

Effect of consumption habits caffeinated (coffee) with quality sleep of undergraduate nursing students in Makassar City

Agussalim

Makassar Health Polytechnic, Indonesia



Abstract

Caffeine is an addictive drug colorless and odorless which is found in many foods and beverages we consume. Also found in several drugs as a cardiac stimulant and also as a mild diuretic to increase urine production. Food and beverages such as coffee, tea, chocolate and cola all contain caffeine which can cause sleep quality and sleep deprivation while the impact caused by the quality of sleep. This study aims to investigate the relationship between habitual consumption of caffeinated beverages (coffee) with the quality of sleep in undergraduate nursing students. This study uses analytic method with cross sectional approach. This research was conducted in June- July 2020. The samples were obtained as many as 100 students. This study using purposive sampling techniques and tools used to obtain data was questionnaire. This study uses-Square Test with a significance value $\alpha = 0.05$. The results of this study showed no association between habitual consumption of caffeinated beverages (coffee) with the sleep quality of students with $P = 0.000 < \alpha = 0.05$.

It was concluded that there are between habitual consumption of caffeinated beverages (coffee) with the quality of undergraduate nursing students. It is recommended that students set up a habit to consume caffeinated beverages so as to minimize the impact of these habits one disturbance in sleep quality.

Biography

Agussalim has completed his DNS at the age of 32 years from Saint Paul University Philippines. He is a professor assistant of Makassar Health Polytechnic, Indonesia. He has many publications that have been cited. He has written many nursing books inside the country. He has been a reviewer in many international journals which national and international journals. He has a speaker in many conferences inside and outside of the country.



[4th Global Conference on Nursing and Healthcare](#) | May 20, 2021

Citation: Agussalim, Effect of consumption habits caffeinated (coffee) with quality sleep of undergraduate nursing students in Makassar City, Nursing Congress 2021, 4th Global Conference on Nursing and Healthcare | May 20, 2021, 03