

FSR@S3 | SECOND EDITION
E-BULLETIN
OCTOBER 2024

FACULTY OF SPORTS SCIENCE AND RECREATION



In conjunction with student association



The Benefits and Risks of Caffeine to Health: Are You Aware of It?

Nora Mohd Basir¹, Noorezatty Mohd Yusop¹, Muhammad Luqman Zulkifli¹, Muhammad Shauqi Rahim¹, and Najmuddin Haqimi Nazli Suhardi¹

¹College of Computing, Informatics and Mathematics UiTM Seremban Campus.

“Understanding caffeine's benefits and risks is essential for students who rely on it to stay awake and alert.”

Caffeine, a stimulant drug, is widely used to enhance mental and physical performance and is commonly known as an energy booster [1]. It is found in various beverages, including coffee, tea, chocolate, and energy drinks. These drinks are popular across different age groups and can significantly boost alertness, improve mood, and reduce fatigue by increasing dopamine levels, a neurotransmitter associated with pleasure and reward. However, while caffeine offers

several benefits, it can also have negative effects if consumed excessively. Too much caffeine can lead to headaches, high blood pressure, sleep disturbances, anxiety, stomach problems, shaky hands, and an increased heart rate [1] [2]. Despite these potential risks, many people are unaware that caffeine is present in beverages other than coffee, such as tea, energy drinks, and sodas, even though these drinks usually contain lower amounts of caffeine.



The Benefits and Risks of Caffeine to Health: Are You Aware of It?

Understanding the benefits and risks of caffeine is crucial for making informed choices, especially for students who often rely on caffeine to stay awake and alert for their studies.

A study conducted among 385 students in one of the public universities in Malaysia revealed that while 69.5% of the participants were aware of the negative health effects of caffeine, 30.5% lacked this awareness. This finding underscores the need for better education on caffeine's potential side effects and the importance of consuming it in moderation.



Caffeine, is it good, is it not?

Awareness campaigns could be highly effective in addressing this gap. Student representatives could lead these campaigns using various tools, like videos and posters, to disseminate information about the health implications of caffeine consumption. These campaigns could be

implemented at educational institutions, targeting students who are the primary consumers of caffeinated beverages. Additionally, interactive workshops or seminars could be organized to engage students directly and facilitate discussions about healthy caffeine consumption habits. Moreover, broader community discussions could also play a vital role in raising awareness. Community meetings, neighborhood gatherings, and other social events provide excellent opportunities to spread information about the potential side effects of caffeine. By fostering a culture of informed consumption, these initiatives could help people make healthier choices regarding their caffeine intake. In addition, these efforts can ensure that more people understand the importance of moderating their caffeine intake to maintain good health.

In conclusion, caffeine presents benefits and risks, often overlooked outside of coffee. Students need awareness due to their reliance on it. Collaborative efforts at both local and national levels can empower individuals to make informed choices about their caffeine intake, promoting overall well-being in our communities.

References

- [1] H. M. Aslam, A. Mughal, M. M. Edhi, S. Saleem, M. H. Rao, A. Aftab, ... & A. M. H. Khan. Assessment of pattern for consumption and awareness regarding energy drinks among medical students. *Archives of Public Health*, 71, 1-11. 2013.
- [2] S. Rodda, N. Booth, J. McKean, A. Chung, J. J. Park, & P. Ware. Mechanisms for the reduction of caffeine consumption: What, how and why. *Drug and Alcohol Dependence*, 212, 108024. 2020.