

# Evaluation of Caffeine Consumption in Bezmialem Vakif University Students



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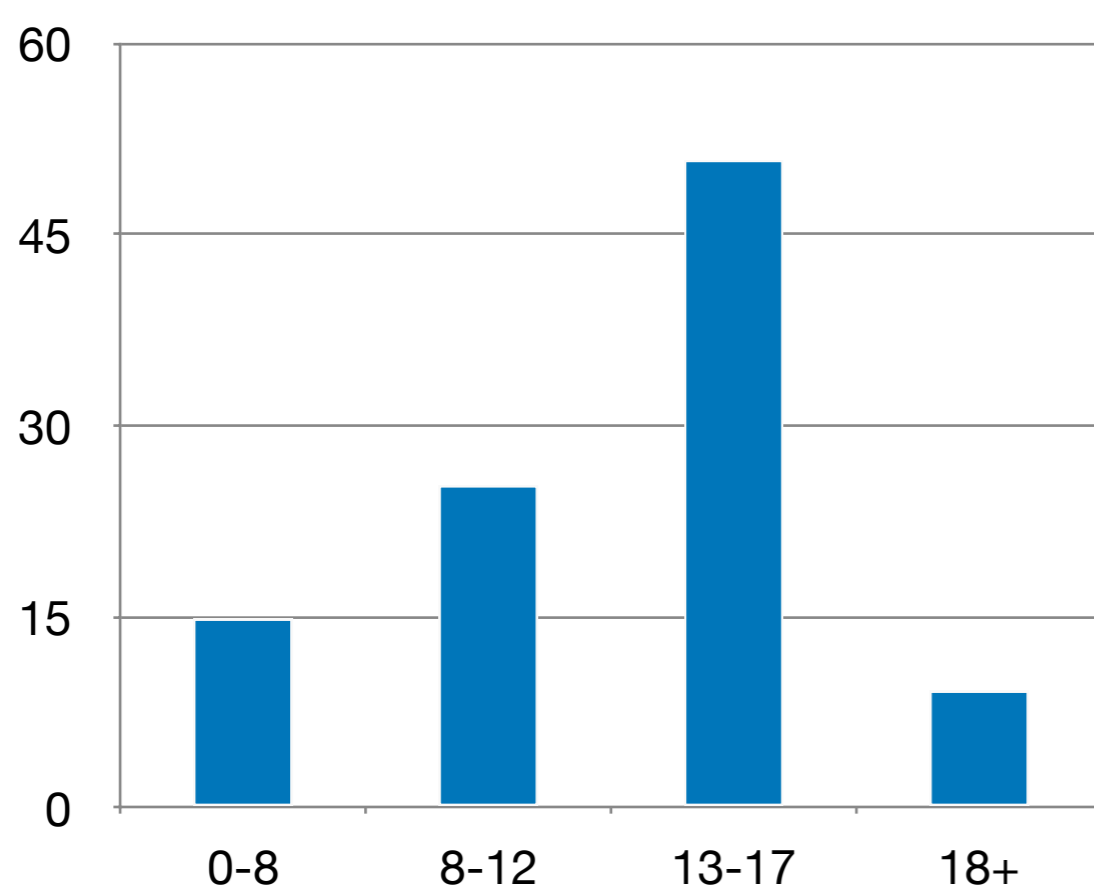
## Introduction

Caffeine is part of our diet and is usually consumed in different types of food and beverages, such as coffee beans, tea leaves, cocoa beans and other plants. Caffeine is considered a mild stimulant that is affordable and easily available all over the world. In the literature, it has been stated that caffeine can affect human health in both positive and negative ways. It has been reported that moderate caffeine intake can reduce fatigue with its stimulating effect. On the other hand, it has been reported that mood swings, sleep problems and anxiety disorders may be observed due to the negative effects of caffeine; excessive caffeine consumption may disrupt the fluid electrolyte balance with its diuretic effect and may result in adverse health conditions such as cardiovascular problems, decreased bone density and calcium accumulation. The aim of the research is to evaluate caffeine consumption in Bezmialem Vakif University students.

## Methods

Based on previous studies, the minimum sample size was calculated as 228 when the difference between the rates was taken as 0.17 at the 95% confidence level for 80% power. The data was collected through a survey prepared using the literature on the Evaluation of Caffeine Consumption in Bezmialem Vakif University Students. The survey was applied to all undergraduate and associate degree students studying at Bezmialem Vakif University in the 2022-2023 academic year. Data was collected from the digital platform via Google Forms and analyzed statistically. SAS statistical software program was used to analyze the data. Pearson chi-square test was used to evaluate the relationship between the participant's sociodemographic characteristics and caffeine use habits and the relationship between both.

### ■ When Did You Start Taking Caffeine(Age)?



## Results

A total of 230 people participated in the research. According to the analysis, the rate of caffeine intake was higher in men in gender comparison: 58% ( $p = 0.04$ ). In the entire research group, caffeine intake was mostly from coffee with a rate of 67.8%. No significant result was found between caffeine intake and increased sleep problems. ( $p = 0.12$ )



## Conclusion

In summary, it has been concluded that Bezmialem University students prefer caffeine to feel more fit, energetic and less sleepy, and the majority of students obtain caffeine by drinking coffee.

### ■ For What Purpose Do You Consume Caffeine The Most?



## References

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