The Relationship of Consumption of Food and Nutritional Status with Students Achievement Academic (Case Study at the University of WR Supratman Surabaya, Indonesian)

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ABSTRACT

The quality of accounting personnel is determined by the quality of the graduates of the Faculty of Economics in particular, namely accounting, where an accountant is one of the elements of the audit power has an important role. Someone chooses the profession as an accountant has a different motivation, is the perception of someone taking action against the figure accountant will affect the motivation. The method was used a correlational analytic methods using cross sectional approach, independent variables in this study was food consumption and nutritional status, the dependent variable in this study was 62 students achievement Academic. The Population was student achievement students majoring in accounting economic faculty University WR Supratman Surabaya 2015-2016 with simple random technique sampling of data collection methods used ware enclosed questionnaire, data processed by the editing, coding, scoring, and tabulating. status as many as 35 students (56.5%) and then 22 students (35.5%) lowest as many as 7 students (8%). Student Achievement index was very satisfying almost half have a very satisfying Achievement index value by as much as 55 students (88,7%). The results of spearman's correlation test statistics with 95% confidence level (α = 0.05) obtained above the P = 0.000 <0.05 which means that Ho refused and H1 accepted that it can be concluded that There was a Relationship Between food consumption and nutritional status with students achievement Academic majoring in accounting economic faculty University WR Supratman Surabaya 2015-2016. This study is expecting to be used as information for food consumption and nutritional status and academic achievement students majoring in accounting economic faculty University WR Supratman Surabaya 2015-2016 which can assist the institution in making and implementing the design system was readily accepted the teaching of each student and can improve student achievement for the better.

Keywords: food consumption and nutritional status, Student Achievement index

INTRODUCTION

Learning situations are complex and comprehensive nature and involves the interaction of multiple components, often found students who can't achieve an equivalent academic achievement with the ability intelegensianya. Because it is essentially academic achievement is the result of the interaction of several factors that vary from one individual to another individual (Baiquni, 2007). Rangkuti (2013:183) in Gamal and Purwoko (2016:9) argues that the strategy is a comprehensive master planning, which explains how the company would achieve all the goals that have been set upon in the mission that has been set before. This

means that the students were also in the College must make strategy so that index high achievements can be reached.

As a basis for efforts increased HR, then mastery of science and technology need to be simultaneous programs and orientation for each agency, including in the process of teaching and learning in higher education. The form of the increased effort be implemented by improving the learning achievements of students in College. These goals can be realized through the effort that was placed on quality improvement of education. Higher education developed in integrated and appropriate in different lines, type and level. Infrastructure of higher education both primary as well as the supporters need to get attention to developed and disseminated evenly in order to help in this effort to improve the quality of higher education in accordance with the the demands of the objective in the community.

In the process of teaching and learning, the excitement for learning needs to get serious attention for the achievements of results can lead to good learning. Nutrition is an integral part of national development, because nutrition is one of the components in improving the quality of human resources. It proves that the food nutritious needs to be given to students that would later influence on intelligence and academic achievement. The achievement is the fruit of the resultant skills continue to focus, insight, reliable and abundant character and has the willingness and ability to cope, adapt and then implementing it (Kerry, 1995:10). The extent to which one's accomplishments can be seen from their capabilities in tailoring a task given by the lecturer, and in order to achieve the desired goal, the students have to study in earnest so as to obtain the expected accomplishments. Learning is a change in who settled in the life of someone who is not genetically inherited. Basically learning is behavior change as a direct result of the experience and not the result of those connections in the nervous system that was brought from birth (Darsono, 2001). As consumers, students are entitled for quality service and education. As investors, students are entitled for future benefits on teaching and education they got (Gamal and Soemantri, 2017).

Learning is a process of growth and changes in personality or behaviour manifested some new response patterns in the form of skills, attitudes and habits, knowledge skills or a process of work done a person to obtain a change of behaviour better overall and continuous, some of the results of his own experience in in teraksi with the surrounding environment.

Achievement of learning outcomes that have been achieved are the students after the teaching and learning process is implemented, with a starting point on the results of the evaluation of the students that have been achieved in a certain period. Experts in formulating the different kinds of learning achievements. Based on a review of the types of learning, at the value of the IPK

The process of awarding of rating (Grading) is the process of translator score test results that have been converted into the evaluative classification according to the norm or the relevant criteria. Nutritional status of nutritional health is the State of a person who is determined by the degree of necessity of nutritional substances obtained from consumption of food each day and their use by the body so as to achieve optimal nutritional health degrees. Measurements are most easily accomplished is by Anthropometry Anthropometry indicator most widely performed for the determination of nutritional status somebody with weight (W), ti-nggi body (TB) or length (PB), sometimes also used size upper arm circumference (LLA).

Consumption is the amount of food that is cooked and served to contain adequate nutrition, then eaten and ingested (Soedarmo, 1995). Food or food consumption is the amount of food (single or diverse) are eaten a person or group of people with a specific purpose

In the aspect of nutrition the purpose of eating is to acquire a number of necessary nutrients the body. Food consumption is a good and sufficient in quality and quantity, meaning his food consumed must contain all essential nutritional substances that require the body in adequate amounts. The purpose of this research is to know the relationship of food consumption and nutritional status with the learning achievements of students. The sample in this research totalled 62 respondents i.e. students majoring in accounting economic faculty University WR Supratman Surabaya 2015-2017. Reasons of sampling with random sampling techniques or randomly obtained sample is truly representative against the population. Free variables in this study are food consumption and nutritional status, whereas the variable bound in the form of learning achievements. Food consumption reveal with food and drink consumed a person in a given period

Nutritional status, in this research are determined using the measurements of Anthropometry and nutritional history, i.e. with a food frequency method (the frequency of eating). The learning achievements of students can be known through the evaluation conducted by the lecturers in the form of semester final exams. High low learning achievement for one student shown by high low achievement Index value the achievements of all courses during a semester, the results are shown in the form of the existing values in the card study results. Research instrument used in this research use the question form, observation and documentation. Data processing using Spearman 's correlation (Sugiyono, 2014)

Food consumption questionnaire using the frequency of eating. Indicators of food consumed consists of a range of consumption, frequency and amount of eating food substances dikon-sumsi students, namely the large number of energy consumption of protein, calcium, and iron the sheets of food frequency. Measurement indicators Anthropometry by doing the weighing weight against students based on weight according to age (W/U), height (TB) and the size of the circumference of the upper arm (LLA), The learning achievements of students in mind by using the documentation for the card study results with indicators with compliments, very satisfying and gratifying

RESULTS AND DISCUSSION
In the 80s several colleges were established in Surabaya. Among the colleges, one that continues to grow and continues to exist until now is the University of WR Supratman (Unipra) Surabaya. Unipra is established on March 10, 1985, with three faculties: the Faculty of Engineering, Faculty of Social and Politics Science (Fisip), and the Faculty of Economics. From the three faculties, in 2010 Unipra founded the Faculty of Teacher Training and Education with the department of Primary School Teachers.

In order to meet society's demands in 2006 Unipra has also established a Magister program (S2) with two courses (Master of Management and Master of Administrative Sciences). The total number of Unipra students at present is about 1,200 students. The students come from various regions in Indonesia.

Unipra campus is located at Jalan Arief Rachman Hakim 14 Surabaya, occupying an area of approximately 1.1 hectares. The availability of land itself makes it easier for the university to manage and develop it. All lecturer and leader in Unipra determined to maintain the quality of education and teaching. As a result, at this moment all courses in Unipra Surabaya has received

accreditation from the National Accreditation Board (BAN).

Quality education and easy output to find work become the attractions for high school students to continue their education in Unipra. This is supported by human resources (HR) and faculty who have a diversity of experience from both academics and practitioners, so as able to provide the best works appropriate with the needs and the changing dynamics of science as well as the change of applicable laws. To encourage and reward the students get into Unipra, those who excel receive various conveniences and facilities during study in Unipra. One example of the convenience offered by Unipra to top students is the opportunity to become a Unipra student without going through the Academic Potential Test (TPA) and the determination of Money Donations Compulsory Education (UWP) is relatively low.

The opportunity to be a Unipra student without entrance test can be performed in the acceptance period of Capabilities and Interests Line. For other students, Unipra also provides an opportunity to become a Unipra student through Academic Potential Test. All students (prospective students) will be declared to be accepted as Unipra students after they meet all the requirements set and stated to be graduated from high school. Development of facilities, infrastructure and human resources in Unipra is carried out continuously and sustainably. Thus, one day Unipra can truly realize its vision to become a campus of quality and affordability.

Based on the results of questionnaires which were returned to the researchers counted 62 of 70 respondents (8 respondents did not return), then the stages of research as below are done.

Table 1. Description Gender Respondent

Category	Classification	requency (People)	Percentage (%)
Gender	Male	18	29,0
	Female	44	71,0
	Total	62	100,00

From the data, it is shown that the majority of respondents were female, ie 71.0% while male is amounted to 29.0%.

Table 2. Food consumption and nutritional status Student Undergraduate Accounting Course of University WR Supratman Surabaya

No	food consumption and nutritional status	requency (People)	Percentage (%)
1	Best	22	35,5
2	Enough	35	56.5
3	Minus	5	8.0
	Total	62	100

Based on the table above can be explained that the distribution of food consumption and nutritional status of students of the Undergraduate Studies Program 2015-2016 force Accounting University WR Supratman Surabaya has mostly food consumption and nutritional status as many as 35 students (56.5%) and then 22 students (35.5%) aterendah as many as 7 students (8%).

Nutritional deficiencies in adolescence will have an impact on the aktfitas students in the school, among others, sluggishness (lethargic), easily fatigued/tired, malnourished growth

barriers in adulthood, and a decrease in achievement in schools (Elnovriza, 2008). According to Purnakarya (2010), lack of nutrients will reduce the concentration and learning ability of the students

Nutritional status of nutritional health is the State of a person who is determined by the degree of necessity of nutritional substances obtained from consumption of food each day and their use by the body so as to achieve optimal nutritional health degrees. Assessment of nutritional status is to compare the State of nutrition according to measuring results against standards that correspond to individual or group. Assessment of nutritional status in teenagers can be done by measuring the clinical examination, Anthropometry, nutrition and biochemical examination of history. Consumption is the amount of food that is cooked and served to contain adequate nutrition, then eaten and ingested (Soedarmo, 1995). Food or food consumption is the amount of food (single or diverse) are eaten a person or group of people with a specific purpose.

The results showed the existence of a positive and significant relationship between the consumption of food and nutritional health status together with the learning achievements of students, turned out not to deviate from the reference theory nor empirical. This proves that both predictors simultaneously have enough adequate predictive power. This shows how important consumption of food for the students who will be applied on the status of its nutrition value. Karena basically feat to achieve student learning optimally required intake of food consumption and good quality. With a quality food intake, it will achieve a good nutritional status as well as the learning achievements will be reached eventually anyway.

Table 3. Student Achievement index value forces 2015-2017 Accounting Bachelor degree Courses the University WR Supratman Surabaya

No	Student Achievement index	requency (People)	Percentage (%)
1.	compliments	3	4,8
2.	very satisfying	55	88,7
3.	gratifying	4	6,5
Total		62	100,0

From the table above can be explained that the distribution of Student Achievement index value forces 2015-2016 the course of accounting Undergraduate University WR Supratman Surabaya almost half have a very satisfying Achievement index value by as much as 55 students (88,7%)

Student academic performance index value forces 2015-2016 Accounting Bachelor degree Courses the University WR Supratman Surabaya. Based on the table above can be explained that the distribution of student achievement index value forces 2015-2016 S1 study Program Bachelor of Accountancy University WR Supratman Surabaya is almost half of it had very satisfying achievement index value by as much as 55 students (88,7%).

Learning achievement is overall activity measurement, processing, interpretation, and considerations to make decisions about the level of the learning outcomes achieved by the individual. The results of the study pointed to the achievements of the study, whereas the achievement of learning that is an indicator of the existence of degrees of changes in student behaviour (Hamalik O, 2003). There are many factors that affect the achievement of learning either from outside or from inside, which included individuals from the outside that is one of the factors

During live protégé could not prevent ourselves from the natural environment and the socio-cultural environment, while from within the individual i.e. psychological factors among others, interest, intelligence, talent, motivation,. The value of learning achievements can be known through the process of evaluation of student learning outcomes. The results of the study can not be directly visible, without someone doing something that shows the results of the study through a the learning achievements. So, in the achievement of learning outcomes will be

The difference between the achievement level of the one with those of others in reaching what is intended, is due to the difference in the characteristics of individuals. The same person can produce different achievements in different situations so that it can be said that the accomplishment of learning is influenced by individual factors and the factors of the situation, this is in line with the opinion of the

Purwanto (2006) which explains that: "managed to learn it whether or not depends on various factors." After a certain span of time, usually at the end of the semester all the assessment for each field of study written in a transcript of a value called the GPA (Cumulative Achievement Index). This GPA into evidence the success or failure of students in the University. From this value, parents, students and teachers are concerned, teachers can see themselves

Table 4. Relationship Food consumption and nutritional status with student academic achievement

Correlations

			X	Y
Spearman's rho	X	Correlation Coefficient	1,000	,533[**]
		Sig. (2-tailed)	.	,000
		N	62	62
	Y	Correlation Coefficient	,533[**]	1,000
		Sig. (2-tailed)	,000	.
		N	62	62

[**]. Correlation is significant at the 0.01 level (2-tailed).

From the table above can be explained that the results of statistical tests of correlation spearman's with a degree of confidence 95% ($\alpha = 0.05$) above retrieved result P = 0.000 < 0.05 meaning Ho denied and H1 Accepted that it can be concluded that there is a relationship between food consumption and nutritional status with academic achievement Student Undergraduate Course 2015-2016 force Accounting University WR Supratman Surabaya

CONCLUSIONS AND SUGGESTION
Conclusion
Based on the results of statistical tests of correlation spearman's with a degree of confidence 95% ($\alpha = 0.05$) above retrieved result P = 0.000 < 0.05 then it can be inferred that there is a relationship between food consumption and nutritional status with academic achievement Student force 2015-2016 S1 study Program Bachelor of Accountancy University WR Supratman Surabaya

Suggestion
Based on the conclusion, there are some suggestions as follows:
  1. Number of research samples should be supplemented by involving all students both semesters to the late semester.

2. Need for classification of each faculty so that it will obtain very specific results which one truly has a good performance among all faculty in the University of WR Supratman Surabaya.

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