rahmelia & Apandie, 2023; Rahmelia & Prasetiawati, 2021). Factors affected by concentration are physiological factors, one of them is the adequacy of energy or nutrition.

One of the sufficiency itself is by having breakfast, breakfast is one of the fulfillment of nutrients whose role is instrumental in activating the body's working strength and not getting tired easily (Amiani, 2022; Andriany et al., 2023; Hanriani, n.d.; Lumbantobing, 2022; Melliani, Christian, et al., 2023; Melliani, Munthe, et al., 2023; Nursusanti et al., 2022; Octaviana et al., 2023; Palit et al., 2023; Pengky et al., 2023; Prasetiawati, 2020, 2022; Samuel et al., 2023; Seruyanti et al., 2023; Siburian et al., 2023; Tobing, 2015). Breakfast is the first eating activity in the morning after sleep - which would help the body's endurance and provide energy to fill other activities every day consisting of four healthy five perfect, such as breakfast side dishes needed to fill the stomach that has been empty. Students need greater nutritional intake than children because of physical growth. Students are very active with various activities, be it learning activities or outside of learning such as external organizations.

Breakfast is beneficial for every human being to maintain endurance, maintain physical endurance and be able to increase work productivity. Glucose in the body serves as the main source of energy for the brain. Waking up in the morning sugar levels low. The existing supply is only enough for about two hours. Body sugar in humans functions as the source of power or energy (Batuwael et al., 2019; Langi et al., n.d.; Mukuan et al., 2022; Pongoh, n.d., 2022b, 2022a, 2023; Salmanezer et al., 2023; Saputra et al., 2023; Seruyanti et al., 2023; Sihombing, 2015, 2019, 2022; Suratinoyo et al., 2019; Triadi, Pongoh, et al., 2022). Energy entering the body is less than the required portion, naturally affecting the growth process. Skipping breakfast is not only a lack of energy, but also other nutrients. And breakfast is also the secret to maintaining good health.

Regardless of however busy life gets, refueling our bodies is crucial to keep ourselves energized throughout the day (Fitriana et al., 2023; Fransisko et al., 2024; Hasan et al., 2023; Istiniyah et al., 2023; Kamayuda & Sulistyowati, 2015; Kurniati et

al., 2023; Manik et al., 2023; Melliani, Munthe, et al., 2023; Munte, 2021, 2021, 2022c, 2022b, 2022a, 2023b, 2023a, 2018a, 2018b; Munte & Korsina, 2022; Munte & Monica, 2023; Munte & Natalia, 2022; Nugrahu et al., 2023; Peryanto et al., 2023; Riska et al., 2023; Rosen et al., 2023; Simanjuntak, 2019; Sinta et al., 2023; Sulistyowati et al., 2021, 2022; Tekerop et al., 2019; Tirayoh et al., 2023; Wahyudi et al., 2023). Breakfast gives us the energy capital to work throughout the day. Actually, besides energizing the body, breakfast also has other benefits as well.

In addition, focused concentration and physical excellence are one of the factors considered essential to support the careers path ahead either directly or indirectly (Dela et al., 2022; Kristiani et al., 2023; Pernando et al., 2022; Setinawati et al., 2021; Suriani & Betaubun, 2022; Surya, 2020, 2021, 2023a, 2023b; Surya & Setinawati, 2021; Valentino et al., 2023; Wainarisi, 2021b, 2021d, 2021a, 2021c, 2023; Wainarisi et al., 2022a, 2022b, 2023). Due to the increasingly dense activities, especially in the morning, making sure everyone forgets one trivial but essential thing, namely having breakfast in the morning.

In addition, the morning schedule chasing may be various kinds of reasons of making some people even most of those who forget to eat breakfast. Apart from that, due to not getting used to having breakfast so would be lazy if they wanted to have breakfast (Kristin et al., 2022; Marilyn, 2018, 2020; PAHAN et al., 2014; Pattiasina, 2021; Prakosa, 2022; Prakosa et al., 2023; Sepniwati, 2022; Siten, 2023; SUGIYANTO et al., 2014; Supardi, n.d., 2014, 2022; Supardi et al., 2023; Teriasi et al., 2022; Triadi, Pongoh, et al., 2022; Wulan, 2005, 2023; Wulan & Sanjaya, 2022). Not only them office workers/private sector, students and students are also do the same thing. Maybe not many people realize that breakfast is actually one of the secrets to maintaining health.

Rush in the morning is the classic excuse used the most, many people forget about breakfast including among students. Actually breakfast is not needed too much time to take our time, but still for those who are busy chasing morning time always underestimate and even forget activities that actually greatly support their activities (Angellyna & Tumbol, 2022; Susila, 2022c, 2022b, 2022a; Susila & Pradita, 2022; Susila & Risvan, 2022; M. T. Telhalia, 2017b, 2017a; T. Telhalia, 2016, 2023; T. Telhalia & Natalia, 2021, 2022; S. Tumbol, 2020; TUMBOL, 2022; S. N. Tumbol & Wainarisi, 2023; Wainarisi et al., 2023; Wainarisi & Tumbol, 2022b, 2022a; WK GINTER et al., 2009). Lots of impacts are incurred for those of whom often skip breakfast. There are many impacts if the breakfast is skipped.

Not only positive impacts but negative impacts that will be very detrimental to everyone even all students in the city of Palangka Raya, of course, the work should be completed on the deadline will be delayed if the concentration and physical condition are not well. In addition, there are many benefits obtained if getting used to breakfast. Based on the problem of the effectiveness of breakfast as students and related research results in different hypotheses, therefore it was necessary to

conduct research on the culture of breakfast for 3rd semester students in the city of Palangka Raya.

RESEARCH METHOD

The type of research used is research, cross sectional, this research was conducted at three universities in Palangka Raya, namely Palangka Raya University (UPR), Muhammadiyah Palangka Raya University (UMPR), and Palangka Raya State Institute of Christianity (IAKN) with research time taking place in September 2023. The research subjects consisted of 3 people who were both students in Palangka Raya with an age range of 19-20 years and both Christians. Although one side is similar, the identity of the three research subjects has a difference, namely the concentration of each student's major with an undergraduate level coming from the concentration of Accounting, Christian Religious Education and Economics. The names of the three research subjects, the authors disguised as Mawar, Flamboyant and Tulip.

RESULT AND DISCUSSION

In general, everyone's thoughts are pretty much the same when it comes to realizing how crucial breakfast is. Either just drinking beverages containing protein or carbohydrates, or snacks or also white or yellow rice (yellow rice is a typical food of Central Kalimantan). The body with breakfast intake becomes worth discussing to the extent of experience, the logical consequence of negligence (intentional or not), and irregular or excessive breakfast. The authors transcribed the results of the interview with Mawar (pseudonym), a 19-year-old woman who narrated:

“.. baik saya akan menjawab pertanyaan anda, menurut saya ada beberapa mahasiswa dan sebagian dari mereka yang mungkin tidak sempat melakukan sarapan pagi, namun ada juga mahasiswa yang menyempatkan diri untuk sarapan pagi, sedangkan sarapan pagi itu sangatlah penting bagi kesehatan supaya bisa fokus dan konsentrasi dalam mengikuti suatu pembelajaran, namun jika mahasiswa tersebut tidak melakukan sarapan pagi maka mahasiswa tersebut akan sulit berkonsentrasi dengan baik, dan sulit untuk memahami serta menanggapi apa yang sedang dipelajari dan itu sangat berpengaruh bagi mental mahasiswa karena pikiran mereka cenderung teralihkan perut mereka yang kosong, dan otak merekapun tidak berfungsi dengan baik untuk berfikir”

(Mawar interview 8 september 2023)

Based on the content of the quote's thoughts and experiences, Mawar has realized that breakfast is an actualization of a routine for a student or college student that is ideally useful for the health of the body. In fact, Mawar mentions that concentration fixation, and even psychological conditions become disrupted by skipping breakfast sessions, but everyone needs healthy breakfast.

Inevitably, one cannot force people to eat breakfast, there may be an obstacle so that everyone does not eat breakfast. Breakfast habits are sometimes often

ignored by everyone, even though breakfast is extremely valuable to fulfill one of the daily nutritional intake needed to support daily activities. Having breakfast as habit would improve the nutritional quality of a person's diet, thus contributing to their daily nutrient intake and needs. Mawar added:

“.. dengan mengontrol nafsu makan, makanan yang mengandung protein serat dan lemak, menjaga kadar gula darah stabil, pemilihan makanan yang tepat, menjaga aktivitas fisik dengan asupan energi yang cukup”
(Mawar interview 8 september 2023)

Mawar's excerpt of the wisdom about breakfast is like information as well as a logical consequence of eating breakfast regularly. Mawar said that it is up to everyone to control their appetite, while nowadays we are in a modern era and there are so many mouth-watering food choices, so people cannot be forced to eat breakfast. However, there are various ways of inviting people to want to implement breakfast without having to force it.

Based on the results of the research mentioned earlier, it was found that all students in the city of Palangka Raya did not have enough normal nutrition and were even lacking. And this greatly affects student learning concentration. Nutritional status is the state of a person's body resulting from the consumption, absorption, and use of food nutrients, Based on the results of the study that of all 3 respondents there were more frequency of breakfast respondents 09 (90%) rarely do breakfast. Some students who live in boarding houses rarely do breakfast before morning classes on the grounds that they are lazy, and do not have time to buy food. In contrast to students whose rate more often do breakfast because food has been prepared by parents.

Another study revealed that the most common reasons for research subjects not having breakfast were not having time or not having time to rush to campus and weight loss diets (Carolina et al., 2023; Darnita & Triadi, 2022, 2023; Fernando et al., 2023; Jasiah et al., 2023; Lana et al., 2023; Lumbanraja, 2021; Melliani, Christian, et al., 2023; Mualimin et al., 2022; Octaviana et al., 2023; Pattiasina et al., 2022; Pradita, 2021; Pradita & Veronica, 2023; Susila & Pradita, 2022; Teriasi et al., 2022; Triadi, n.d., 2022; Triadi, Pongoh, et al., 2022; Triadi, Prihadi, et al., 2022; Triani et al., 2023; Widyasari, 2021). Breakfast is an activity that is carried out from waking up in the morning until 09.00 to meet 15-25% of nutritional needs in a day in order to realize a healthy, active and intelligent life.

The type of food consumed at breakfast largely determines the quality of breakfast and the energy generated from breakfast itself. Breakfast can provide carbohydrates that are used to increase blood glucose levels, increasing work productivity. Consumption at breakfast should consist of a variety of foods and drinks that contain nutritional elements needed by the body and refer to balanced nutrition guidelines, namely the fulfillment of carbohydrates and other nutrients such as protein, fat, vitamins, minerals, water, and fiber. However, in general, the type of food

composition has fulfilled the minimum needs of breakfast, namely staple foods such as rice, vegetables, and animal side dishes. Alternative food types such as bread, tubers, cereals can also be used as alternative breakfast foods. However, the nutrient content mostly only contains carbohydrates.

The food consumed every day has to fulfill both quality and quantity. Food that is balanced in terms of quality and quantity will support a person's ability to carry out daily activities (Haloho et al., 2013; Haloho, 2022b, 2022c, 2023); (Andiny, 2020, 2023; Angellyna, 2021; Colina, 2015, 2016, 2021; Dandung et al., 2022; Haloho, 2023, 2016, 2022a, 2022c; Rahmelia et al., 2022; Sarmauli et al., 2022; Timan Herdi Ginting et al., 2022). A good breakfast consists of food sources of energy, sources of building substances, and sources of regulating substances.

Breakfast menu preparation needed to pay attention to the completeness of nutritional content, namely carbohydrates, protein, vitamins, minerals, vegetables and fruits high in fiber, and low in fat (Adellia et al., 2023; Darma et al., 2023; Magdalena et al., 2022; Malau, 2021, 2023; Munte, Natalia, et al., 2023; Munte & Wirawan, 2022; Susanto et al., 2022; Tirayoh et al., 2023; Trisiana et al., 2023; Veronica, 2022; Wirawan, 2021; Wirawan et al., 2023). According to viewpoints from several sources obtained from various campuses, namely UPR, UMP, and IAKN that breakfast is essential in order to be more focused in the learning process and having regular breakfast routines is a priority (Anjini et al., 2022; Awak et al., 2023; Dandi & Veronica, 2023; Dela et al., 2022; Dinata et al., 2023; Keristina et al., 2023; Lana et al., 2023; Manuputty et al., 2023; Meilan & Mariani, 2023; Merdias, 2013; Merdias et al., 2017, 2022; Merdias & Kristiani, 2021; Monica, 2023; Munte, Saputra, et al., 2023; Nopitri & Irdayani, 2023; Octaviana et al., 2023; Putri et al., 2023; Reggina & Indriani, 2023; Setiawan et al., 2022; Sriwijayanti, 2020b, 2020a, 2023; Tedy et al., 2023; Teriasi et al., 2022; Veronika et al., 2023). In addition, having a well-balanced, nutritionally balanced breakfast can help students maintain discipline and plan their breakfast time.

Further, good mental health could help students cope with the stress and pressure they may experience during this study period, which could have a positive impact on eating habits including breakfast. It also helped students maintain discipline and in planning time for breakfast even when they are busy with lecture schedules or assignments, and good mental health can help students cope with stress and pressure that they may experience during this study period can have a positive impact on eating habits including breakfast.

Choose the right breakfast menu such as milk, bread, or anything that contains carbohydrates. By controlling appetite, foods that contain fiber protein and fat, maintaining stable blood sugar levels, choosing the right food, maintaining physical activity with sufficient energy intake. As for unhealthy foods to consume in the morning such as foods that contain a lot of fat and drink fizzy drinks.

The solution for everyone to do breakfast, first prepare the simple breakfast food in the evening or prepare the ingredients that can be taken quickly in the morning, second bolt the breakfast menu that is easy to prepare, three try to set the time for breakfast not to rush, fourth choose healthy foods, fifth if you have a very busy schedule bring breakfast foods such as frozen yogurt milk bread, and fifth if it has a tight schedule.

Breakfast is particularly valuable among students and students, actually not only students and students but among the community as well why because breakfast is a source of energy, which when getting up in the morning, is unlikely to feel vit body as before, waking up in the morning there must be feelings of hunger or tired tired how to overcome it is by having breakfast by eating the term is like blood sugar. sugar there will also condition the body so that the body can return to its own activities.

Energy sources need foods provide the energy needed to fulfill the days activities after sleeping overnight the body needs food intake to replenish certainly helps focus and concentration both in the group of students and also the community carrying out work activities studying and others may increase the focus and concentration of learning and students and the community to learn more effectively during class hours the health of the health of the body in the absence of the immune system gets sick again continued if just eat healthy food breakfast is extremely relevant helps strengthen the immune system:

“.. pengaruh dan infeksi sehingga mereka tidak sering sekolah atau kuliah atau absen karena sakit dan meningkatkan kesehatan otak konsentrasi otak dalam mengerjakan tugas atau dalam menjawab menjawab pertanyaan-pertanyaan dosen guru dan lain-lainnya yang baik di sarapan pagi seperti protein vitamin dan mineral dapat otak dan kemampuan berpikir beraktivitas juga mengatur berat badan sarapan yang sehat dapat membantu mengatur berat badan berlebihan ingin makan tinggi gula atau lemak di tengah hari terkadang kalau nggak sarapan pengen makan nafsu makan berlebihan tidak normal pada ujung-ujungnya akan menimbulkan sakit, rasa sakit belum terasa di saat saat muda karena penyesalan pasti datang pada di usia usia lanjut”

(Flamboyant interview September 8, 2023)

Tulip, one of the research subjects (pseudonym) said:

“.. sebenarnya sih, lebih baik mencegah daripada mengobati, berinvestasi kesehatan orang lain berinvestasi.. uang belum tentu segala-galanya tapi kesehatan adalah segala-galanya kesehatan mata dan juga mengatur pola makan seimbang sarapan tentunya yang namanya pola makan seimbang itu nggak mungkin langsung makan malam makan sore makan siang tanpa ada makan pagi dengan sarapan itulah pola makan itu tetap seimbang sarapan membantu menciptakan pola makan seimbang.. yang penting untuk pertumbuhan dan perkembangan yang baik terutama pada masa pertumbuhan sumber belajar dan mahasiswa dan juga balita. Dan ibu-ibu hamil itu sangat membantu”

(Tulip interview Sept. 8, 2023)

Tulip, the UMPR student added:

“.. dan sarapan pagi juga dapat mempengaruhi berat badan. Ketika tidak melakukan sarapan pagi maka berat badan akan berkurang, karena sarapan pagi itu dapat menjaga berat badan tetap seimbang. Selama masih hidup sarapan pagi itu sangat penting, budayakan sarapan pagi itu setiap hari. Namun masyarakat pada umumnya cenderung memilih milih sarapan pagi. hal ini banyak faktor yang sangat mempengaruhi seperti waktu yang terbatas pada pribadi atau kurangnya kesadaran akan pentingnya sarapan pagi, beberapa contoh yang akan diberikan seperti, keterbatasan waktu mahasiswa”

Flamboyant, a 20-year-old student of IAKN Palangka Raya majoring in Christian Religious Education, in line with the thoughts of UMPR students, complained that:

“.. terkadang keterbatasan waktu kami *tuh lah* terlalu padat padat dengan tugas dengan pekerjaan silih bergantinya tugas membuat jurnal disuruh-suruh malam hari itu bisa membuat mahasiswapun kepikiran bahkan ada yang sampai *nggak* tidur.. ada yang sampai begadang sampai timbulnya *mata Panda* itu akan berefek samping sehingga tubuh sakit-sakit lagi dan bisa sakit bisa aja masih ada sakit karena jauh dari orangtua juga *kan* apalagi apalagi bahkan tugas *aja* itu banyak kali tugasnya di rumah.. mungkin jemur baju, masak apa lagi.. apa itu dengan penerimaan 150.000 1 bulan itu cukup banyak keluar..”

(*Flamboyant interview September 8, 2023*)

Flamboyant, added a series of complaints as a student who is often rushed due to many assignments, although as far as the authors concerned, student assignments are tasks that are often and necessary and certainly useful in the future. Moreover, Flamboyant hailed from the Christian religious education study program that deals with many people, administration, mass/online media and other communication media platforms that require qualified skills through operation, at least at least the operation of learning media. Flamboyant, one of the IAKN Palangka Raya students witnessed:

“ada tugas menumpuk.. apalagi tugas kelompok.. apalagi orang-orang ini *kan* tadi *aku cuma* ketemu mahasiswa dan pelajar itu semua diatur yang padat dan mereka mungkin merasa terburu-buru di pagi hari ini dapat menyebabkan mereka memilih sarapan yang cepat dan praktis untuk buru buru sarapan.. tahu ya organ tubuh itu bukan bukan robot organ tubuh juga gini kalau makan tanpa minum itu dapat menyakiti akan untuk akan melambung apalagi makanan-makanan keras saya katakan tadi sarapan yang baik itu makanan-makanan yang normal”

(*Flamboyant interview September 8, 2023*)

Therefore, as far as the authors concerned through various narratives and personal experiences of each student (Mawar, Flamboyant, and Tulip), the authors found the diversity of food portions, poor time management, imbalance of work-

college schedule patterns, haste, and even the diversity of breakfast dishes with their own specialties or according to their tastes.

CONCLUSION

Based on the authors' findings through complaints, experiences, time management, diversity of options for breakfast availability, the three research subjects (Mawar, Flamboyant and Tulip), the authors found a time gap between the availability of breakfast time and the presence of tasks as independent or group work. In addition, although mostly in the form of complaints and lack of time management, the author did not find in detail the extent to which breakfast is not considered essential in terms of the level of communal mental health as an occasion for togetherness to fill each other's gaps or remind each other to have breakfast.

In addition, although Flamboyan talked more about the many college assignments, the authors found that Flamboyan did not tell the daily clock routine in the use of time management because breakfast according to the authors does not take much time. In fact, breakfast, as far as the authors' experience, could be conducted while doing college assignments. Either on or off campus.

Nevertheless, the authors find room for policy contributions for related parties so that local governments, both central and regional, pay attention to policies for all students in Central Kalimantan to create policies on healthy food or policies on something related to strengthening the focus and maintaining the mental or physical health of students. Either through increasing the budget at the Ministry level or providing health visitation on each campus in the city of Palangka Raya.

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