(Research) Article

Relationship Between Breakfast Habits And Pocket Money With Nutritional Status Among Students At Elementary School Swasta Karya Bakti Helvetia

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Abstract: Nutritional status is an overview of the condition of the body that reflects the balance between nutrient intake and the body's nutritional needs. Breakfast habits and the amount of pocket money are factors that can affect the nutritional status of school-age children. Objective: This study aims to determine the relationship between breakfast habits and the amount of pocket money with the nutritional status of students at Karya Bakti Helvetia Private Elementary School. Methods: This research employed an analytic survey method with a cross-sectional design. Results: The results showed that there was a significant relationship between breakfast habits and students' nutritional status (p-value = 0.002; $p < 0.05$) and a significant relationship between the amount of pocket money and students' nutritional status (p-value = 0.002; $p < 0.05$). Conclusion: It can be concluded that breakfast habits and the amount of pocket money are significantly associated with the nutritional status of students at Karya Bakti Helvetia Private Elementary School.

Keywords: Nutritional Status, Breakfast Habits, Pocket Money, Elementary School

1. Introduction

Nutrition is a crucial factor in developing the quality of human resources (HR) to create healthy and productive individuals. Humans require food to meet their needs, both as a source of energy, as a building block, and as a regulator. To achieve optimal health, a diet rich in nutrients such as protein, fat, carbohydrates, vitamins, and minerals is essential. Children, as human resource assets and the nation's future generation, deserve special attention, particularly regarding their nutritional status. School-age children, as the next generation, will be the pillars of the nation's quality during their productive years, and therefore, their nutritional intake must be given serious attention (Inamah et al., 2023).

Food consumption patterns are the types and quantities of food consumed by an individual or group of people over a specific period. These consumption patterns aim to optimize food utilization by the body (utility food) by increasing awareness of the importance of consuming a diverse, nutritionally balanced diet that includes energy, protein, vitamins, and minerals, and is safe for consumption (Setyobudi et al., 2021).

Nutritional status is a reflection of the body's condition, reflecting the balance between nutrient intake and needs. Good nutritional status indicates that the body is receiving sufficient nutrients and is able to utilize them optimally. Each individual has different nutrient intake needs, depending on age, gender, and level of physical activity. Children's nutritional needs also differ from those of adults; children require higher nutrient intakes to support optimal growth and development (Putri & Agustina, 2025).

The assessment of the nutritional status and growth and development of toddlers in this study was conducted using anthropometric methods. Anthropometry is a technique for

measuring body dimensions and proportions used to assess a person's physical growth and nutritional status. In toddlers, anthropometric measurements include height or length, weight, mid-upper arm circumference (MUAC), head circumference, and chest circumference. These measurement data are then compared with growth standards issued by the WHO to determine nutritional status categories, such as undernutrition, normal nutrition, or overnutrition, and to monitor whether the toddler's growth and development are appropriate for their age (Oktaviani et al., 2020).

According to the World Health Organization (WHO), by 2022, approximately 390 million children and adolescents aged 5–19 years will be overweight. The prevalence of this condition, including obesity, is 19% in girls and 21% in boys. These figures reflect the growing global challenge of addressing nutrition issues, particularly related to unhealthy diets and lack of physical activity among children and adolescents (WHO, 2021).

The Basic Health Research (Riskesdas) states that nutritional problems experienced by school-age children must be addressed by all parties. The prevalence of nutritional status in Indonesia for children aged 5-12 years in the very stunted and stunted category is 23.6%, very wasted and wasted 9.2%, and overweight and obese 20.0%. Furthermore, in North Sumatra, the nutritional status of children in the underweight category is 7.4%, overweight 10.7%, and obese 20.0%. Furthermore, for children in North Sumatra with nutritional status categories of very wasted 5.76%, underweight 5.16%, and overweight 12.2% (Ministry of Health of the Republic of Indonesia, 2018).

Breakfast is the act of eating and drinking in the morning, generally between 6:00 and 9:00 a.m. Through breakfast, the body receives a balanced, nutritious diet that ideally meets around 15–30% of total daily energy needs. Breakfast plays a crucial role in meeting the nutritional needs of school-age children. Breakfast is part of a healthy lifestyle that supports balanced nutrition and helps children grow up healthy, active, and intelligent. However, many children still do not obtain adequate nutrition through a healthy breakfast (Aprillia et al., 2021).

This is in line with research by Mawaddah et al. (2024) which showed a significant relationship between breakfast habits and nutritional status ($\varrho = 0.001$). This condition can be caused by several factors, such as irregular breakfast habits, limited availability of adequate food, or consumption of foods that do not meet the criteria for a nutritious breakfast, namely containing substances needed as a source of energy, growth, and regulation of body functions. Furthermore, limited time for breakfast at home is also a factor, so some children are only given pocket money by their parents to buy food at school (Mawaddah et al., 2024).

The amount of pocket money school children receive can influence their ability to purchase snacks at school. The more pocket money they have, the greater the opportunity for children to purchase various types of snacks. This can be a trigger for excessive snack consumption, especially if children lack the knowledge or skills to choose healthy and nutritious snacks. The habit of purchasing unhealthy snacks risks impacting daily nutritional intake, which can ultimately affect a child's nutritional status and overall health (Lestari & Afifah, 2024).

This is in line with research by Damayanti et al. (2020), which found a significant relationship between the amount of pocket money and the nutritional status of elementary school children ($p = 0.002$). These findings indicate that the amount of pocket money can influence children's snack consumption patterns, which ultimately impacts their nutritional status (Damayanti et al., 2020).

Based on this background, the aim of this study is to determine the relationship between breakfast habits and the amount of pocket money with the nutritional status of students at Karya Bakti Helvetia Private Elementary School.

Nutritional status reflects a person's food intake over a specific period of time. Nutritional deficiencies are closely linked to an increased risk of infectious diseases. Infections can worsen nutritional status, while nutritional deficiencies can also weaken the immune system, making children more susceptible to infection and making recovery more difficult (Abadi et al., 2022).

Nutritional status can also be defined as a condition that reflects a person's health condition, which is influenced by the adequacy of nutrient intake obtained from daily food and drink. This nutrient intake includes macronutrients (such as carbohydrates, proteins, and fats) and micronutrients (such as vitamins and minerals) that the body needs to carry out physiological functions optimally. Good nutritional status is achieved when nutrient intake is in accordance with the body's needs based on age, gender, physical activity, and health conditions (Al Huwaidy et al., 2025).

Pocket money is a sum of money given by parents or guardians to children, usually on a daily, weekly, or monthly basis, to cover their personal needs, such as food, stationery, or other necessities while at school. Pocket money can also be a learning tool for children to manage their finances independently and responsibly (Rahman et al., 2021).

Breakfast is an essential part of a daily diet. Breakfast is defined as consuming food and beverages before 9:00 a.m., which helps meet a portion of daily energy needs. The primary benefit of breakfast is that it provides sufficient energy to support activities until noon. Skipping breakfast can lead to snacking or high-calorie foods, which can lead to increased body fat levels (Khasanah et al., 2023)

2. Method

This study used an analytical survey with a cross-sectional design to determine the relationship between independent and dependent variables to obtain the relationship between breakfast and pocket money with nutritional status in Karya Bakti Helvetia Private Elementary School students. The location of this study was at Karya Bakti Helvetia Private Elementary School. This study was conducted in August 2024. The population in this study were all 22 second-grade students at Karya Bakti Helvetia Private Elementary School. Sampling in this study was carried out using a total sampling technique..

3. Results and Discussion

Result

A. Analisis Univariat

. **Table 1.** This Characteristics of Students at Karya Bakti Helvetia Private Elementary School

Respondent characteristics	f	Percentage
Gender		
Man	11	50,0
Woman	11	50,0
Amout	**22**	**100**
Nutritional Status		
Malnutrition	6	27,3
Good Nutrition	11	50,0
More Nutrition	1	4,5
Obesity	4	18,2
Amout	**22**	**100**
Breakfast Habit		
Often	14	63,3
Seldom	8	36,4
Amout	**22**	**100**
Pocket Money		
High	10	45,5
Low	12	54,5
Amout	**22**	**100**

Source: Primary Data 2025.

Based on Table 1 above, the distribution of respondents by gender shows that 11 respondents were male (50.0%) and 11 respondents were female (50.0%). Based on nutritional status, 6 respondents (27.3%) were undernourished, 11 (50.0%) were well-nourished, 1 (4.5%), and 4 (18.2%) were obese. Regarding breakfast habits, 14 respondents (63.6%) frequently ate breakfast, while 8 (36.4%) rarely ate breakfast. Based on pocket money, 10 respondents (45.5%) had a high pocket money and 12 (54.5%) had a low pocket money. The total number of respondents for each characteristic was 22 (100%).

B. Analisis Bivariat

Table 2. Relationship Between Breakfast and Nutritional Status of Elementary School Students Swasta Karya Bakti Helvetia

Breakfast Habit	Nutritional Status IMT/U										P value
	Malnutrition		Good Nutrition		More Nutrition		Obesity				
	f	%	f	%	f	%	f	%	f	%	
Often	0	0,0	9	64,3	1	7,1	4	28,6	14	63,6	
Seldom	6	75,0	2	25,0	0	0,0	0	0,0	8	36,4	0,002
Total	**6**	**27,3**	**11**	**50,0**	**1**	**4,5**	**4**	**18,2**	**22**	**100**	

Source: Primary Data 2025

Based on Table 2 above, it can be seen that the majority of respondents who had a habit of eating breakfast frequently were in good nutritional status (9 people (64.3%), overweight (1 person (7.1%), and obese (4 people (28.6%). Meanwhile, there were no respondents with malnutrition in the group who frequently ate breakfast. Conversely, respondents who rarely ate breakfast were mostly in poor nutritional status (6 people (75.0%) and well-nourished (2 people (25.0%), with no respondents being overweight or obese. The total number of respondents was 22 (100%), with a p-value of 0.002 indicating a significant relationship between breakfast habits and nutritional status based on BMI/Age.

Table 3. Relationship Between Breakfast and Nutritional Status of Elementary School Students Swasta Karya Bakti Helvetia

Pocket Money	Nutritional Status IMT/U										P value
	Malnutrition		Good Nutrition		More Nutrition		Obesity				
	f	%	f	%	f	%	f	%	f	%	
Low	6	60,0	6	54,5	0	0,0	0	0,0	12	54,5	
High	0	0,0	5	45,5	1	10,0	4	40,0	10	45,5	0,002
Total	**6**	**27,3**	**11**	**50,0**	**1**	**4,5**	**4**	**18,2**	**22**	**100**	

Source: Primary Data 2025

Based on Table 3 above, it can be seen that the majority of respondents with low pocket money were undernourished (60.0%) and well-nourished (64.5%). There were no overnourished or obese respondents in this group. Meanwhile, respondents with high pocket money were mostly well-nourished (55.5%), overnourished (10.0%), and obese (40.0%), with no undernourished respondents. The total number of respondents was 22 (100%). A p-value of 0.002 indicates a significant relationship between pocket money amount and nutritional status based on BMI/Age.

Discussion

The Relationship Between Breakfast and Nutritional Status of Students at Karya Bakti Helvetia Private Elementary School.

The results of the study indicate that breakfast habits are related to the nutritional status of students at Karya Bakti Helvetia Private Elementary School based on BMI/Age with a p-value of 0.002 (<0.05). This is in line with research conducted by Sunarto and Fauziyah (2023) which stated that there is a relationship between breakfast habits and the nutritional status of children at Pangkajene 1 Public Elementary School, Sidrap Regency. These findings confirm that good breakfast habits can contribute positively to meeting children's daily nutritional needs, thus supporting better nutritional status (Sunarto & Fauziyah, 2023).

Based on the researchers' assumptions, breakfast habits are influenced by the role of parents, particularly mothers, who play a role in educating and getting their children into the habit of eating breakfast. Furthermore, students' habit of skipping breakfast may also be due

to limited food availability in the morning, resulting in some students going to school without breakfast.

This aligns with Aghadiati's (2019) research, which states that parents, especially mothers, play a crucial role in shaping children's breakfast habits. Elementary school-aged children still need parental guidance in instilling daily habits, including breakfast. At this age, breakfast preparation is generally handled by adults, particularly mothers. In addition to getting children into the habit of eating breakfast, mothers also play a role in determining a healthy breakfast menu that meets their nutritional needs. The availability of breakfast food at home is also an important factor in facilitating and supporting children's breakfast habits. Having food available every morning can psychologically shape healthy eating patterns in children (Aghadiati, 2019).

Researchers assume that knowledge plays a role in forming breakfast habits. Students who understand the benefits of breakfast are generally more motivated to eat it every day, as they realize it helps with concentration, energy, and overall health. Conversely, students who are less aware of the importance of breakfast tend to skip it, especially if they are limited on time or have poor time management skills.

Breakfast habits are significantly linked to nutritional knowledge levels, as knowledge serves as a cognitive foundation that influences the formation of individual attitudes and behaviors. Based on behavior change theory, increased nutritional knowledge can trigger changes in eating behavior from less healthy to healthier ones. However, negative perceptions of breakfast, such as the belief that it causes physical discomfort, can be a barrier to adopting this behavior (Susilowati et al., 2022).

The Relationship Between Pocket Money and Nutritional Status of Students at Karya Bakti Helvetia Private Elementary School.

The results of the study indicate that pocket money is related to the nutritional status of students at Karya Bakti Helvetia Private Elementary School based on BMI/Age, with a p-value of 0.002 (<0.05). This is in line with research by Aprillia et al. (2024) which states that there is a positive relationship between the amount of pocket money and children's nutritional status. Adequate pocket money can help meet students' nutritional needs at school, as a larger amount of pocket money allows children easier access to food (Nur Aprillia et al., 2024).

The results of the study were also strengthened by the results of research conducted by Gayoh (2024), showing that the distribution of respondents' nutritional status consisted of undernutrition at 35.9%, normal nutrition at 38.6%, and overnutrition at 25.5%. Analysis using the Chi-Square test identified that the variable that had a significant relationship with nutritional status was the amount of pocket money consumption, with a p value = 0.000 (p <0.05), which indicated a statistically significant association between the amount of pocket money and the category of respondents' nutritional status (Gayoh, 2024).

Based on the researchers' assumptions, the relationship between pocket money and nutritional status is due to the fact that the more pocket money children have, the greater their freedom to choose and consume various types of food. This freedom in using pocket money allows children to purchase food without considering its nutritional value or quality. As a result, children are more likely to purchase unhealthy or less nutritious snacks, which can ultimately impact their overall nutritional status.

This aligns with Fitriani's (2023) findings, which state that students with larger allowances have a higher risk of obesity compared to those with smaller allowances. This risk arises because larger allowances allow students to purchase and consume excessive amounts of sugary drinks and snacks. Furthermore, greater food intake from outside the home can potentially impact children's nutritional status, as food choices often do not consider nutritional content but are based solely on desire or taste (Fitri & Rusydi, 2023).

4. Conclusions

In conclusion, the study indicates that breakfast habits and the amount of pocket money play a significant role and are closely associated with the nutritional status of students at Karya Bakti Helvetia Private Elementary School. These factors may influence students' dietary choices and overall health condition.

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