

***The Relationship of Coffee Consumption with Sleep Quality and Obesity
Incidence in Students of Health Department of Jember State Polytechnic***

Alfiene Fajriyal Huwaidah

Clinical Nutrition Study Program

Department of Health

ABSTRACT

The main ingredient in coffee is caffeine. Caffeine inhibits the work of the hormone adenosine so that it can reduce sleep quality. When sleep deprivation, the hormone ghrelin will increase and affect the incidence of obesity. The purpose of this study was to determine the relationship of coffee consumption with sleep quality and the incidence of obesity in students majoring in health at Jember State Polytechnic. The research design used was observational analytic with a cross sectional approach. Respondents of this study amounted to 98 students majoring in health at Jember State Polytechnic. The research respondents were taken with Purposive Sampling technique. This study uses the Spearman-Rho statistical test which shows there is a relationship between coffee consumption habits and sleep quality ($p\text{-value} = 0,000$ with $r = 0,466$), coffee consumption habits with obesity incidence ($p\text{-value} = 0,000$ with $r = 0,453$) and sleep quality with obesity incidence ($p\text{-value} = 0,001$ with $r = 0,341$). The conclusion of this study is that there is a relationship between coffee consumption habits with sleep quality and the incidence of obesity and sleep quality with the incidence of obesity.

Keywords: *coffee, sleep quality, obesity, nutritional status*