

# The Custom of Black-Brewed Coffee Drinking and Work Quality

Ristya Widi Endah Yani<sup>1</sup>, Hestieyonini Hadnyanawati<sup>2</sup>, Hadi Prayitno<sup>3</sup>, Noer Saudah<sup>4</sup>, Ririn Probowati<sup>5</sup>, Lumastari Ajeng Wijayanti<sup>6</sup>, Sunarniati<sup>7</sup>, Muhammad Anshari<sup>8</sup>

<sup>1,2</sup>Faculty of Dentistry, University of Jember, Jember, Indonesia

<sup>3</sup>Sociologist and Politics Faculty, University of Jember, Jember, Indonesia

<sup>4</sup>Institute of Health Science Bina Sehat PPNI, Indonesia

<sup>5</sup>STIKES Pemkab Jombang, Indonesia

<sup>6</sup>Health Polytechnic of Ministry of Health, Malang, Indonesia

<sup>7</sup>Faculty of Nursing Nani Hasanuddin Health Science Institute, Makassar, Indonesia

<sup>8</sup>University of Muhammadiyah Banjarmasin, Indonesia

Email: ristya\_widi@unej.ac.id

## Abstract

Some people claim that there are two reasons to have habitual of consuming black-brewed coffee, its caffeine which has the same effect as cocaine and amphetamine and the culture factor that drive some people in having thought that drinking coffee is a must. They usually drink hot black coffee with the expectation of improving their quality of work. The aim of this study is to know whether or not the correlation between consuming black coffee and people's work quality in Ampelan and Ambulu Village, Wringin District, Bondowoso. Analytical-observational study with cross sectional approach. The population is among the people aged 25 y to 64 y, meanwhile the sample is the people within the age 46 to 65 who have the drinking coffee custom. There are 104 from 663 respondents as purposive sampling that consists of 41 men respondents and the rest, 64, are women. The variable is the habitual of consuming black coffee and their work quality. The variable measurement for the habitual of consuming coffee is the questionnaire and WHOQOL (World Health Organization Quality of Life)-BREF will be involved as the measurement of their work quality. The data will be analyzed by using Spearman Correlation to know whether or not the association of the habitual coffee consumption and the people's work quality. There is a relationship between the habitual of consuming black coffee with the people's work quality ( $p \leq 0.05$ ). There is a relationship between the habitual of consuming black coffee with the people's work quality.

**Keywords:** *Black-Brewed Coffee Drinking, Work Quality.*

## INTRODUCTION

Black coffee is one of favorite drinks that Indonesian people love the most. It makes drinking coffee turns into a culture, even becoming a habit. Indonesian people usually consume coffee to start the day, in every morning before having breakfast and in the afternoon as the relaxing time then it is called coffee-break. Instead of containing lots of nutrition, consuming coffee is claimed as body-relaxing and avoiding sleepiness. Furthermore, the habit and the hobby of coffee drinking becomes the common factor in driving someone to consume coffee. Moreover, its famous makes consuming coffee is acceptable and given more attention by people from health point of view [1].

Drinking Coffee with high caffeine (5 mg Kalsium fluorida (CAF)  $\text{kg}^{-1}$  Body Mass before exercising will have the same effect as caffeine as improving immunity system. Some studies showed that consuming black coffee is able to increase the work performance [2]. This study was done by involving 48 coffee-drinker, that claimed themselves can feel the increasing of awareness, concentration, more motivated productive, moving forward, and as mind-relaxing [3].

On the other hand, the Philosophy of Bondowoso which has the position as Republic of Coffee that is stated in coffee table book when its day release was May 22, 2016 on the opening of Bondowoso Coffee Festival. Regent of Bondowoso has declared the town as "Republic of Coffee" in line with Bondowoso Ijen Festival. However, this town is known as the history of Indonesian coffee since the nineteenth century. Besides, Bondowoso is also a part of Besuki Raya Plantation that has good product which famous internationally, namely Java Coffee [4]. There are two villages in Bondowoso which have the highest consumer of black coffee, they are people at Ambulu and Banyuputih village, Wringin District, Bondowoso. The habitual of coffee drinking in these villages becomes tradition and culture. Moreover, they have beliefs of drinking black-coffee can make them more relaxed and reducing the tiredness after hard working. Otherwise, having no black-coffee will make them have less motivated to work and the tiredness will come early to them. The respondents of this study was people aged 25 y.o until 64 y.o because as it is stated in Law of Republic Indonesia No. 13 year of 2003 dealing with the age of employment, those who have the aged 25 to 64 belong to the appropriate age as productive people. It becomes one of the factors that the researcher wants to know whether or not the association of consuming black-coffee with the people's quality work in Ambulu and Banyuputih Village, Wringin District, Bondowoso.

## METHOD

This research is conducted with observational-analytical through cross sectional approach in Ampelan and Ambulu village, Wringin District, Bondowoso. The population is among adults within the age of 25 y.o until 64 y.o who live in Ampelan and Ambulu Village, Wringin District, Bondowoso. The sample is the people aged 26 y.o until 75 y.o who have the habitual of drinking black-coffee with 104 from 663 respondents as purposive sampling technique. It consists of 41 men and 46 women. Meanwhile, the variable is the habitual of consuming coffee and the people's work quality. The variable measurement for the habitual of consuming coffee is the questionnaire and WHOQOL-BREF will be involved as the measurement of their work quality. The data will be analyzed by using Spearman Correlation to know whether or not the association of the habitual coffee consumption and the people's work quality.

## RESULT

Characteristic data observed in this study include sex, age, education level, and the profession in detail can be seen in Table 1 below. Table 1 shows that most of the respondents were female (60.95 %). In terms of age, most respondents aged 25 y.o until 34 y.o (28.57 %). While the second order aged 45 y.o until 54 y.o (20 %) and 35 y.o until 44 y.o (17.14 %). Table 1 shows that in terms of employment, the results of this study indicate that most of the respondents work as farmers (54.28 %), housewives were 30.48 % and the trader was 12.38 % and only 2.86 % who work as government civil servants. In terms of education, most of the respondents have low level of education that is graduated from elementary school (34.28 %), and not graduate elementary school was 18.09 %. There are only 30.48 % who graduated from junior high school and 17.14 % graduated from senior high school.

The result of the correlation between the habitual of consuming coffee with the people's work quality is shown by the cross tabulation between the drinking coffee custom and the people's work quality such as follows at the Table 2.

**Table 1. The Characteristic of Research Respondents**

No	Characteristic	Frequency (n)	Percentage (%)
Sex			
1.	Man	41	39.05
	Woman	64	60.95
Age			
2.	25 y.o until 34 y.o	30	28.57
	35 y.o until 44 y.o	18	17.14
	45 y.o until 54 y.o	21	20.00
Education Level			
3.	No School	19	18.09
	Elementary School	36	34.28
	Junior High School	32	30.48
	Senior High School	18	17.14
Profession			
4.	Mother Household	32	30.48
	Farmer	57	54.28
	Trader	13	12.38
	Government Employees	3	2.86

**Table 2. Cross Tabulation of the Association between the Habitual of Coffee Consuming and the Work Quality**

The Habitual of Consuming Black-Coffee	The Work Quality		
	Rarely	Sometimes	Often
Bad	three people	0 people	eight people
Fair	three people	three people	15 people
Good	0 people	five people	68 people

Note

Rarely : not everyday

Sometimes: one to two times a day

Often : minimum three times a day

Table 2 showed that there are three people who consume black-coffee rarely with having the bad quality of work. There is no respondent who consume black-coffee sometimes with having bad work quality. There are eight people who often consume black-coffee with having bad work quality. There are three people who rarely consume black-coffee with having fair work quality. There are three people who sometimes consume black-coffee with having fair work quality. There are 15 people who often consume black-coffee with having fair work quality. There is no respondent who rarely consume black-coffee with having good work quality. There are five people who often consume black-coffee with having good work quality. There are 68 people who often consume black-coffee with having good work quality. It shows that the often drinking coffee, the good quality of work will be gotten. Furthermore, to know the association of the habitual of consuming black-coffee with the work quality can be seen in Table 3 such follows:

**Table 3. Spearman correlation test of habitual drinking black-coffee with people’s work quality**

Variable	Sig.	Note
The habitual of consuming coffee – work quality	0.000	There is a correlation

Table 3 shows the statistic result test of Spearman Correlation that gives the evidence of there is an association between the habitual of consuming coffee and people’s work quality.

## DISCUSSION

Table 1 shows that most of the respondents were female (60.95 %). There are a lot of researches showed that some people may be sensitive to coffee consumption and some may be not [5]. One study showed that coffee consumption did not increase then long-term risk of coronary heart diseases and habitual moderate coffee consumption associated with a reduced risk of coronary heart diseases in women [6]. However, in developing country like Indonesia, this condition is commonly found in coffee farming especially during harvest time. Coffee pickers are mostly done by mothers or wives of coffee farmers and even children. This is not much different from that of cultivation in some countries. Just as children aged less than 17 y.o working on tobacco plantations in the USA come from three groups: family members of tobacco farmers, migrant young workers, and local children [7]. While the participation of coffee farmer's wife is usually seen in the harvest period where the wife of coffee farmers helps in picking coffee. Coffee farmer's wife also plays a role in determining the selling price and money management of coffee sales.

In terms of age, most respondents aged 25 y.o until 34 y.o (28.57 %). While the second order aged 45 y.o until 54 y.o (20 %) and 35 y.o until 44 y.o (17.14 %). Most of the respondents are part of a productive age. Age is very influential on labor productivity. Within certain limits, increasing a person's age will increase his productivity in work and after a certain age, the productivity will decrease. In this study obtained the fact that the consumers of black coffee usually consume black coffee in steeping heat throughout the day and it is believed to increase the quality of work. Adult workers are believed to be able to build their health by preventing an illness or preventing disease. To do these activities, young adult workers are more disciplined to maintain their health. While the age of older adults will experience freedom in their social life [8].

The condition is closely related to the level of one's productivity in working or doing his profession. As it is known that almost all work activities related to the level of physical ability. Where black coffee enthusiasts included in the productive age will certainly have a higher level of productivity compared to those who have entered a non-productive age. The age of farmers is one factor that is closely related to the ability of work in carrying out farming activities. Therefore, age can be used as a benchmark in person's activity in work where with the age conditions are still productive then most likely a person can work properly and maximally [9, 10].

Table 1 shows that in terms of employment, the results of this study indicate that most of the respondents work as farmers (54.28 %), housewives were 30.48 % and the trader was 12.38 % and only 2.86 % who work as government civil servants. In terms of education, most of the respondents have low level of education that is graduated from elementary school (34.28 %), and not graduate elementary school was 18.09 %. There are only 30.48 % who graduated from junior high school and 17.14 % graduated from senior high school. RI Law No. 20 in 2003 stated that Low education level means that respondents do not graduated from elementary school. A person's level of education affects the level of knowledge included in health issues. With the low level of one's education, their knowledge is also low in order to increase productivity in the workplace. The previous study stated that education is a broad term that encompasses the process of obtaining general knowledge, personal awareness, and skills training [11].

The level of education is very influential on Health Literacy. Because someone with a low level of education, the ability to read, understand, analyze and apply information is lacking. It is therefore difficult for a person to use information that has been analyzed as a good decision for his health. One must have a basic good understanding ability (good literacy) to be able to process information obtained actively [12]. This is in line with research by Soemitro which shows that the causes of low health literacy are age and education [13]. Determinant models that may affect Health Literacy include: age, genetics, language, race and ethnicity, education, occupation of socioeconomic status, and environmental factors (access to health services and information technology) [14].

Now coffee is one of the most widely consumed beverages, not only in the United States but also in worldwide [15]. However, another research showed that coffee is a rich source of antioxidants [16] and other research had found that coffee had bioactive compounds, and studies by [17] have shown inverse



associations between coffee consumption and serum biomarkers of inflammation. There is relationship between the habitual of consuming black coffee and their work quality. The higher frequency of people in consuming black-coffee, the best work quality they will get. This study shows the positive effect toward the health side. A study that was conducted in [18] showed the review result from some articles that are published by famous publisher, stated that coffee drinking tends bringing many advantages (from the health side) rather than having the risk for adults.

Coffee contains caffeine which is addictive, basically. Its caffeine (1,3,7-trimethylxanthine) is about 60 mg per 250 mL served. Moreover, it belongs to psychostimulant that has the effect for central nervous system which is as strong as cocaine and amphetamine. This effect can improve motoric activity, work motivation, reduce the tiredness and increase heart rate also the feeling of awareness [19, 20].

Through its psychostimulant, caffeine works by blocking the adenosine receptor that exists on central nervous system to obstruct neurotransmitter that is found in brain such the dopamine-work that can give the feeling of tiredness. In addition, adenosine is developed naturally in the body, when the normal condition shows that it can increase the tiredness and sleepiness. In normal wake up condition, it can improve mood, motor and physical performance in every hour [20, 21]. The adenosine receptor blockade that is done by caffeine which gives the influence of increasing blood pressure and oxygen supply to the body tissue so it is able to enhance the motoric activity of body and also its awareness [22]. Meanwhile, the effect of caffeine for muscle cells can increase ion exchange-calcium to decreasing of lactate production which causes of the tiredness [23]. It can be said that coffee and caffeine consuming can be related to the lowering of depression risk, significantly [24]. Beside the research by Aurora et al. showed that sleepiness is one of the most burdensome symptoms of sleep-disordered breathing (SDB). Caffeinated soda intake was independently associated with SDB severity, but not tea or coffee [25].

People mostly consume coffee before working because their belief of positive effect that is brought by coffee for their psychology as well as it has good taste. Research in [26] showed that consumers enjoy coffee in the workplace by 16.67 %, the reason is for encouragement in activities. It is proved by recent survey that is done with 8 239 workers dealing with the reason of coffee drinking. Based on the result, it was found that there are 43 % workers who drink coffee to increase their productivity while working. The rest of them have the reason to decrease the sleepiness [21]. The study in the first meta-analysis of observational studies examining the association between coffee or caffeine consumption and depression, which included 330 677 participants for coffee consumption and 38 223 participants showed caffeine consumption and strongly identified that coffee and caffeine consumption was significantly associated with decreased risk of depression in adults [24].

Another previous study showed the ergogenic effect of caffeine also works for aerobic and anaerobic athletic by turning their muscle becomes stronger and decreasing the fatigue while exercising [27]. This study involved among 70 University of Bristol students, 35 respondents were given coffee or tea with caffeine that can increase their cognitive ability in the eight day of consumption. Evidently, the effect of coffee consuming that contains caffeine can improve the respondent's awareness and their quality of work [28].

People mostly have suggestion or even belief related to the habitual of consuming coffee. It belongs to the predisposition factor in developing their behavior. Their work quality can be influenced by their own belief or suggestion. Their belief and suggestion is predisposition factor in developing behavior. The previous study proved that personal values serve as a predisposition for functioning in the workplace [29]. Moreover, people's suggestion could come from people around them and their environment [30]. Thus, the respondents' suggestion could be from people around them who mention that coffee can increase their quality of work. This suggestion happens continuously then it will be fossilizing unconsciously. If someone has positive suggestion, he will get positive and vice versa [29]. Response expectancy theory stated that expectation is the part of suggestion, so, people will do anything as their expectation unconsciously, yet sometimes goes wrong in knowing the truth [30].

It can be said that there is association between suggestion as the physiology status or usually known as mental condition with the people's work quality [31]. Coffee consuming which contains caffeine can improve people's work quality because of their own suggestion of saying so [32]. This study showed the respondents have the positive suggestion towards the habitual of consuming coffee. They believe that consuming coffee before working can increase their work quality effectively. Then, it brings positive respond by looking at their positive behavior as well as their high motivation while working, so they have the work quality increased [30].

On the other hand, their belief and suggestion also influence people's perception towards consuming black-coffee. This perception means a process of the organization and the interpretation of sensory impression rationally based on environment respond that makes it becomes meaningful. It also gives the influences of the reality of what will happen, it is divided into two, namely pygmalion effect (positive effect) and golem effect (negative effect). Positive effect means that high expectations will generally reveal high performance, while low expectations, due to their negative effects on peoples, will cause decrease in motivation as well as unwillingness towards the job being done and therefore, a decline or stability in performance [33]. This research shows that the respondents have the pygmalion effect (positive effect) towards the coffee consuming.

The habitual of coffee drinking, especially black-coffee cannot be separated to the positive context dealing with the good relationship of the coffee consumers. It says so because this study showed that the higher frequency of consuming coffee, the good work quality they will get. Studies indicate that coffee has the capability to impact human well-being by influencing life in various subjective ways, such as mood, emotions, and social relationship [34, 35]. The growth of coffee consumers in Indonesia is supported by the social structure towards consuming coffee. Observing the developing consumption growth during the year, the coffee business is considered an interesting and profitable business [36].

## CONCLUSION

In conclusion, there is an association between the habitual of consuming black-coffee with the people's work quality in Ampelan and Ambulu village, Wringin District, Bondowoso. It is proven by looking at the positive suggestion that comes from the black-coffee consumers who live at Ampelan and Ambulu village, and also their culture of drinking coffee as means having positive relationship with their relations.

## ACKNOWLEDGEMENTS

The authors are very grateful to Health Office of Bondowoso Regency, the leader of Wringin Sub district and the Leader of Ampelan and Ambulu Village, which concern to coffee farmer in Bondowoso Regency, East Java-Indonesia. The authors acknowledge to the respondent of Wringin Sub District society in Bondowoso Regency who had volunteered in this study.

## REFERENCES

- [1] Lee J, Lee J, Kim Y. Relationship between coffee consumption and stroke risk in Korean population: the Health Examinees (HEXA) Study. *Nutrition Journal* 2017;16(7). <https://nutritionj.biomedcentral.com/articles/10.1186/s12937-017-0232-y>
- [2] Hodgson AB, Randell RK, Jeukendrup AE. The metabolic and performance effects of caffeine compared to coffee during endurance exercise. *PLoS One* 2013;8(4):e59561. <https://pubmed.ncbi.nlm.nih.gov/23573201/>

- [3] Bhumiratana N, Adhikari K, Chambers E. The development of an emotion lexicon for the coffee drinking experience. *Food Research International* 2014;61:83–92. <https://www.sciencedirect.com/science/article/abs/pii/S0963996914001653>
- [4] Suriyani DL. Sejarah kopi Bondowoso dalam buku republic kopi (bagian 2) [History of Bondowoso coffee in the republic of coffee in book (part 2)] [Online] from <https://www.mongabay.co.id/2017/09/19/sejarah-kopi-bondowoso-dalam-buku-republik-kopi-bagian-2/> 2017;1. [Accessed on 19 September 2017]. [in Bahasa Indonesia].
- [5] Shateri Z, Djafarian K. Coffee consumption and coronary heart diseases: A mini-review. *Journal of Clinical Nutrition and Dietetics* 2016;2(3). <https://clinical-nutrition.imedpub.com/coffee-consumption-and-coronary-heart-diseases-a-minireview.php?aid=8319>
- [6] Wu J, Ho S, Zhou C, Ling W, Chen W, Wang C et al. Coffee consumption and risk of coronary heart diseases: A meta-analysis of 21 prospective cohort studies. *International Journal of Cardiology* 2009;137(3):216–225. <https://pubmed.ncbi.nlm.nih.gov/18707777/>
- [7] McKnight RH, Spiller HA. Green tobacco sickness in children and adolescents. *Public Health Report* 2005;120(6):602–606. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1497768/>
- [8] Fauziah E. Pengaruh perilaku risiko produksi petani terhadap alokasi input usahatani tembakau : pendekatan fungsi produksi frontir stokastik. [Dissertation]. IPB University, Indonesia. 2010;4. <https://repository.ipb.ac.id/handle/123456789/55027>
- [9] Börsch-Supan A, Weiss M. Productivity and age: Evidence from work teams at the assembly line. *The Journal of the Economics of Ageing*. 2016;7(C):30–42. [https://econpapers.repec.org/article/eeejoecag/v\\_3a7\\_3ay\\_3a2016\\_3ai\\_3ac\\_3ap\\_3a30-42.htm#:~:text=Productivity%20and%20age%3A%20Evidence%20from%20work%20teams%20at%20the%20assembly%20line,-Axel%20B%C3%B6rsch%2DSupan&text=The%20results%20suggest%20that%20productivity,least%20up%20to%20age%2060.](https://econpapers.repec.org/article/eeejoecag/v_3a7_3ay_3a2016_3ai_3ac_3ap_3a30-42.htm#:~:text=Productivity%20and%20age%3A%20Evidence%20from%20work%20teams%20at%20the%20assembly%20line,-Axel%20B%C3%B6rsch%2DSupan&text=The%20results%20suggest%20that%20productivity,least%20up%20to%20age%2060.)
- [10] Backes-Gellner U, Schneider MR, Veen S. Effect of workforce age on quantitative and qualitative organizational performance: Conceptual framework and case study evidence. *Organization Studies* 2011;32(8):1103–21. <https://journals.sagepub.com/doi/10.1177/0170840611416746#articleCitationDownloadContainer>
- [11] Arlinghaus KR, Johnston CA. Advocating for behavior change with education. *American Journal of Lifestyle Medicine* 2018;12(2):113–116. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6124997/>
- [12] Soerensen K, den Broucke SV, Fullam J, Doyle G, Pelikan J, Slonska , et al. Health literacy and public health :A systematic review and integration of definitions and models. *BMC Public Health* 2012;12(80). <https://bmcpublihealth.biomedcentral.com/articles/10.1186/1471-2458-12-80>
- [13] Soemitro H. Analisis tingkat health literacy dan pengetahuan pasien hipertensi di puskesmas Kabupaten Malang. *Scientific Journal of University of Surabaya Student* 2014; 3(1):1–13. <https://journal.ubaya.ac.id/index.php/jimus/article/view/1507>
- [14] Pawlak R. Economic considerations of health literacy. *Nursing Economic* 2005;2(4):173–180. [https://www.researchgate.net/publication/7574485\\_Economic\\_considerations\\_of\\_health\\_literacy](https://www.researchgate.net/publication/7574485_Economic_considerations_of_health_literacy)
- [15] Freedman ND, Park Y, Abnet CC, Hollenbeck AR, Sinha R. Association of coffee drinking with total and cause-specific mortality. *The New England Journal of Medicine* 2012;366(20):1893–1904. <https://www.nejm.org/doi/full/10.1056/nejmoa1112010>
- [16] Gómez-Ruiz JA, Leake DS, Ames JM. In vitro antioxidant activity of coffee compounds and their metabolites. *Journal of Agriculture Food Chemistry* 2007;55(17):6962–6969. <https://pubmed.ncbi.nlm.nih.gov/17655324/>
- [17] Lopez-Garcia E, van Dam RM, Qi L, Hu FB. Coffee consumption and markers of inflammation and endothelial dysfunction in healthy and diabetic women<sup>1-3</sup>. *American Journal of Clinical Nutrition* 2006;84(4):888–893. [https://www.researchgate.net/publication/6770777\\_Coffee\\_consumption\\_and\\_markers\\_of\\_inflammation\\_and\\_endothelial\\_dysfunction\\_in\\_healthy\\_and\\_diabetic\\_women1-3](https://www.researchgate.net/publication/6770777_Coffee_consumption_and_markers_of_inflammation_and_endothelial_dysfunction_in_healthy_and_diabetic_women1-3)

- [18] Pourshahidi LK, Navarini L, Petracco M, Strain JJ. A comprehensive overview of the risks and benefits of coffee consumption. *Comprehensive Reviews in Food Science and Food Safety* 2016;15(4): 678–684. <https://onlinelibrary.wiley.com/doi/full/10.1111/1541-4337.12206>
- [19] Burke LM. Caffeine and sport performance. *Applied Physiology, Nutrition, and Metabolism*. 2008;33(6):1319-1334. <https://pubmed.ncbi.nlm.nih.gov/19088794/>
- [20] McGuire S. Institute of Medicine. 2014. Caffeine in food and dietary supplements: Examining safety—workshop summary. Washington, DC: The National Academies Press, 2014. *Advances in Nutrition* 2014;5(5):585–586. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4188240/>
- [21] ISIC. Expert report the good things in life: Coffee in the Workplace. 2017;4-7. <https://www.coffeeandhealth.org/wp-content/uploads/2017/09/Coffee-in-the-Workplace-report-FINAL-250917.pdf>
- [22] Haskó G, Pacher P. A2A receptors in inflammation and injury: lessons learned from transgenic animals. *Journal of Leukocyte Biology* 2008;83(3):447–455. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2268631/>
- [23] Lestari EW, Haryanto I, Marwardi S. Konsumsi kopi masyarakat perkotaan dan faktor-faktor yang berpengaruh: Kasus di Kabupaten Jember. *Pelita Perkebunan* 2009;25(3):216–235. <https://docplayer.info/31757140-Konsumsi-kopi-masyarakat-perkotaan-dan-faktor-faktor-yang-berpengaruh-kasus-di-kabupaten-jember.html>
- [24] Wang L, Shen X, Wu Y, Zhang D. Coffee and caffeine consumption and depression: A meta-analysis of observational studies. *Australian & New Zealand Journal of Psychiatry* 2016, 50(3):228–242. <https://pubmed.ncbi.nlm.nih.gov/26339067/>
- [25] Aurora RN, Crainiceanu C, Caffo B, Punjabi NB. Sleep-disordered breathing and caffeine consumption results of a community-based study. *CHEST Journal* 2012;143(3):631–638 [https://journal.chestnet.org/article/S0012-3692\(12\)60506-6/fulltext](https://journal.chestnet.org/article/S0012-3692(12)60506-6/fulltext)
- [26] Sudyarto, Widayanti S, Kresna DM. Perilaku konsumen penikmat kopi tubruk dan kopi instan [Consumer behavior as tubruk coffee and instant coffee connoisseurs]. *Journal of Social and Agricultural Economics* 2012. *JSEP* Vol.6 No.3:1–11. <https://jurnal.unej.ac.id/index.php/JSEP/article/view/805>
- [27] McCormack WP, Hoffman JR. Caffeine, energy drinks, and strength-power performance. *Journal of Strength and Conditioning Research* 2012;34(4):11–16. [https://journals.lww.com/nsca-sci/fulltext/2012/08000/caffeine\\_energy\\_drinks\\_and\\_strength\\_power.3.aspx](https://journals.lww.com/nsca-sci/fulltext/2012/08000/caffeine_energy_drinks_and_strength_power.3.aspx)
- [28] Smith PA, Christopher G, Sutherland D. Acute effects of caffeine on attention: A comparison of non consumers and withdrawn consumers. *Journal of Psychopharmacology* 2013;27(1):77–83. <https://pubmed.ncbi.nlm.nih.gov/22992376/>
- [29] Purc E, Laguna M. Personal values and innovative behavior of employees. *Frontiers in psychology* 2019; 18:10:865. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6482311/>
- [30] Michael RB, Garry M, Kirsch I. Suggestion, cognition, and behaviour. *Current Directions in Psychological Science* 2013;21:151–156. <https://journals.sagepub.com/doi/abs/10.1177/09637214124446369>
- [31] Chamber B. How to hypnotize. Stravon Publisher, Newyork; 2005;21. <https://www.bstreetbooks.com/pages/books/2015-E3/bradford-chambers-m-a-b-a/how-to-hypnotize>
- [32] McLellan TM, Caldwell JA, Lieberman HR. A review of caffeine's effects on cognitive, physical and occupational performance. *Neuroscience & Biobehavioral Reviews* 2016;71:294–312. <https://www.sciencedirect.com/science/article/pii/S0149763416300690>
- [33] Gündüzalp S, Özan MB. The power of expectations in school management: Pygmalion effect. *Journal of Education and Future* 2019;(15):47–62. <https://dergipark.org.tr/en/download/article-file/678682>
- [34] Samoggia A, Del Prete M, Argenti C. Functional needs, emotions, and perceptions of coffee consumers and non-consumers. *Sustainability* 2020;12(14):5694. <https://www.mdpi.com/2071-1050/12/14/5694>
- [35] Ares G, Gimenez A, Vidal L, Zhou Y, Krystallis A, Tsalis G, et al. Do we all perceive food-related wellbeing in the same way? Results from an exploratory cross-cultural study. *Food Quality and Preference* 2016; 52:62–73. <https://www.sciencedirect.com/science/article/pii/S0950329316300696>



- [36] Purnomo M, Daulay P, Utomo MR, Riyanto S. Moderating role of connoisseur consumers on sustainable consumption and dynamics capabilities of Indonesian single origin coffee shops. Sustainability 2019;11(5):1319. <https://www.mdpi.com/2071-1050/11/5/1319>

