

UNIVERSITI TEKNOLOGI MARA

**THE RELATIONSHIP BETWEEN CAFFEINE
CONSUMPTION AND STUDY HABITS AMONG
UNDERGRADUATE STUDENTS IN UiTM
PUNCAK ALAM**

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ABSTRACT

The purpose of this study was to identify the prevalence of caffeine consumption, to find out the relationship between study habits of students and caffeine consumption including its effects and also to relate it with the academic performance of undergraduates' student in UiTM Puncak Alam. Data collected by convenience sampling of 400 students from four faculties namely Faculty of Pharmacy, Faculty of Health Science, Faculty of Hotel and Tourism Management and Faculty of Business Management and Technology. Data had been collected through questionnaires which adapted from McIlvain (2008) and Valladares (2009) which consisted of 20 items respectively and further divided in four parts; part A (demographic section), part B (prevalence), part C (study habits) and part D (effects of caffeine on study habits). Data were analysed using Statistical Package of Social Sciences (SPSS) include Chi-Square test and frequency analysis. Majority of the respondents were female (71.3%) and about 51% students consumes caffeine while studying for exam. There was a significance difference ($p < 0.05$) between caffeine consumption and study habits meanwhile there was no significant difference between academic performance and caffeine consumption ($p = 0.238$) since majority both group got the same results (CGPA \Rightarrow 3.00). The effects of caffeine were cannot sleep (18.6%), had a frequent urination (17.3%) and headache (12.6%). In conclusion, there is an association between caffeine consumption and study habits of the students. Majority of students that consume caffeine showed the unhealthy study habit.

CHAPTER 1

INTRODUCTION

1.1 Background

Caffeine is a drug that stimulates the central nervous system. Caffeine makes people more alert, less drowsy, and improves coordination (Encyclopedia of Medicine,2002). A typical cup of brewed coffee contains 120 milligrams of caffeine and a cup of hot tea contains 60 milligrams. It is thought that just 200 milligrams of caffeine consumed can cause a lack of sleep (Roehrs,2008). Caffeine is found not only in coffee and tea, but in soft drinks, diet pills, non-prescription cold medications, chocolate, and hot cocoa. Studies have shown that a few medical professionals believe that caffeine is a detriment to our society because of its addictive nature. Still Americans choose caffeine as a way to energize or start their day (Nonis,2006).

About 1.5 billion cups of coffee are consumed every day throughout the world. The average daily consumption of caffeine for adults in the United States is about 280 milligrams (Hagen,2009). In another report, the estimated of caffeine consumption per capita worldwide is around 70 milligrams (Popkin,2006) Meanwhile, the prevalence in Malaysia is quite satisfactory because almost the Malaysian adults which is 99% of them are drinking at least 6 glasses of plain water daily and only