



THE HABITUAL OF BLACK COFFEE DRINKING AND THE WORK QUALITY OF PEOPLE IN AMPELAN AND AMBULU VILLAGE, WRINGIN DISTRICT, BONDOWOSO

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Introduction

The reason drinking black coffee are :

- It contains caffeine which has the same effect as cocaine and amphetamine
- It increases people awareness, motivation and work performance (Bhumiratana *et.al.* 2014; hodgson *et. al.* 2013)
- People believe that drinking coffee can increase their work quality, effect on their attitude, feelings, motivation and behavior.

Method

- Observational Analytical Epidemiology
- Purposive 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 variabel using questionnaire & Work quality by using WHOQOL-BREF.
- Data is analyzed by using spearman correlation

Conclusion

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

References

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- etc

Result

Variables	Sig	Explanation
The customs of black coffee drinking □ work quality	0,000	There is relation

- There is relationship between the habitual of black coffee drinking and the work quality.
- Caffeine in coffee has the same effect as cocaine and amphetamine.
- Caffeine works by blocking adenocine receptor in center-nerve system.
- The blocked of adenocine receptor by caffeine causes the increase of blood oxygen flows in system, so it can increase motoric activity in body and awarness (Hasko & Pacher, 2008), (IOM, 2014; ISIC, 2017).
- Caffeine in high concentration in muscles cells can increase the changes of calcium ion, so it can rduce lacted 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 caff Ine which is consumed by athelates 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 theirwork quality, attitude, feelings, motivation and behavior (Michael, Garry, Kirsc, 2013).

