

SOCIAL SUPPORT TO TEENAGER BREAKFAST BEHAVIOR (STUDY AT SIDOARJO ISLAMIC STATE SENIOR HIGH SCHOOL)

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ABSTRACT

Background: Breakfast is an important activity for people of all ages, including teenagers, before starting their daily activities. There are many benefits of breakfast that can be felt by the body, but some studies showed that some teens have a poor breakfast habit. **Purpose:** This research was conducted to analyze the effect of social support on breakfast behavior in teenager in the Sidoarjo Islamic State Senior High School (SHS). **Methods:** This study was an analytic observational study with cross-sectional. The population of this study were 906 teenagers of 11th and 12th grade who were registered as active students in Sidoarjo Islamic State SHS in 2018/2019, while for the sample were 442 teenagers in that school who were willing to be respondents of the study. The sample was taken through cluster random sampling technique. **Results:** The results showed that 44.1% of respondents had moderate breakfast behavior and 53.8% of respondents had high social support to have breakfast. Good breakfast behavior tends to be more owned by respondents who have high social support, which is 35.3%. Based on the ordinal regression test results, there is an influence of social support on breakfast behavior in teenagers at Sidoarjo Islamic State SHS with Sig. = 0.011. Parents tend to give big contribution to breakfast behavior in teenagers in Sidoarjo Islamic State SHS, namely giving idea of having breakfast, preparing food for breakfast, telling them to have breakfast, and explaining the importance of having breakfast so that the form of social support from parents already includes emotional, informational, instrumental, and appreciation support. Friends also have a contribution to breakfast behavior in teenagers even though it only includes emotional support (explaining the importance of having breakfast) and informational (explaining the importance of having breakfast). **Conclusion:** The conclusion of this study is social support from parents and friends can influence breakfast behavior in teenagers in Sidoarjo Islamic State SHS.

Keywords: Social support, breakfast, teenagers, Senior High School

INTRODUCTION

Breakfast is an important activity for people of all ages, including teenagers, before starting their daily activities. Hardinsyah (2013) defines breakfast as an activity of eating and drinking that carried out before 09.00 to fulfill 15-30% of daily activity needs as part of balanced nutrition in order to create a healthy, fit, active, and intelligent life. There are so many benefits from breakfast that can be felt by the body. Breakfast can restore the body's metabolic functions, increase nutritional intake to support energy for daily activities, and increase the concentration of learning in school (Ministry of Health, 2011).

Though having breakfast routinely has many benefits, a number of studies have found that some teenagers have a poor breakfast habit. Kang and Park (2016) found that 39% of school-age teenagers in South Korea have skipping breakfast habit. Sampasa-Kanyinga and Hamilton (2017) showed that 44.8% of school-age teenagers in Ontario, Canada have skipping breakfast.

There are several factors related to breakfast behavior in teenagers. Keski-Rahkonen, et al. (2003) and Videon and Manning (2003) state that breakfast behavior and attendance at dinner together with parents are significantly related to breakfast behavior in teenagers. Putri

(2018) found that breakfast behavior in teenagers was influenced by intentions, subjective norms, knowledge, and attitudes of teenagers to breakfast.

Various research studies have proven that breakfast activities are closely related to improve the performance of teenagers in carrying out their academic activities. Kang and Park (2016) and Sampasa-Kanyinga and Hamilton (2017) state that there is a relationship between skipping breakfast and low academic achievement in teenagers.

In addition to the relation of improving teenager performance in the academic scope, various other studies also prove that breakfast is also related to physical health in teenagers. Fujiwara (2012) found that there is relation between skipping breakfast habit with the incidence of constipation in female students. Fujiwara (2017) also states that skipping breakfast habits can affect the performance of ovarian function in young women and also cause a number of gynecological disorders that can manifest into dysmenorrhoea. Having breakfast routinely can also influence the avoidance of school-age teenagers from overweight and obesity status as well as improving diet quality and good physical activity (Arora et al., 2012).

Based on the background above, this research was conducted with the aim of analyzing the effect of social support on breakfast behavior in teenagers in the Sidoarjo Islamic State Senior High School. Researchers chose teenagers in Sidoarjo Islamic State SHS as the subject of research based on a number of previous studies that showed a lack of breakfast habits in teenagers at that school. Mantolongi, et al. (2015) stated that most of young women in Al-Huda Islamic SHS Gorontalo had high-risk food intake. This happened due to most of the young women often leave the habit of breakfast, reduce the portion and frequency of eating to 1-2 times a day, and eating snacks (Mantolongi et al., 2015). Zulian (2015) said that young women at Al-Manshur Tegalgondo Islamic SHS, Klaten who had a good breakfast habit were only 51%. The reasons underlying some young women in that school are not having breakfast habits because they are not accustomed to have breakfast, do not have time for breakfast, and having habits

to eat snacks outside the cottage, and they said that they only get two meals from cottage, which are lunch and dinner.

This fact is contrary to teenagers who attend Senior High School. Simarmata and Riyadi (2014) stated that 65.71% of female teenagers and 51.43% of male teenagers in Pangururan 1 High School, Samosir Regency had a good habit of having breakfast routinely. Then, the results of similar studies were also found in the Tipani (2017) which suggested that 63.4% of teenagers in 2 State SHS, Sukoharjo had a habit of having breakfast. According to Simarmata (2014) and Tipani (2017), the habit of having breakfast has a relationship with learning achievement in teenagers.

Social support is an aid or assistance that received by someone through social relations (Heaney dan Israel dalam Glanz et al, 2008). According to Heaney and Israel in Glanz, et al. (2008), forms of social support consist of emotional, instrumental, information, and appreciation support.

METHODS

This research was conducted at the 2nd to 4th week in July 2018. The method used is observational with analytical research level. If this research viewed from the time approach, this study uses a cross-sectional type of research.

The population of this study were 906 teenagers of 11th and 12th grade who were registered as active students in Sidoarjo Islamic State SHS in 2018/2019. 10th grade of teenagers were not included in this study because they were following the Student Orientation Period during primary data collection. The sample in this study were 442 teenagers from 12 study groups in Sidoarjo Islamic State SHS. The sample from the population of this study was taken by using cluster random sampling. Minimum cluster size is 11,09775 (rounded to 12) so that random selection is conducted to determine 12 of the 26 study groups that will be used as research samples.

The data used in this study are primary and secondary data. The primary data collection used in this study are in the form of a research questionnaire. Each item in the social support questionnaire is given a score using a Likert scale so that for each item the statement will be 1

(one) if strongly disagree, 2 (two) if does not agree, 3 (three) if neutral, 4 (four) if agree, and 5 (five) if strongly agree. Then, from the scoring, respondents categorized based on the level of social support to have breakfast which is classified as high if they get a value ≥ 29 , medium if they get a value between ≥ 19 and <29 , and low if they get a value <19 . For breakfast behavior in teenagers are classified into three categories according to Ningrum (2014) which are good (if teenagers eat breakfast > six times a week), moderate (if teenagers consume breakfast three to six times a week), and bad if teenagers consume breakfast <three times a week). A number of questions were compiled into questionnaires through the Google Forms application and distributed to respondents online so that respondents could fill out the questionnaire through devices such as laptops or Android-based mobile phones. Then, for secondary data collection, researchers use a number of data that can support research namely school profiles and student data in the 2018/2019 school year in Sidoarjo Islamic State SHS. The researcher also examined various literature

to enrich the reference in order to analyze data from several print and online media such as books, scientific journals, and news articles.

RESULTS AND DISCUSSION

Characteristics of Teenager Respondents in Sidoarjo Islamic State SHS

Characteristics of Teenager Respondents in Sidoarjo Islamic State SHS can be seen in **Table 1**. If respondents are viewed from the characteristics of age and gender, it can be seen that the majority of respondents (45.9%) in the study were 17-year-old teenagers and 64% respondents are female. Characteristics of a person's age and gender tend to influence the social support that needed by a person. This was based on Tyas (2014) who explained that gender and age of individuals are several factors in situations that can affect social support. Widanarti and Indati (2002) said that a teenager needs support from other people when the teenager starts entering a crisis period that is at the age of 15-17 years.

In relation to gender, Tyas (2014) explained that there were differences in social needs between men and women. Then Gracia and Herrero (2004) explain that differences in individual gender will have a different influence on the social support needs of the individual. Kurniawan in Tyas (2014) explained that women tend to receive more social support than men. This is based on the many differences between men and women in terms of physical, physiological, characteristic, and behavior which will later lead to differences in behavior towards the environment (Tyas, 2014).

According to the category of social support, it can be seen that majority of respondents have high social support related to breakfast behavior, which is 42.8%. Then, if it is classified according to the breakfast behavior category, it can be seen that majority of respondents have breakfast behavior which is in the medium category and equal to 44.1%.

Results of Cross Tabulation Between Characteristics and Breakfast Behavior in Teenagers at Sidoarjo Islamic State SHS

Table 1. Distribution of respondents based on age, gender, social support level, and breakfast behavior level

Category	Frequency (n)	Percentage (%)
Age		
15 years old	16	3,6
16 years old	188	42,5
17 years old	203	45,9
18 years old	34	7,7
19 years old	1	0,2
Gender		
Men	159	36
Women	283	64
Social Support Level		
High	238	53,8
Medium	189	42,8
Low	15	3,4
Breakfast Behavior Level		
Good	150	33,9
Moderate	195	44,1
Bad	97	21,9
Total	442	100,0

Table 2. Cross Tabulation Between Characteristics and Breakfast Behavior in Teenagers at Sidoarjo Islamic State SHS

Characteristic Variable	Breakfast Behavior					
	Good		Moderate		Bad	
	N	%	N	%	N	%
Age						
15 years old	3	18,8	10	62,5	3	18,8
16 years old	62	33,0	86	45,7	40	21,3
17 years old	70	34,5	84	41,4	49	24,1
18 years old	14	41,2	15	44,1	5	14,7
19 years old	1	100,0	0	0,0	0	0,0
Gender						
Men	70	44,0	62	39,0	27	17,0
Women	80	28,3	133	47,0	70	24,7
Social Support Level						
High	84	35,3	112	47,1	42	17,6
Moderate	64	33,9	77	40,7	48	25,4
Low	2	13,3	6	40,0	7	46,7
Total	150	100,0	195	100,0	97	100,0

Based on **Table 2**, it can be seen that the behavior of breakfast in the good category tends to be more owned by respondents aged 17 years which is 34.5%, 44% are men, and 35.3% has high category of social support that is equal to 35.3%. The results of this study are in line with Saufika's research, et. al. (2012) which showed that male teenagers had a higher chance of having a habit of eating three times a day, including breakfast. It was due to the energy needs of men is higher than women. According to Minister of Health Regulation No. 75 in 2013 concerning Nutritional Adequacy Figures Recommended for the Indonesian Nation, male adolescents in the age group of 16-18 years require an energy intake of 2675 kcal while girls in the age group of 16-18 years require energy intake of 2125 kcal.

Results of Ordinal Regression Test between Social Support to Breakfast Behavior in Teenagers at Sidoarjo Islamic State SHS

Based on **Table 3**, it can be seen that high social support influences good breakfast behavior rather than low social support with Sig. = 0.011. If the constant value does not change, then teenagers with high social support have better breakfast behavior with a value of 1,294 than teenagers with moderate social

Table 3. Results of Ordinal Regression Test between Social Support and Breakfast Behavior on Teenagers at Sidoarjo Islamic State SHS

Social support category	Estimate	Sig.	Note
Low	0 ^a		As a comparison
Moderate	1,077	0,035	Take effect
High	1,294	0,011	Take effect

support. Then, moderate social support also influences good breakfast behavior rather than low category social support. The results of the ordinal regression test above can confirm that there is an influence of social support on breakfast behavior in teenagers at Sidoarjo Islamic State SHS.

The results of this study are in line with the research of De Jong, et al. (2009) which states that the influence of parents and friends relates to breakfast behavior in teenagers. This study also found that parents tend to have a significant contribution to breakfast behavior in teenagers compared to peer support. De Jong, et al. (2009) states that parents have an influence on improving teenagers cognition in relation to breakfast behavior. Teenagers cognition can be formed from

the home environment that is fostered by the teenager's parents (De Jong et al., 2009).

Distribution of Respondents Answers in Sidoarjo Islamic State SHS Related to Social Support for Having Breakfast

Based on Table 4, it can be seen that parents tend to give big contribution for teenagers at Sidoarjo Islamic State SHS for having breakfast in the morning. It can be seen from the majority of respondents who answered agree and strongly agreed on items that related to social support from parents to have breakfast, starting from giving ideas to teenagers to have breakfast (29% answered agree and 40% answered strongly agree), prepare food for breakfast in teenagers (20.1% answered agree and 63.3% answered strongly agree), asked teenagers to have breakfast (22.4% answered agree and 64.5% answered

strongly agree), and explained the importance of having breakfast in teenagers (26.5% answered agree and 54.3% answered that they did not agree). Then, for social support from friends to have breakfast, some respondents answered agree only on some items. Social support from friends can be formed as encourage teenagers to have breakfast (92% answered agree and 93% answered strongly agree) and explained the importance of breakfast at teenagers (20.8% answered agree).

Based on Table 4, the form of social support provided by parents related to breakfast behavior in teenagers has covered all forms of social support. According to Heaney and Israel in Glanz, et al. (2008), social support from parents are emotional support (telling to have breakfast), informational (explaining the importance of having breakfast), instrumental (preparing breakfast), and appreciation (giving an idea to have breakfast). The results of

Table 4. Distribution of Respondents Answers in Sidoarjo Islamic State SHS Based on Social Support Category

Category	Answers									
	Strongly Disagree		Disagree		Neutral		Agree		Strongly Agree	
	N	%	N	%	N	%	N	%	N	%
Parents										
Give ideas about consuming a good and right breakfast	12	2,7	25	5,7	100	22,6	128	29	177	40
Prepare food for breakfast in the morning	15	3,4	17	3,8	41	9,3	89	20,1	280	63,3
Asking to have breakfast	4	0,9	16	3,6	38	8,6	99	22,4	285	64,5
Explain the importance of having breakfast	9	2	18	4,1	58	13,1	117	26,5	240	54,3
Friends										
Give ideas about consuming a good and right breakfast	67	15,2	91	20,6	135	30,5	85	19,2	64	14,5
Buy food to be consumed in the morning	135	30,5	103	23,3	111	25,1	44	10	49	11,1
Give advise to have breakfast	46	10,4	79	17,9	132	29,9	92	20,8	93	21
Explain the importance of having breakfast	66	14,9	81	18,3	134	30,3	92	20,8	69	15,6

this study are in line with several previous researches. De Jong, et al. (2009) stated that the majority of parents contributions related to breakfast behavior in teenagers are providing food for breakfast and asked to have breakfast.

Apart from parents, based on Table 4, friends also contributed to the breakfast behavior in teenagers even though it only included emotional support (explaining the importance of having breakfast) and informational (explaining the importance of having breakfast). De Jong, et. al. (2009) explained that the influence of peers also had a quite contributive role for breakfast behavior in teenagers. According to Soeyasmoro, et. al. (2016), peer environment has an important meaning for teenagers' life. The need for acceptance from peer groups is very important for teenager's needs (Soeyasmoro et. al., 2016). Mesra and Fauziah (2016) said that teenagers behavior tends to be influenced by peers in their groups.

Relation to emotional support. Maslihah (2011) stated that social support related to emotional support especially acknowledgment of ability and self-quality to be able to fulfill the attention and affection needs from parents which can lead to positive energy for teenagers. While in relation to informational support, Utami (2013) stated that a person's success in achieving a goal can not only be realized from instrumental support, but also informational support. According to Ermayanti and Abdullah (2011), individuals will feel that they get attention and knowledge if the individual receives informational support from the closest people. Therefore, the researchers suggested that there is a need to give parenting activity for teenagers parents by Sidoarjo Islamic States SHS that collaborate with Buduran Health Center as the nearest health service facility to optimize social support from parents for breakfast behavior in teenagers at Sidoarjo Islamic State SHS. This is based on Setiawan (2006) which states that someone who feels that he has social support will feel relieved because he has been noticed, obtains pleasant suggestions and impressions from someone. Then the researcher also give advice to the

Sidoarjo Government to strive for regional policies related to increasing breakfast habits routinely for all communities including teenagers in the Sidoarjo as a form of implementation of one of the main activities in the *Gerakan Masyarakat Hidup Sehat* or *GERMAS* (Healthy Living Society) which providing healthy food and accelerating nutrition improvement. This is based on the President Instruction (*INPRES*) Number 1 in 2017 concerning the Healthy Living Society which states that one of the tasks of the Regent / Mayor is carrying out activities that support healthy living society based on regional policies. These efforts have been implemented previously by Surabaya City Government through the issuance of Surabaya Mayor's Letter Number 0954/3151 / 436.7.2 / 2017 and the Bogor City Government through the issuance of Bogor Mayor's Regulation Number 48 in 2017 concerning the Healthy Living Society in order to appeal the local community to be able to have an active role in the *GERMAS* campaign, which is one of them is having breakfast.

CONCLUSION

Based on the results of the research and discussion above, a number of conclusions can be drawn. The social support for breakfast in teenagers at Sidoarjo Islamic State SHS is mostly high category. Then, the results of the ordinal regression test shows that there is an influence of social support on breakfast behavior in teenagers at Sidoarjo Islamic State SHS. Parents tend to have a significant contribution to breakfast behavior in teenagers, namely giving ideas to teenagers to have breakfast, preparing food for breakfast, asking to have breakfast, and explaining the importance of having breakfast. So that, the form of social support from parents related to breakfast behavior in teenagers at Sidoarjo Islamic State SHS have included emotional, informational, instrumental, and appreciation support. Friends also have a contribution to breakfast behavior in teenagers even though it only includes emotional support (explaining the importance of having breakfast) and informational (explaining the importance of having breakfast).

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