

Hubungan Konsumsi Kopi Dengan Alertness dan Kinerja Harian Pada Pekerja Kantor PT.X = The Relationship Between Coffee Consumption with Alertness and Daily Work at Office Worker PT.X

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Abstrak

Latar belakang: Kopi merupakan minuman yang populer di kalangan masyarakat dan dijadikan bagian dari gaya hidup. Kafein dalam kopi merupakan salah satu zat aktif dan seringkali dianggap sebagai psikostimulan yang bekerja sebagai stimulan di sistem saraf pusat, sehingga dapat membantu meningkatkan fungsi kognitif, daya konsentrasi, dan alertness. Kebiasaan minum kopi di kalangan pekerja serta manfaatnya merupakan hal yang perlu ditinjau lebih lanjut. Tujuan dari penelitian ini adalah mengamati konsumsi kopi harian dan hubungannya dengan alertness dan kinerja harian di PT.X Jakarta. Metode: Metode yang digunakan dalam penelitian ini adalah cross-sectional dengan jumlah sampel minimal 114 orang karyawan di PT X. Alertness dinilai melalui pengukuran waktu reaksi dengan alat lakassidaya dan konsumsi kopi dinilai dengan 7-days fluid record dimana responden mencatat konsumsi minuman selama 7 hari berturut-turut, sedangkan kinerja harian menggunakan kuesioner yang dicatat oleh responden secara mandiri. Hasil: Terdapat 121 responden yang melengkapi seluruh data dan dianalisis dalam penelitian ini dari sejumlah 135 responden yang direkrut pada awal penelitian. Sebanyak 57 orang (47,1%) adalah responden yang konsumsi kopi. Konsumsi kopi harian pada kelompok yang konsumsi kopi adalah sebesar 247 ml dengan asupan kafein sebanyak 72 mg/hari. Tidak terdapat hubungan antara konsumsi kopi dengan alertness (OR (IK 95%) = 0,650 (0,288 – 1,467); p-value = 0,403) dan kinerja harian (OR (IK 95%) = 0,637 (0,263 – 1,546); p-value = 0,403). Kesimpulan: Tidak terdapat hubungan yang signifikan antara konsumsi kopi dengan alertness dan kinerja harian,

.....Background: Coffee is a popular beverage among people and is part of their lifestyle. Caffeine in coffee is one of the active substances and is often considered a psychostimulant that works as a stimulant in the central nervous system, so it can help improve cognitive function, concentration, and alertness. The habit of drinking coffee among workers and its benefits are things that need to be reviewed further. The purpose of this study was to observe daily coffee consumption and its relationship with alertness and daily performance at PT.X Jakarta. Methods: The method used in this study was cross-sectional with a minimum sample size of 114 employees at PT X. Alertness was assessed through the measurement of reaction time with a lakassidaya tool and coffee consumption was assessed with a 7-days fluid record where respondents recorded beverage consumption for 7 consecutive days, while daily performance used a questionnaire recorded by respondents independently. Results: There were 121 respondents who completed all data and were analyzed in this study from a total of 135 respondents recruited at the beginning of the study. A total of 57 people (47.1%) were coffee-consuming respondents. Daily coffee consumption in the coffee consumption group was 247 ml with a caffeine intake of 72 mg/day. There was no association between coffee consumption and alertness (OR (95% CI) = 0.650 (0.288 - 1.467); p-value = 0.403) and daily performance (OR (95% CI) = 0.637 (0.263 - 1.546); p-value = 0.403). Conclusion: There is no significant relationship between coffee consumption and alertness and daily performance.