**Introduction**

The reason drinking black coffee are:
- It contains caffeine which has the same effect as cocaine and amphetamine.
- People believe that drinking coffee can increase their work quality, effect on their attitude, feelings, motivation and behavior.

**Method**

- Observational Analytical Epidemiology
- Purpose sampling as many as 104 respondents (26-65 years old)
- It consists of 41 males and 64 women as respondents.
- The habitual of black coffee drinking variable using questionnaire & Work quality by using WHOQOL-BREF.
- Data is analyzed by using spearman correlation

**Result**

<table>
<thead>
<tr>
<th>Variables</th>
<th>Sig</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>The customs of black coffee drinking &amp; work quality</td>
<td>0.000</td>
<td>There is relation between the habitual of black coffee drinking and the work quality.</td>
</tr>
</tbody>
</table>
- Caffeine in coffee has the same effect as cocaine and amphetamine.
- Caffeine works by blocking adenosine receptor in center-nerv system.
- The blocked of adenosine receptor by caffeine causes the increase of blood oxygen flows in system, so it can increase motoric activity in body and awareness (Hasko & Pacher, 2008), (IOM, 2014; ISIC, 2017).
- Caffeine in light concentration in muscles cells can increase the changes of calcium ion, so it can reduce lactted production (Lestari, et al., 2009).
- Research by 70 respondents of Bristol University students, who 35 respondents was given coffee which contains caffeine and 35 respondents whitout caffeine, showed that the consumption of coffee with caffeine can increase their cognitive ability on the eight days of consumption (Brice dan Smith, 2002).
- The recent study stated that the effect of ergogenic caffe line which is consumed by atheletes can increase muscles mass, and decrease tiredness while exercising (William & Jay, 2012).
- Previous research shows that there is positive relation between black coffee and the work quality (Rogers & Wesnes, 2017).
- People has suggestion that drink coffee before doing something can increase their work quality, attitude, feelings, motivation and behavior (Michael, Garry, Kirsc, 2013).

**Conclusion**

There is relation between the habitual of black coffee drinking and the work quality of people in Ampelun and Ambulu Village, Wirgini District, Bondowoso.

**References**

- etc.