FOLIA MEDICA INDONESIANA
Vol. 50 No. 1 January – March 2014

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Abstract

The study is conducted to determine the effect of caffeine to the response changes as the effect of increased alertness and concentration measured by using a reaction time test. Sampling method used was purposive random sampling. The sample consists of 27 people who were divided into 3 groups: control group with a drink of mineral water, a group of coffee drinks with 85 mg caffeine levels, and the provision of drinking coffee with 170 mg caffeine levels. The reaction time test was measured 30 minutes and 1 hour after administration of drinks. The result obtained was analyzed using ANNOVA. Normality test result showed normal data distribution (p>0.05). Homogeneity of variance values for 30 minutes reaction time was non-homogenous (p = 0.032, p<α) while the value of 1 hour reaction time is homogenous (p=0.392, p>α). ANNOVA resulted to the value at 30 minutes reaction time among the three treatment groups (p=0.006, p<α), with the value of differences in the post hoc results in the control group and 85 mg caffeine levels (p=0.010, p<α). As for 1 hour after treatment showed no significant difference average value of reaction time among the three treatment groups (p=0.621, p>α). The result shows impairment of reaction time only in the group who consumes coffee after 30 minutes with 85 mg caffeine levels, while for other groups not to be impaired the reaction time significantly. (FMI 2014;50:48-51)

Keyword: coffee, drinks, caffeine, reaction, time, test, student,

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