



ABSTRACT

Overview of knowledge, attitude and practice about breakfast among students in faculty of medicine and health science of Krida Wacana Christian University in 2020

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Introduction : Breakfast is beneficial for maintaining concentration, mental health, and improving cognitive function. Students are expected to have knowledge, attitude and good behavior regarding breakfast. This study aims to obtain an overview of knowledge, attitudes and behaviors about breakfast among students in Faculty of Medicine and Health Sciences of Krida Wacana Christian University, in 2020.

Methods : This descriptive research is a cross-sectional study by using the purposive sampling method to acquire subjects. Data were collected in December 2020 from 99 students who were qualified based on inclusion and exclusion criteria. The inclusion criteria were active PSked (medical study program student) males and females of batch 2017-2019. The exclusion criteria were students undergoing fasting or in a diet program at the time of the data collection. The results were categorized into good if the questionnaire percentage were 76-100%, 56-76% mediocre and less than 56%.

Results : The results showed that most students had good knowledge about breakfast 90.9% while 9.1% were categorized in mediocre group. There were no student with less knowledge. Regarding attitude towards breakfast, the results showed 92.9%, 6.1% and 1% in good, mediocre and less category, respectively. Regarding the behaviors, there were 5.1%, 11.1% and 83.8% in good, mediocre and less category, respectively.

Conclusion : In this study, the students' knowledge and attitudes about breakfast were very good, however, very lacking in behavior towards breakfast.

Keywords: students, breakfast, knowledge, attitude, behavior

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