

Relationship of Caffeine Consumption and Sugar Sweetened Beverages with Depression Symptoms in Final Year College Students
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ABSTRACT

Depressive symptoms are a collection of behaviors and feelings that can specifically be classified as depression. Final year students have the potential to experience depression, the triggers include the demands for completion of studies and thesis. Final year college students do various ways to meet the needs of eating and drinking while doing their thesis to fight feelings of fatigue and drowsiness, namely by consuming foods or drinks that contain caffeine and sugar. The purpose of this study was to determine the relationship between caffeine consumption and sugar sweetened beverages with depressive symptoms in final year college students. This type of research is an analytical survey research with a cross-sectional design. The subjects in this study were 106 people. Sampling by non-probability sampling is a purposive sampling technique. The sample was selected based on predetermined characteristics, namely by distributing online questionnaires to final year college students studying in Jember and outside Jember who met the inclusion criteria. The research was conducted in Jember Regency online. The instruments used in this study were respondent identity questionnaires, MINI questionnaires, SQ-FFQ forms, and whatsapp applications with interview techniques in respondents. The results of this study were analyzed using the chi-square test. The results of this study showed that there was no relationship between caffeine consumption and depressive symptoms (frequency of caffeine consumption (p-value = 0.3) and the amount of caffeine consumption (p-value = 0.2)). There is no relationship between the consumption of sugar sweetened beverages and depressive symptoms (frequency of consumption of sugar sweetened beverages p-value = 0.9) and the amount of consumption of sugar sweetened beverages (p-value = 0.2)). The conclusion of this study is that there is no relationship between caffeine consumption and sugar sweetened beverages with depressive symptoms in final year college students

Key Words: *Symptoms of Depression, Caffeine, Final Year College Students Sugar Sweetened Beverages*