

**HUBUNGAN ANTARA VARIASI MENU SARAPAN DENGAN
MOTIVASI BELAJAR SANTRI SMA ISLAM NURUL FIKRI
BOARDING SCHOOL SERANG**

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ABSTRAK

Pemilihan menu sarapan yang bergizi dapat membantu otak untuk meningkatkan fokus belajar. Motivasi belajar santri merupakan aspek penting dalam proses pembelajaran, salah satu cara peningkatannya dapat melalui pemenuhan kebutuhan gizi santri dengan mempersiapkan menu sarapan yang bervariasi dan bergizi. Penelitian ini bertujuan untuk mengetahui hubungan antara variasi menu sarapan dengan motivasi belajar santri SMA Islam Nurul Fikri *Boarding School* Serang. Metode penelitian yang dilakukan adalah kuantitatif asosiatif. Sampel penelitian ini adalah santri SMA Islam Nurul Fikri *Boarding School* Serang sebanyak 214 responden. Instrumen yang digunakan dalam penelitian ini adalah kuesioner terkait variasi menu sarapan dan motivasi belajar. Sampel dihitung menggunakan teknik pengambilan sampel *simple random sampling*. Data diolah dengan langkah *editing, coding, scoring*, dan tabulasi dan dianalisa secara univariat dengan menggunakan rumus *product moment*. Hasil penelitian dari 214 responden menunjukkan bahwa kategori variasi menu sarapan di pesantren Nurul Fikri *Boarding School* Serang cukup bervariasi, kategori motivasi belajar santri menunjukkan lebih banyak santri yang motivasi belajarnya cukup tinggi. Hasil uji korelasi menunjukkan terdapat hubungan positif dengan koefisien korelasi sebesar 0,515 artinya hubungan antara variasi menu sarapan dengan motivasi belajar santri SMA Islam Nurul Fikri *Boarding School* Serang dalam kategori sedang. Hasil analisis koefisien determinasi diperoleh sebesar 0.266. Hasil penelitian diharapkan pihak pesantren dapat meningkatkan variasi menu sarapan agar motivasi belajar santri meningkat.

Kata Kunci: Variasi Menu Sarapan, Motivasi Belajar, SMA Islam Nurul Fikri *Boarding School* Serang

***CORRELATION BETWEEN BREAKFAST MENU VARIATIONS AND
LEARNING MOTIVATION OF HIGH SCHOOL STUDENTS OF
NURUL FIKRI BOARDING SCHOOL SERANG***

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ABSTRACT

Choosing a nutritious breakfast menu can help the brain increase focus on learning. Student motivation is an important aspect in the learning process, one way to increase it can be through fulfilling the nutritional needs of students by preparing a varied and nutritious breakfast menu. This study aims to determine the correlation between breakfast menu variations and the learning motivation of Islamic high school students at Nurul Fikri Boarding School Serang. The research method used was quantitative associative. The sample of this study were 214 respondents of Islamic high school students of Nurul Fikri Boarding School Serang. The instrument used in this study was a questionnaire related to breakfast menu variations and learning motivation. The sample was calculated using simple random sampling technique. The data were processed with editing, coding, scoring, and tabulation steps and analyzed univariately using the product moment formula. The results of the study from 214 respondents showed that the category of breakfast menu variations at the Nurul Fikri Boarding School Serang boarding school was quite varied, for the category of student learning motivation showed more students whose learning motivation was quite high. The correlation test results show that there is a positive relationship with a correlation coefficient of 0.515, meaning that the relationship between the breakfast menu variation and the learning motivation of Islamic high school students at Nurul Fikri Boarding School Serang is in the moderate category. The results of the coefficient of determination analysis obtained amounted to 0.266. Looking at the research results, the researcher wishes the institution can increase the variety of breakfast menus so that student learning motivation increases.

Key Words: Breakfast Menu Variation, Learning Motivation, SMA Islam Nurul Fikri Boarding School Serang