

**The Effectiveness and Application of the School Meal Policy in Improving the Behavior of the High School Students in a *Satuan Pendidikan Kerjasama* Private School**

*Syarif Syahman*

**Kamaluddin**

*kamaluddin\_disdik@yahoo.com*

**Bintang Simbolon**

*bintangsmbln@yahoo.com*

***ABSTRACT***

The Effectiveness and Application of the School Meal Policy in Improving the Behavior of the High School Students in a *Satuan Pendidikan Kerjasama* Private School.

The purpose of this study was to explore the possible relationship between the school meal policy towards the high school student's behavior academically and non academically in school.

Student's behavior is determined by their daily habits in school. These habits will result in their everyday behavior such as their interest in going to school, their honesty in doing test without cheating, having a healthy relationship with their peers and teacher, and their ability to be punctual in arriving to school or respecting the school timetable as a whole.

The researcher recommends that the school administrator should utilize the result of this research to make a better meal policy, with the soul objective of honing the student's discipline and improving their behavior in school.

*Keywords: Effectiveness, Meal Policy and Student's Behavior*

## **I. Introduction**

Education in Indonesia has been a concern, considering the countless problems we have in dealing with the many issues, such as the quality of education in our public schools, and the facility needed to support their education. The main problem is that these issues are not treated as a priority of problem and not given the proper attention and addressed seriously by the Indonesian government in order to find a solution. Let alone the core problem such as the quality of the new curriculum of 2013 and quality of teachers, that are able to apply it, the quality of the schools facility such as the canteen facility would not be considered as an important matter.

The school meal policy that managed the school canteen facility has not been seriously considered as an importance for the student's behavior in the Indonesian school. This is shown from the unavailability of a canteen or an eating area for students, staff and teachers in the most school premises in Indonesia. In accordance with the Indonesian school standard policy in the "*PERATURAN MENTERI PENDIDIKAN NASIONAL NOMOR 24 TAHUN 2007 TANGGAL 28 JUNI 2007*".

Health-related behaviors are significantly determined by the social environment in which people live and work. Therefore healthy eating habits and practices in an early age will help children develop life-long habits. The effect of a proper canteen facility and the implementation of a good meal policy for high school students, are very significant towards their life long habits and daily behavior in the school environment. But this importance has not been given the proper urgency by the government and school owners, due to the lack of research and information towards this phenomenon.

## **II. Objectives of the research**

1. To investigate whether the school meal policy that applies to the high school students has an effect towards the student's daily behavior in school. This is taken from the relevance of the implementation of the meal policy that is supported by the canteen facility.
2. To investigate whether the school canteen facility as a part of the object policy that has an effect towards the high school student's daily behavior in school. This is taken from the relevance towards the implementation of the school meal policy.
3. To investigate whether the school canteen facility has an effect towards the application and implementation of the school meal policy. This is taken from the connection and effect of the canteen facility that affect the application of the school's meal policy.

### **III. Application of the School Meal Policy**

A further important observation is that the people involved in formulating policies are not usually the people who will be responsible for their implementation. This is not to suggest, however, that teachers are totally powerless in the national policy arena.

According to this theory and situations where teachers are powerless in the making and even suggesting school policy making that effects them in doing their job, that is to educate holistically, teachers actually have the authority to “exploit the gaps and contradictions that exist in policies” by modifying or making the policy flexible, as long as it is in accordance to better meet the needs of the school and communities.

According to Jones, policies are created after the problems are identified and should be made systematically by stakeholders of the school itself, based on the experience of the school that consists of administrators, teachers, parents and students have gone through. Once the policy has been made based on their own experience from the issues, the done product of the policy needs to be appraised and implemented and evaluated periodically. We should remember that policies are not the Al Quran or some other holly book that are made and sourced by the ultimate Being and truth, and cannot be reviewed in the future by anybody, everything depends on the conditions, situations and interests of the schools and the school’s community.

The meaning of policy, it is a set of rules that is made by an institution and agreed by everybody and must be followed and obeyed by everyone in order to achieve a certain performance and behavior goal.

The involvement of the school community, not just the school administrators that consist of the student’s parents and their own children as students is very much important of the making of a school meal policy. The policy itself in accordance to Trahms’s theory should consist of nutrition values that monitors or manage the health and nutritious values of the food and beverages that are sold in the school canteen as one of the school facilities.

### **IV. Framework of Thinking**

Education is one of the key vehicles for the intellectual and professional development of our people and plays an increasingly important role in supporting a stronger and more globally competitive Indonesia. However, education in Indonesia still has several problems related to quality and access as well as the even distribution of well-trained teachers.

From that basic problem itself, Indonesia is far from the international standardization of world class education, so before we can demand better facilities in schools, we better fight for something that is more urgent, that is the availability of schools in rural areas of Indonesia.

Of 120 countries included in the 2012 UNESCO Education For All Global Monitoring Report, which measures education quality, Indonesia is ranked 64th. UNESCO’s 2011 Education Development Index (EDI) ranked Indonesia 69th out of 127 countries. Additionally, the number of children that

have dropped out of school in Indonesia is still high. "Based on the Ministry's data in 2010, there are more than million children each year cannot continue their education. This is caused by three factors, namely economic factors, children who are forced to work to support the family, and marriage at an early age," according to the Directorate General of Higher Education Secretary Dr. Ir. Patdonu Suwignjo, M. Eng, Sc in Jakarta.

According to the latest Human Development Index, reported by the UNDP, Indonesia ranked 121st out of 185 countries, with an HDI of .629. The report shows that Indonesia is ranked lower than two of its neighboring ASEAN countries, Malaysia (64th) and Singapore (18th). The average score for the region was 0.683.

Generally, the importance of a canteen facility is over looked by educational foundations and even by the Indonesian Department of Education. The importance of canteen has never been a priority of most schools in Indonesia, including private, national and even some SPK schools, it is still considered as an accessory of a school that does not need any specific standardization of design and convenience.

According to Trevor Pilgrim, a retired Principal of The Lodge School (268 year old school), *a secondary/high school in Barbados, a good school canteen can be a barometer for student conduct*, it means that it is a perfect place for students to learn how to queue for food, how to queue for food and how to act proper or be in their good behavior in the school canteen.

In providing the students, staff and teachers a healthy balance food and beverage, such as low fat food, no MSG, low sugar food and drinks, no sodas, no artificial colored food drinks and no junk food, all the food that is being sold by the canteen should be affordable by the students particularly. An efficient method of payment should also be considered in order to avoid long queues, time consuming transactions, jump queues, bullying among students and students taking a very long time for their lunch that would eventually cutting the classroom time.

The method that is used in some international school like Global Jaya International schools is the use of a smart card. This card has also other functions besides purchasing food and drinks from the school canteen, this card is also their student ID card.

In providing affordable food and drinks especially for the students, a school canteen should also be equipped by an efficient canteen standard that has standardization of hygiene, architectural well design canteen place, enough space an well ventilated. This policy will definitely affect to the student's happiness, convenience, and overall behavior in school.

After equipping the school with a good canteen facility that has international standard and efficiency, the school would need a meal policy that could manage the students in using the canteen facility. This policy could include hygiene policy that regulate and require students to wash their hands and dry them before consuming anything, maximum time for a student to buy food before the bell rings, payment method, queuing method, teacher duty roster in

the school canteen, eating ethics and time keeping management.

**V. Place of the Research and Time of the Research**

**1. Place of Research**

The research takes place in SPK Private School (SCB) High school at Jl. Paso no.84, Jagakarsa, South Jakarta.

**2. Time of Research**

The research had been done for 7 months but was only done intensively and effectively for 3 months. The time of the research was conduct from September 2017 to March 2018. Several things were arranged by the researcher, for this study before it was actually possible to be implemented at the SPK Private School high school. The researcher prepared physically and mentally for this study in order to be in the best interest for this research study and for the SPK Private School.

Even though the researcher uses tools such as questions interviews for the interviewees, but the researcher needs to physically observe and experienced the facility and policy effects that was implemented during school time and any other days. The objective is to retrieve personal, first hand and real experience from the implementation of the school policy and the canteen facility. The researcher was also teaching the research subject, they were the year 10s high school students, in order to feel and understand the student’s behavior in their every day school lives.

**VI. Research Informants**

In order to retrieve an accurate and credible data for this study research, the researcher is interviewing the Principal, Homeroom Teachers, Parents and the SPK Private School Highschool year 10 students. In this research, the researcher has already determined who will be the informant in accordance to the objectives of the research by using the Purposive Technic Sampling. According to Evi and Sudarti (2016: 10), Purposive Sampling is one of the common used sampling in a qualitative research like this one. The amount of the sampling can be determine before the research itself is done, depends on the source of data availability, time availability, and also depends on the objectives of the research. The informants that the research had selected are the people who have the information needed, due to their daily exposure and experience of the issues being studied by the researcher lives that are subjected to the issues the researcher is studying.

The informants that are interviewed in this thesis research are:

- a. Year 10 Students : 10 Students
- b. Teachers : 3 People
- c. School Leadership : 2 People

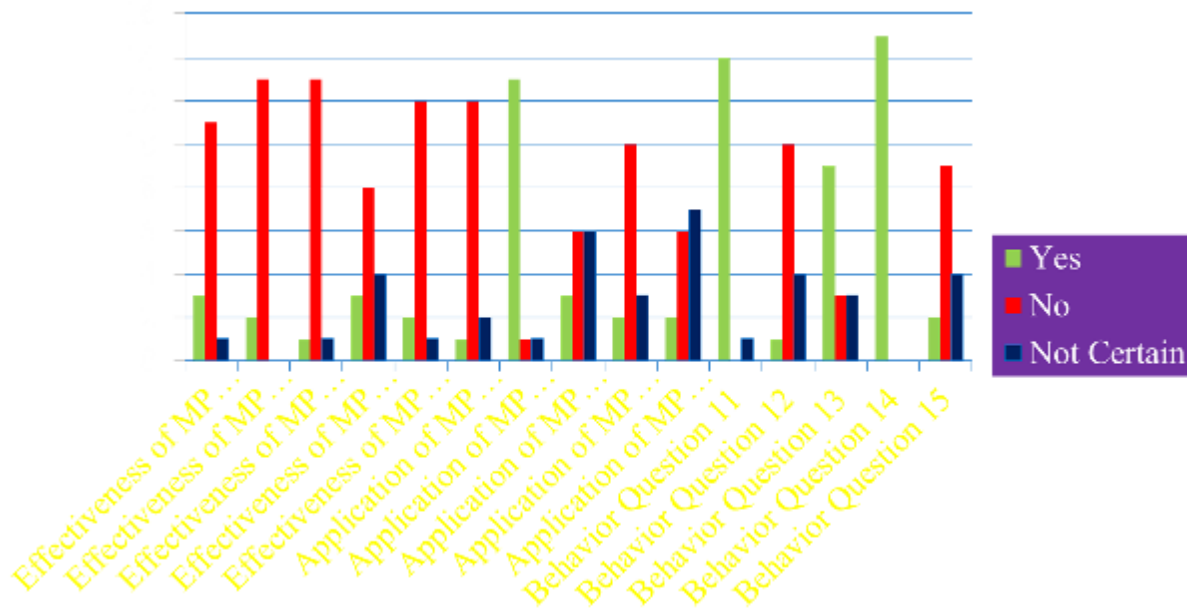
**Observation Guidelines**

No	Indicator	Observation details	Conditions	
			Availab	Unavaila

			le	ble
1.	Effectiveness and Application of the Meal Policy and School Canteen Facility	1) Is there a bell or time keeping device? 2) Is there a specialized written school policy regarding the school meal policy? 3) Does it have a queuing system? 4) Does it provide eating utensils? 5) Does it provide seating tables for all students? 6) Does it have proper wash basin and hand dryer for students? 7) Does it have proper air circulation device?	√    √ √ √ √	√  √
2	Students Behavior	1) Is there any punishment for student's tardiness? Is there any "specialized" 2) written school policy for the student's behavior management?	√	√

## VII. Interview Result

No	Questions	Evidence	Yes	No	Not Certain
1	Do you think the Meal Policy ensures students follow certain timing?	√	3	11	1
2	Do you think the MP ensures students follow certain etiquettes in the canteen?	√	2	13	0
3	Do you think the MP ensures students follow a behavior standard?	√	1	13	1
4	Do you think the MP ensures students fulfill their interest at recess and lunch and time?	√	3	8	4
5	Do you think the MP ensures students reach a desired performance on meal time?	√	2	12	1
6	Do you think the SCF provides and sell healthy food and beverage, and provide quick service for students, teachers and staff?	√	1	12	2
7	Do you think the SCF is a place for the students to practice personal financial management by selling affordable goods?	√	13	1	1
8	Do you think the SCF provides a proper place to eat and drink for students, teachers and staff?	√	3	6	6
9	Do you think the SCF gives an efficient way of a self-service school canteen?	√	2	10	3
10	Do you think the SCF supports the students to apply their personal hygiene, eating and life etiquettes?	√	2	6	7
11	Do the students find school activities interesting?	√	14	0	1
12	Are the students honest in doing their tests?	√	1	10	4
13	Do the students usually get sleepy when the teacher is teaching in class?	√	0	3	3
14	How is the student's relationship with the teacher regarding academic and non academic matters?	√	15	0	0
15	Do students always arrive to school on time? if not what is the reason?	√	2	9	4



### VIII. Conclusion

According to the calculations of the data research and the data result analysis that was elaborated in chapter IV, therefore these are the conclusions found:

1. The School Meal Policy has a direct positive effect towards the SPK Private School students. Therefore future revision and reformation for the improvement of the meal policy may cause a positive behavioral change particularly the year 10 high school students.
2. The School Canteen Facility has a direct positive effect towards the SPK Private School student's. Therefore future renovation and constructions on the school canteen facility may cause a positive behavioral change particularly the year 10 high school students.
3. The School Meal Policy that includes the school canteen facility has a direct impact towards the student's academic achievements, it has been proved from several relevant research conducted by Texas A&M University in a high school in Texas, and also Cornell University and The Council of Educational Facility Planners International. Their studies have proved that students in improved and modern facility scored significantly higher in reading, language and mathematics. Based on these past studies combined with this research study, we can imply that the right school meal policy and good canteen facility can improve the student's behavior in achieving better academic and their character building process.

By referring to the result of the research, we may conclude that

the The Effectiveness and Application of the School Meal Policy in Improving the Behavior of the High School Students in an SPK Private, can give a significant effect towards the high school student's general behavior in school. Therefore we have the importance to implement several efforts, such as:

1. Efforts to improve the student's behavior through the school's Canteen Facility in the Meal Policy  
Improving the school canteen facility by (1) providing and selling healthy food and beverage, (2) providing a proper place to eat and drink, (3) providing proper food storage equipment in the kitchen, (4) creating a place to implement life ethics of queuing, patience and honesty, (5) and creating a place to implement personal hygiene in eating etiquettes. By providing and selling healthy food and beverages, providing a proper place to eat and drink, providing proper food storage equipment in the school canteen kitchen, creating a place to implement life ethics of queuing, patience and honesty, and creating a place to implement personal hygiene in eating can give a positive effect towards the students general behavior in school.
2. Efforts to improve the student's behavior through the school's Meal Policy by  
(1) ensuring students to follow certain timing (2) ensuring students follow certain etiquettes in the canteen, (3) ensuring students to follow a behavior standard, (4) ensuring students to fulfill their common interest at meal time, and (5) ensuring students to reach a desired performance on meal time. Through those objectives of the meal policy stated above, we can give a conclusion, based on the research done, Meal Policy has an effect towards the student's general behavior in school.

Based on the conclusion and implementation of the research, there are some suggestions that needs to be addressed and implemented, such as:

1. For the SPK Private School head of school and foundation director, I should suggest to improve the quality of the Canteen Facility, by making more needed facility to support the students in behaving and eating well. From the school facility that supports the student's to follow the school's standard behavior, the students could hone their discipline and good behavior in order for them to be ready for the outside world and general society.
2. For the General Affair managers and school administrator, I could suggest the result of this research could be a reference to make a better school policy,



especially school meal policy that gives advantages to all stake holders, including students, the school management and owners.

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