

To Determine the Impact of Breakfast on Academic Performance of College Student

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Abstract

Introduction: Breakfast has earned the title as the most important meal of the day. Diet has a pervasive and profound impact on human health. Breakfast consumption is associated with positive outcomes for diet quality, micronutrient intake, and weight status and lifestyle factor. Moreover, recent studies have demonstrated that breakfast enhances intellectual capacity, concentration, attention and academic performance. This study will emphasized the consumption of breakfast on academic performance of college student.

Method: The population studied was students of the Texila American University, both male and female. The study was a quantitative sample of 120 correspondent, in which student in their late adolescence to early adulthood was randomly selected from each class ranging from pre-clinical to clinical (MD1 to MD8) in order to extract data. The relation between breakfast consumption (per week) and academic performance using a multivariate analysis which includes gender, age, height, weight, body mass index, school performance rating and frequency of physical activity was assessed.

Results: During study's findings showed percentage mean for both female in their late adolescence and early adulthood for achieving average or high academic performance according to breakfast frequency per week, one day a week, $\mu=70$; twice per week, $\mu=65$, 3 days per week, $\mu=75$; 4 days per week, $\mu=75$; 5 days per week, $\mu=76$; 6 days per week, $\mu=80$; and every day, $\mu=89$, compared to no breakfast per week. For male in late adolescents and early adulthood, the percentage mean for achieving average or higher academic performance according to the breakfast frequency were once per week, $\mu=65$; twice per week $\mu=60$; 3 days per week $\mu=65$; 4 days per week, $\mu=70$; 5 days per week, $\mu=75$; 6 days per week $\mu=80$; and every day $\mu=92$, compared to no breakfast.

Conclusion: The findings of the current studies showed that there is a positive correlation between breakfast consumption and academic performance. Breakfast consumption improves student performance, student who consume breakfast regularly had a higher academic performance. Contrary to, student who frequent skip breakfast showed a lower academic performance.

Keywords: Breakfast; academic performance; body mass index.