

Cultural Literacy Behavior Through Breakfast Together Activities to Get Healthy Living Habits in School Student

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Abstract

Behavioral cultural literacy is a concept that is increasingly relevant in the world of education, especially in efforts to shape students' character from an early age. One important aspect of cultural behavioral literacy is getting used to healthy living, which can start from simple activities such as having breakfast together. This study analyzes the implementation of a communal breakfast program as an effort to cultivate healthy habits among elementary school students from an axiological philosophical perspective. Through a qualitative approach, this research aims to understand the values embedded in this activity and its impact on the formation of students' character. The results show that the communal breakfast program not only meets students' nutritional needs but also instills social values such as cooperation, sharing, and mutual assistance. Additionally, this activity contributes to improving students' academic achievement. From an axiological perspective, the communal breakfast program has a high utility value in shaping healthy, intelligent, and character-driven individuals. Apart from that, the values found in breakfast together also form a spirit of responsibility and gratitude.

Keywords: Communal breakfast, Elementary school, Healthy lifestyle

1. Introduction

Behavioral cultural literacy is an increasingly relevant concept in the world of education, especially in efforts to shape students' character from an early age. One important aspect of behavioral cultural literacy is getting used to a healthy lifestyle, which can start from simple activities such as having breakfast together. The problem of malnutrition and lack of physical activity in elementary school children is a serious concern in various countries, including Indonesia. One effort to overcome this problem is to get students used to having breakfast regularly. Breakfast not only provides the energy needed for activities, but also provides essential nutrients for children's growth and development.

In the context of character education, breakfast activities at school have great potential to instill positive values in students. In addition to physical health aspects, this activity can also be a means to build student character, such as cooperation, mutual assistance, and a sense of responsibility. However, to what extent breakfast activities at school have succeeded in achieving these goals, and what values are contained in them, still need further research.

Breakfast is one of the important behaviors to realize balanced nutrition, but in reality there are still many Indonesian people who do not or are not used to having breakfast. One of the important moments to remind and encourage the community, especially school children, teachers, parents and academics to implement balanced nutritional behavior properly, one of which is to get used to having a healthy breakfast.

2. Research Methods

2.1. Formulation of the problem

Based on the background above, the problem formulation in this study is:

1. What values are contained in the joint breakfast activity in elementary schools from a philosophical perspective?
2. What is the impact of breakfast activities together on the character formation of elementary school students?
3. What is the utility of breakfast activities together from an axiological perspective in the context of character education?

2.2. Research purposes

The purpose of this research is to:

1. Identifying the values contained in breakfast activities in elementary schools from a philosophical perspective.
2. Analyzing the impact of breakfast activities together on the character formation of elementary school students.
3. Knowing the utility value of breakfast activities together from an axiological perspective in the context of character education.

2.3. Benefits of research

The results of this study are expected to contribute to:

1. Curriculum Development: Providing input for curriculum makers to integrate breakfast activities as part of character education programs in schools.
2. Educational Practices: Providing guidance for teachers and education personnel in carrying out effective and meaningful breakfast activities together.
3. Further Research: To be a reference for further research that wants to explore other aspects of breakfast activities together.

2.4. Literature review

Previous studies have shown a positive correlation between breakfast habits and various aspects of students' health and academic achievement. Some key findings include:

- **The Importance of Breakfast:** Breakfast provides the energy the body needs for activities, increases concentration, and improves students' cognitive performance.
- **Balanced Nutrition:** A balanced nutritious breakfast helps students' physical and mental growth, as well as preventing various health problems such as obesity and malnutrition.
- **Breakfast Culture:** Breakfast activities together not only provide nutritional intake, but also foster social values such as cooperation, mutual respect, and togetherness.
- **Role of Schools:** Schools have an important role in cultivating healthy breakfast habits through programs that involve students, teachers, and parents.

3. Results and Discussion

3.1. Research result

1. Values Contained in Joint Breakfast Activities

- **Social Values:** The breakfast activity together succeeded in instilling strong social values in students, such as:
 - **Cooperation:** Students learn to work together in preparing and enjoying breakfast together.
 - **Share:** Students are taught to share food and experiences with classmates.
 - **Mutual cooperation:** Students are involved in cleaning activities after eating together.
- **Moral values:** Apart from social values, this activity also instills important moral values, such as:
 - **Responsibility:** Students are responsible for the food they bring and the cleanliness of the surrounding environment.
 - **I'm grateful:** Students are taught to be grateful for the food they receive.

. Impact of Joint Breakfast Activities on the Formation of Student Character

- **Improving Learning Achievement:** Joint breakfast activities contribute to improving student learning achievement because:
 - **Better concentration:** Students who eat breakfast tend to be more focused in their lessons.
 - **Sufficient energy:** Breakfast provides the energy students need to be active throughout the day.
- **Social Emotional Development:** This activity also contributes to students' social emotional development through:
 - **Increased self-confidence:** Students feel more confident when interacting with peers.
 - **Improved communication skills:** Students learn to communicate effectively with peers and teachers.

Axiological Perspective: The Utility Value of Breakfast Activities

- **Formation of Healthy, Intelligent, and Characterful Individuals:** The activity of having breakfast together has a very high utility value in forming individuals who:
 - **Healthy:** Meet students' nutritional needs.
 - **Intelligent:** Improve students' cognitive abilities.
 - **Character:** Instilling social, moral and spiritual values.

3.2. Discussion

1. In-depth Analysis of the Values Found

- **The Relationship between Values and Character Education Theory:**

3.3. Understanding the Connection between Breakfast and Character Education

At first glance, breakfast may seem simple and only related to physical health. However, if we dig deeper, there are broader dimensions, namely social, spiritual, and moral dimensions.

3.4. Values that Emerge in Breakfast Activity Research

- **Social Values:**
 - **Cooperation:** Preparing breakfast with family or classmates can foster a sense of cooperation and mutual assistance.
 - **Empathy:** Understanding others' nutritional needs and providing appropriate foods can increase empathy.

- **Tolerance:** Tasting foods with different flavors and textures can foster an attitude of tolerance towards differences.
- **Spiritual Values:**
 - **I'm grateful:** Being grateful for the delicious food given can foster feelings of gratitude to God.
 - **Self-awareness:** Choosing healthy foods shows awareness of the importance of caring for the body as a gift from God.
- **Moral values:**
 - **Discipline:** Getting into the habit of eating breakfast shows self-discipline.
 - **Responsibility:** Preparing your own breakfast or helping others shows a sense of responsibility.
 - **Honesty:** Choosing healthy foods and avoiding unhealthy foods shows honesty towards yourself.

3.5. Relevant Character Education Theories

- **Social Learning Theory (Bandura):** Children learn through observation and imitation. If children see their parents or other adults eating breakfast regularly and gratefully, they are more likely to imitate that behavior.
- **Kohlberg's Theory of Moral Development:** Through breakfast activities, children can learn about fairness (e.g., sharing food fairly), autonomy (e.g., choosing their own food), and other universal values.
- **Character Education Theory Character:** This theory emphasizes the importance of instilling moral values from an early age. Breakfast activities can be a means of instilling values such as discipline, responsibility, and honesty.

3.6. The Relationship between Values and Theory

- **Social values** which emerged in breakfast activities is in line with social learning theory, where children learn about cooperation, empathy, and tolerance through social interactions in these activities.
- **Spiritual values** which emerges in relation to gratitude and self-awareness in line with various theories of moral development that emphasize the importance of human relationships with something greater than oneself.
- **Moral values** The values that emerge such as discipline, responsibility, and honesty are very relevant to the theory of character education which emphasizes the importance of instilling moral values from an early age.

3.7. Implications for Further Research

Further research could delve deeper into:

- **Type of food:** Does the type of food consumed at breakfast have an influence on the development of certain values?
- **Family environment:** How does the family atmosphere at breakfast influence the internalization of values in children?
- **Age:** Are there differences in the values that emerge in children of different ages?

By understanding the relationship between breakfast activities and character education, we can design more effective educational programs to shape a young generation with character.

Comparison with Previous Research: There are several similarities and differences with previous research:

- **Similarities:**
 - **Positive impact:** Most likely, both studies will find positive impacts of breakfast on various aspects, such as improving students' concentration, memory, and academic achievement.
 - **Implementation Challenges:** Both studies may also identify challenges in implementing breakfast programs, such as budget constraints, availability of nutritious foods, and student participation.

- **Difference:**

- **Research Scale:** Research may be conducted at different scales (e.g., classroom level, school level, or wider region), so the results obtained may not be fully generalizable.
- **Research Duration:** Different study durations may affect the results obtained. Long-term studies may be able to identify more significant long-term impacts.
- **Variables Studied:** The focus of the study may differ, so the variables studied will also differ. For example, one study may focus more on the impact of breakfast on physical health, while another study may focus more on the impact on mental health.
- **Socio-Cultural Context:** Different socio-cultural contexts in each research location can influence the results obtained.

2. Character Formation Mechanism through Joint Breakfast Activities

3.8. The Role of Students and Parents in the Process of Internalizing Values: Understanding Breakfast Activities as an Educational Medium

Breakfast activities together at school are not just about eating breakfast together, but also an effective educational medium. Through this activity, many positive values can be instilled in students, such as:

- **Togetherness and mutual cooperation:**By eating together, students are taught to share, respect differences, and work together as a team.
- **Discipline and responsibility:**The breakfast activity teaches students to arrive on time, maintain cleanliness, and be responsible for their actions.
- **Manners and manners:**When eating together, students learn to say prayers before and after eating, keep the environment clean, and appreciate the food they get.
- **Cooperation:**In preparing and cleaning the dining area, students learn to work together with their friends.
- **Caring for others:**By seeing friends who have not received food or who have difficulty eating, students are taught to help and care for each other.

3.9. The Process of Internalizing Values in Students

In order for the values instilled through joint breakfast activities to be well internalized in students, several efforts are required, including:

1. **Consistency:**Breakfast activities together must be carried out routinely and consistently so that they become part of the students' routine.
2. **Habituation:**The values that we want to instill must always be repeated and practiced in various situations, both inside and outside the classroom.
3. **Examples:**Teachers and school staff must be good examples in implementing these values.
4. **Appreciation and awards:**Students who demonstrate positive behavior during breakfast activities should be given appreciation and recognition.
5. **Evaluation:**Periodic evaluations need to be carried out to see to what extent these values have been internalized in students and to make improvements if necessary.

3.10. Positive Impact of Internalization of Values for Students

When the values instilled through breakfast activities are successfully internalized in students, it will have many positive impacts, such as:

- **Improving learning achievement:**Students who have positive values such as discipline, responsibility, and cooperation tend to have better academic achievement.
- **Forming a strong character:**Students will grow into individuals who are independent, responsible, and have empathy for others.

- **Improving the quality of social relationships:** Students will find it easier to interact with others and build positive relationships.
- **Creating a conducive school environment:** School will be a comfortable and enjoyable place for all students.

3.11. The Importance of the Role of Parents

The role of parents is very important in supporting school efforts to instill positive values in children. Parents can reinforce the values that have been learned in school by setting a good example at home, giving praise and support, and communicating openly with children.

3.12. The Role of Teachers and the School Environment

Before discussing the role of teachers and the school environment, it is important to understand what internalization of values is. Internalization of values is the process by which a person adopts certain values as part of everyday beliefs and behaviors. In the context of education, the values that are intended to be instilled through breakfast activities can vary, such as:

- **Cooperation:** Learn to share food, help each other pick up food, and clear the table together.
- **Politeness:** Say thank you, apologize if you accidentally spill food, and use polite language.
- **Discipline:** Queue when getting food, eat regularly, and don't waste food.
- **Responsibility:** Bring your own cutlery, clean up after eating, and keep the surrounding environment clean.
- **I'm grateful:** Respect the food given and do not be picky about food.

3.13. The Role of Teachers in Facilitating Internalization of Values

Teachers have a very important role in facilitating the process of internalizing values through breakfast activities together. Some of the roles of teachers include:

- **Becoming a Model:** Teachers must be good examples in practicing the values they want to instill. For example, teachers say thank you to the canteen staff, apologize if they make a mistake, and keep the environment clean.
- **Providing Explanation:** Teachers need to explain to students why these values are important and how they can be applied in everyday life. Explanations can be given before, during, or after breakfast activities together.
- **Making Activities Interesting:** Teachers can make breakfast activities more interesting in various ways, such as holding food decorating competitions, telling stories about the origins of food, or singing songs about food.
- **Giving Praise and Encouragement:** Teachers should give praise and encouragement to students who demonstrate behavior that is consistent with the values they wish to instill.
- **Giving Consequences:** If a student breaks the rules, the teacher must provide appropriate consequences, such as being asked to apologize or clean up the table.

3.14. The Role of the School Environment in Facilitating Internalization of Values

The school environment also has a very important role in facilitating the process of internalizing values. Some things that schools can do include:

- **Providing Adequate Facilities:** Schools must provide adequate facilities for group breakfast activities, such as tables, chairs, and places to wash hands.
- **Creating a Conducive Atmosphere:** Schools must create a conducive atmosphere for group breakfast activities, such as a clean, comfortable and pleasant atmosphere.

- **Involving Parents:** Schools can involve parents in breakfast activities together, for example by asking parents to help prepare food or supervise children's activities.
- **Developing Sustainable Programs:** Schools need to develop sustainable programs to ensure that the values they wish to instill can continue to be internalized by students.

3.15. Activities Carried Out

- **Group discussion:** After breakfast, students can be encouraged to discuss their experiences during breakfast, what values they gained, and how they can apply these values in their daily lives.
- **Creating a poster or image:** Students can create posters or pictures that describe the values they get from having breakfast together.
- **Writing a short story:** Students can write short stories about their experiences during breakfast together, which can then be read in front of the class.

3.16. Activity Documentation

School children are an investment of the nation who will become the next generation of the nation. Efforts to improve the quality of human resources must be carried out early, systematically and continuously. An indicator of good quality of human resources is the condition of nutritional adequacy in both quality and quantity. Breakfast aims to meet nutritional needs for activities and concentration while at school. The purpose of this community service activity is to increase the knowledge of students and parents about the importance of breakfast. The method of implementing the service is lectures, practice and questions and answers.

The activity is carried out every Wednesday after joint exercise activities and is carried out by all students of SD Negeri 2 Sokawera from grades 1-6 with a total of 175 students, as well as educators and education staff at the school totaling 11 employees.

The senior students were tasked with preparing the tarpaulin for the activity, and tidying it up after the activity was finished. The students brought their own food, and did not forget to wash their hands before heading to the communal dining area. The meal began with a joint prayer and ended with a joint prayer led by the religious teacher at the school.

The activity was also documented and distributed in the form of a blog as in the following link:

<https://duasokawera.blogspot.com/2024/08/senam-pagi-dan-sarapan-pagi.html>

And <https://duasokawera.blogspot.com/2024/02/senam-dan-sarapan-pagi.html>

In addition, the researcher asked for feedback from students regarding the activity to 32 grade 6 students with the result that 99% were very happy and agreed with the activity with the same question "What do you think about the breakfast activity together at school?"

One student who disagreed was named Bagas Pratama Putra .S. who said, "It should not be mandatory to bring food because not everyone can have breakfast, sometimes there are those who want to cook but do not have rice/money. So is breakfast not mandatory?"

And 31 other children agreed with various reasons, one of which was a student named Enjelina Putri who said, "Breakfast activities can increase a sense of togetherness with friends and breakfast can increase a sense of togetherness with friends and breakfast trains discipline for students to participate. Breakfast has the nature of mutual cooperation and tolerance and trains us to share with each other when friends do not bring breakfast. So in my opinion, I agree with having breakfast together at school."

A student named Dika Ofta Fiono said, "Breakfast activities at school are very enjoyable, because before breakfast activities, we do exercise first."

Nimvea Cendekia Supriadi said, "Helping children who do not want to eat breakfast because they wake up late, is very helpful and makes them accustomed to eating vegetables, and always being grateful for the blessings of Almighty God. Getting used to living orderly, working together, and learning prayers. Such as prayers after eating and before eating. Teaching good table manners, being polite."

Muhammad Desta Jurniawan said, "To have a sense of shared attitude and tolerance."

Della Tri Lestari said, "Having breakfast together can increase or strengthen unity and togetherness with one friend and another. Having breakfast together can also increase knowledge gained from praying together. So for me personally, I agree with having breakfast together."

Nayla Zaskia Amira said, "Very good, because there is breakfast at school we can feel what it's like to have breakfast with friends, and it also increases our appetite, we can also share our food or side dishes with all friends who don't bring breakfast or food and that's all my opinion, thank you."

And although there are still many other opinions that agree with the existence of breakfast together at school, there is only one more opinion that will be written, namely the opinion of a 6th grade student of SD Negeri 2

Sokawera named Sasmaya Leilani Moana, "Breakfast is indeed very much needed by everyone, especially for people who do activities all day long. Even for people who are only at home, they must have breakfast once. What's more for school children. In my opinion, breakfast together at school is very good and great, because having breakfast together can improve your mood and feelings. And you can share food with each other and give food to friends who don't bring it."

3.17. Activity Photos

Wednesday, May 28, 2024



Wednesday, July 24, 2024



Wednesday, July 31, 2024



4. Conclusion

This study has successfully identified several benefits of breakfast activities for students of SD Negeri 2 Sokawera. However, it must be acknowledged that this study has several limitations. The limited number of samples and the short duration of the study can limit the generalization of the results of the study. In addition, the presence of uncontrolled variables can also affect the results obtained. Therefore, further research is needed with a more comprehensive design to confirm the findings of this study.

Breakfast together is an effective way to instill positive values in students. With consistency, habituation, and support from all parties, these values can be internalized well in students and have a positive impact on their lives.

Breakfast activities, which are often considered trivial, actually have great potential in shaping children's character. The social, spiritual, and moral values contained in this activity are in line with various theories of character education that have been developed by experts. Thus, it can be concluded that breakfast activities are not only important for physical health, but also contribute to the holistic development of children's character.

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