

MORNING MOOD BOOSTERS: WAYS TO INCREASE STUDENTS EFFECTIVENESS AT SCHOOL

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Abstract

This article analyze students bad mood in the morning because of some problems, such as; (1) Lack of Sleep, (2) Morning Rush, (3) Unpreparedness: (4) Social Pressure (5) Hormonal Changes (6) Breakfast Struggle: (7) Stress and Overwhelm (8) Transportation Issues (9) Physical Discomfort (10) Lack of Motivation. Those problems make them get bad mood to go to school. The aim of this writing may help students, teachers, and parents aware of morning motivation to start the day to face a long journey in a day and get some good achievement at the end of the day. Method used in this article is literature review. The writer find some related articles in online journals, analyze and give some solution. In conclusion, to prepare children ready to go school, there must be some mood booster. These can make them feel comfortable and get new spirit, so that they easy to get high achievement at school.

Keywords: morning, mood booster, students, achievement

Abstrak

Artikel ini menganalisis penyebab suasana hati buruk pada siswa di pagi hari, yang dapat disebabkan oleh beberapa faktor, antara lain: (1) kurang tidur, (2) terburu-buru di pagi hari, (3) ketidaksiapan, (4) tekanan sosial, (5) perubahan hormon, (6) kesulitan saat sarapan, (7) stres dan rasa kewalahan, (8) masalah transportasi, (9) ketidaknyamanan fisik, dan (10) kurangnya motivasi. Masalah-masalah tersebut sering kali membuat siswa merasa enggan atau tidak bersemangat untuk pergi ke sekolah. Tujuan dari penulisan ini adalah untuk membantu siswa, guru, dan orang tua lebih menyadari pentingnya motivasi di pagi hari sebagai langkah awal untuk memulai hari dengan semangat dan mencapai hasil yang baik sepanjang hari. Metode yang digunakan dalam artikel ini adalah tinjauan pustaka. Penulis mengumpulkan dan menganalisis artikel-artikel terkait dari jurnal online serta memberikan beberapa solusi yang mungkin dapat diterapkan. Sebagai kesimpulan, agar anak-anak siap dan termotivasi untuk berangkat ke sekolah, diperlukan adanya mood booster atau penguat suasana hati. Hal ini dapat membantu mereka merasa lebih nyaman, bersemangat, dan termotivasi, sehingga lebih mudah mencapai prestasi yang tinggi di sekolah.

Kata kunci: pagi, penyemangat, siswa, prestasi

INTRODUCTION

In Indonesia elementary students and junior high school students of state school must go to school six days a week for half day. While senior high school students must go to

school five days in a week almost a day. They have to start early in the morning with some responsibility of assignment. On the other hand, private school ask the students to study at school for full day. Those morning routine break the mood of students to start the day usually on Monday as the beginning of the week until Saturday as the end of the day.

Starting the day on a positive note can make all the difference in a student's academic performance and overall well-being. A good morning routine can help energy levels, improve focus, and boost motivation, leading to a more productive and successful day. However, many students struggle to get started, often feeling groggy, sluggish, or overwhelmed by the demands of the school day. In this article, we'll explore some effective morning mood boosters that can help students shake off the morning blues and set themselves up for success. From simple habits to energizing activities, we'll dive into the ways that students can start their day with confidence, enthusiasm, and a positive attitude. The rushed morning routine, sometimes accompanied by heated arguments, can make arguments, can make children reluctant to go to school (Tajik et al., 2025).

According Mariani et al., (2022) Some potential reasons why students might experience bad moods in the morning before school are: (1) Lack of Sleep, (2) Morning Rush, (3) Unpreparedness: (4) Social Pressure (5) Hormonal Changes (6) Breakfast Struggle: (7) Stress and Overwhelm (8) Transportation Issues (9) Physical Discomfort (10) Lack of Motivation. As students navigate the challenges of academics, extracurricular activities and social relationships, it's essential to establish a morning routine that sets them up for success. A well-crafted morning routine can help students develop healthy habits, improve their time management skills, and cultivate a growth mindset.

Here, breakfast struggle play an important role based on Mehta, (2022) stated that 46,2% elementary students miss morning breakfast that make them low in academic achievement. It is because they have less spirit in study. By incorporating morning mood boosters into their daily routine, students can experience a range of benefits, including improve concentration, enhanced creativity, and increase resilience. In this article, we'll explore the most effective morning mood boosters that can help students achieve their full potential and make the most of their educational journey.

Symptoms of school refusal as observed from the clients include psychological such as irritability and bad mood in the morning as well physiological such as headache and diarrhea. Furthermore, the fact that four of five clients came from relatively problematic families may also indicate that children from such as a family may have higher susceptibility to school refusal (Campbell et al., 2025). From meditation and exercise to journaling and goal-setting, we'll examine a variety of morning mood boosters that can be tailored to fit individual needs and preferences. Whether you are a morning person or night owl, these strategies can help you start your day with purpose, energy, and enthusiasm. By prioritizing your morning routine and incorporating these mood-boosting activities, you'll be better equipped to tackle challenges, achieve your goals, and make the most of your time at school. So let's dive in and explore the morning mood boosters that can help students like you succeed and thrive (McIntosh et al., 2021).

Establishing a positive morning mood is especially important for students who often juggle multiple responsibilities, from homework to extracurricular activities. A cheerful start not only improves concentration but also reduces stress and anxiety, making the school day more manageable and enjoyable. Whether it's through quick physical exercises, mindfulness practices, or energizing breakfasts, these mood boosters can create lasting benefits throughout the day. By understanding and implementing these strategies, students can unlock their full potential and approach their studies with renewed vigor and optimism (Monsillion et al., 2025). Therefore, it is necessary to have a mood booster or encouragement for students to stay enthusiastic in living their lives as part of the academic community. So that the quality of graduate students increases because in their daily life they get enough enthusiasm. A good spirit will give positive energies that build (Crowley et al., 2023).

METHOD

This research is literature study Creswell & Poth, (2017) stated that literature study is a theoretical study, reference and another scientific literature include culture, values, norm that develop to social situation in the research. The data collection take from some articles of online journals. The researcher searched some articles of online journals related with the topic and it was found ten articles relevance to the research. The research technic done by documentation finding data of something or variables such as notes, books, articles, journals, and news (Moniruzzaman Sarker & AL-Muaalemi, 2022). In validity exam, the researcher used triangulation data source. An analyzing done in four steps; (1) data collection, (2) data reduction, (3) data display, and (4) conclusion. The research method here literature review using descriptive qualitative approach. By analyzing some relevant article, the writer know the same problem with this article.

RESULT AND DISCUSSION

Morning is a special time for people because in the morning is the beginning of a new day. The air also still fresh, so that it is easy to refresh our mind, think clearly, and get new ideas in this period of time. Unfortunately, some people feels different. Especially, students that have busy activity before going to school. This activity happened everyday except holidays. It makes the morning routine become scary if they are not ready to start the day. Furthermore, from the data collection there are found some information support this research. Most of students have the same experience to start the day. Some problems that they are faced mostly are: (1) Lack of Sleep: not getting enough sleep or having poor sleep quality can lead to irritability and a bad mood. (2) Morning Rush: the pressure to get ready on time, gather belongings, and catch the bus or arrive at school can be stressful and overwhelming. (3) Unpreparedness: Feeling unprepared for school, whether it's due to unfinished homework, lack of study materials, or uncertainty about an upcoming test, can cause anxiety and a bad mood. (4) Social Pressure: Concerns about social interactions, peer pressure, or bullying can weigh heavily on students' mind and affect their mood. (5) Hormonal Changes: Hormonal fluctuation, particularly during adolescence, can lead to mood swings and irritability. (6) Breakfast Struggle: Not having enough time for breakfast, not having healthy options available, or struggling with hunger or food carvings. (7) Stress and Overwhelm: The demands of schoolwork, extracurricular

activities, and other responsibilities can feel overwhelming, leading to stress and bad habit. (8) Transportation Issues: Dealing with transportation problem, such as bus delay, traffic jams, or ride-sharing issues. (9) Physical Discomfort: experiencing physical discomfort such as headaches, stomachaches, or fatigue, which can make it hard to focus or feel alert. (10) Lack of Motivation: Feeling unmotivated, uninterested, or disconnected, from school, make it hard to get moving in the morning.

Those reasons make them lazy to start the day and to go to school. Boosting morning motivation before school can make a huge difference in a student's day. Why morning matter is important? Starting the day on a positive note can set the tone for academic success and overall well-being. Mood booster is something that can change a person's mood or feeling condition to be more enthusiastic about doing something. Mood booster can be anything, be it objects or living things. Mood booster objects such as books, musical instruments, gadgets, and others. For example, there is someone who will turn out to be more excited when he has read his favorite book, there is also someone when his feelings and thoughts are tired will get better when playing his favorite musical instrument such as guitar, piano, violin and so on (Broderick, 2021; Monsillion et al., 2023).

The literature study on morning mood boosters for students revealed several key factors affecting students' moods and practical strategies to improve their morning experiences. The research found that many students face challenges such as lack of sleep, morning hurry, social pressures, hormonal changes, and breakfast difficulties, which negatively impact their mood and readiness for school. These challenges contribute to feelings of irritability, anxiety, stress, and lack of motivation in the morning, which compromise their academic performance and overall well-being. To address these issues, the study identified a range of effective morning mood boosters supported by psychological and educational research. Regular physical exercise, even brief routines, were consistently shown to enhance alertness, energy levels, and cognitive function. Mindfulness and meditation practices helped reduce anxiety and promote emotional balance early in the day. Journaling and goal-setting activities fostered positive attitudes and motivation by encouraging reflection and intentionality.

Moreover, practical habits such as having a nutritious breakfast, staying hydrated, and exposing oneself to natural light in the morning were linked to improved mood and concentration. Engaging in gratitude practices and listening to uplifting music further boosted students' positivity and reduced stress. Minimizing the number of decisions to make in the morning was also recommended to lower cognitive load and increase mental clarity. Waking up calmly, having a good breakfast, and then interacting with family are important so that children have a positive vibe when going to school (Laschke et al., 2023). The combination of these morning mood boosters created a synergistic effect, allowing students to start the day with increased confidence, enthusiasm, and resilience. Students who implemented consistent morning routines incorporating these elements reported better academic focus, higher productivity, and improved social interactions

during the school day (Felter & Singh, 2020; Kawabata et al., 2024; Zakszeski et al., 2024).

The findings underscore the importance of establishing structured and personalized morning routines for students, especially those managing multiple responsibilities such as homework and extracurricular activities. Schools and parents could support students by encouraging practices that enhance morning well-being and teaching time management skills to reduce morning rush stress. The literature review indicates that establishing an effective morning routine has a significant positive impact on students' mood and academic performance. Trauma Research UK emphasizes that "starting your day with a healthy morning routine can have a profound impact on your mood and productivity throughout the day." This highlights the importance of beginning the day proactively to foster alertness and positive disposition (Tilp et al., 2020).

Among the practical morning mood boosters, physical activity such as stretching or light exercises is key to improving blood circulation and energy levels. As noted by Trauma Research UK, stretching "helps improve your alertness and activity levels, making it easier to face the day." Such physical engagement early on can counteract morning grogginess and enhance students' focus. Exposure to natural light is another critical factor. The same source recommends allowing "natural light into your bedroom before you go to sleep" and notes that "morning sunlight will positively impact your disposition." Natural light regulates circadian rhythms, which can improve sleep quality and reduce morning irritability, thus supporting better mood regulation in students (Dunn, 2023; Elias et al., 2021).

Nutritional intake also plays a vital role, with a "nutritious breakfast consisting of grains, fruits, water, and juice" being emphasized to replace sugary snacks. This has been shown to stabilize blood sugar levels and provide sustained energy, which is essential for academic focus and emotional stability. The practice of gratitude, even if brief, sets a positive mental tone for the day. Trauma Research UK suggests dedicating "a few minutes each morning to being grateful" to cultivate appreciation and optimism. This psychological habit fosters resilience against stressors students might face during the day.

In addition to mood-boosting activities, minimizing decision-making in the morning by preparing clothes, meals, and schedules the night before reduces cognitive load and stress. This preparation enables smoother transitions and lowers anxiety about the day's demands. Hydration upon waking is another simple yet effective mood enhancer. Rehydrating after sleep has been associated with increased energy and clarity, contributing to better morning mental states. Collectively, these habits combine to form a holistic morning routine that enhances mood, reduces stress, and builds a foundation for academic success. Students equipped with such routines are likely to experience improved concentration, motivation, and emotional resilience throughout the school day. Encouraging schools and families to adopt and support these practices can facilitate healthier, happier students more capable of meeting their educational goals.

CONCLUSION

Starting the day on a positive note can make all the difference in a student's academic performance and overall well-being. A good morning routine can help energy levels, improve focus, and boost motivation, leading to a more productive and successful day. However, many students struggle to get started, often feeling groggy, sluggish, or overwhelmed by the demands of the school day. Some students also feel: Lack of Sleep, Morning Rush, Unpreparedness, Social Pressure, Hormonal Changes, Breakfast Struggle, Stress and Overwhelm, Transportation Issues, Physical Discomfort, Lack of Motivation. Then to break out these problems there must be positive things to do before sleep and early in the morning. Such as: physical activity early can counteract morning grogginess and enhance students' focus, natural light regulates circadian rhythms, which can improve sleep quality and reduce morning irritability, nutritional intake also plays a vital role to improve focus and emotional stability, practice of gratitude as a habit fosters resilience against stressors students might face during the day, minimizing decision-making in the morning by preparing clothes, meals, and schedules the night before reduces cognitive load and stress, waking up early is another simple yet effective mood enhancer, then encouraging schools and families to adopt and support these practices can facilitate healthier, happier students more capable of meeting their educational goals. This writing may help students, teachers, and parents aware of morning motivation to start the day to face a long journey in a day and get some good achievement at the end of the day.

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