


**THE STUDY OF CAFFEINATED DRINKS  
CONSUMED BY ARCHITECT STUDENTS OF  
SOEGIJAPRANATA CATHOLIC UNIVERSITY, SEMARANG**

**THESIS**

Submitted to Faculty of Agriculture Technology  
in Partial Fulfillment of the Requirement  
for Obtaining the Degree of Bachelor of Science



	<b>PERISTIAHAN</b>	
	No. INV.	095 / S / TR / C.1
	Th. Angg.	Cat :
PARAP.	<i>[Signature]</i>	TGL. 29/6 - 04

**DEPARTMENT OF FOOD TECHNOLOGY  
FACULTY OF AGRICULTURE TECHNOLOGY  
SOEGIJAPRANATA CATHOLIC UNIVERSITY  
SEMARANG**

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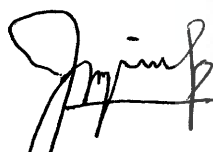
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**Semarang, February 11<sup>th</sup> 2004**

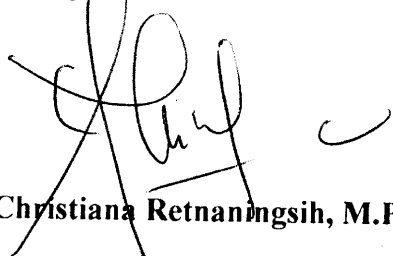
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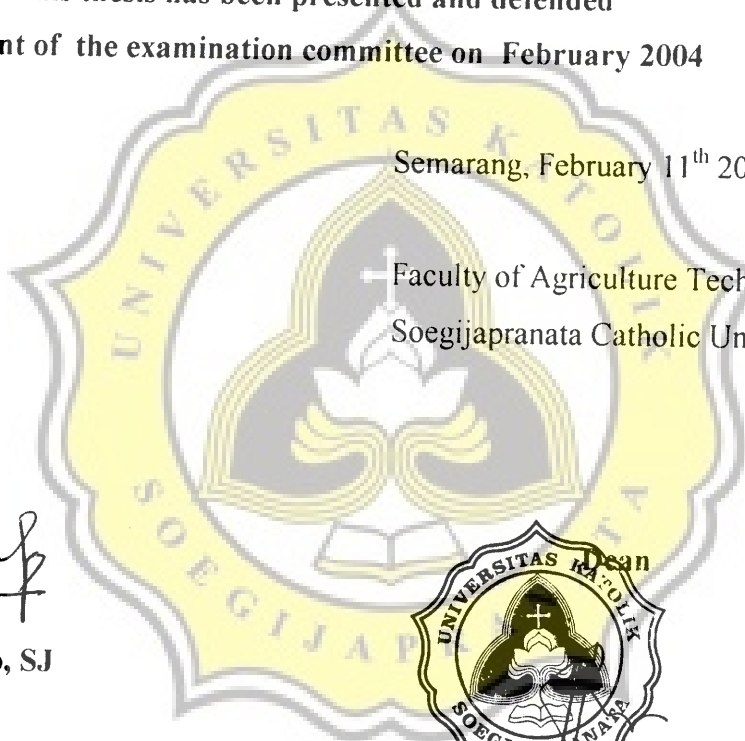


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# THE STUDY OF CAFFEINATED DRINKS CONSUMED BY ARCHITECT STUDENTS OF SOEGIJAPRANATA CATHOLIC UNIVERSITY

## SUMMARY

Caffeine is an alkaloid, of which its structure is  $C_8H_{10}N_4O_2$ . Naturally, caffeine can be found in coffee grain, tea, soda drink, choco beverages, and energy drink. Caffeine is an active drug which can stimulate the central nervous system, helping people feel less drowsy, less fatigued, and more capable of producing rapid and clear thought so the students usually consume it in order to help them stay awake at night. The aim of this study was to compare the difference of caffeine intake and health risk between Architect Faculty students and others (Preliminary Study). Other aim was to identify the most popular caffeinated drink and related to factors that affected the caffeine intake such as sex, living house, year of study, and thesis works (Main Study). The data collected from 180 respondents of all faculties at Soegijapranata Catholic University shown that the caffeine intake of Architect students was higher significantly than others. It also indicated that tea was the most popular caffeinated drink consumed by respondents, meanwhile Extra Joss was the most popular energy drink. Then the study was continued to focus the habit of Architect students in consuming caffeinated drinks. Based on Two-Related samples Wilcoxon Test following Non parametric Test SPSS 10.00 it could be shown that the caffeine intake and health risk of Architect students differed significantly by year of study and the thesis works. Male students and female students had no any difference of caffeine intake and potential health risk as a consequence of consuming caffeinated drinks significantly. "Indekost" students and non "indekost" students had no different of caffeine intake and potential health risk as a result of consuming caffeinated drinks significantly at level 95%.

Keywords: caffeine, coffee, tea, soda drink, energy drink, health risk, survey

## PREFACE

At first thank to God who has been guarding me, especially when I had been finishing my thesis. At this chance I want to express my thanks to my first supervisor (Dr. Ir. Paulus Wiryono Priyo T, SJ) and my second supervisor (Ir. Christina Retnaningsih. M.P.) for their support given to me. And I would like to express my gratitude to staff members of Department of Food Technology including the Dean (Ir. Lucia Sri Lestari, MSc), lecturers, and laborants.

I do not forget my Dad, Mom, Sister, Albertus, my big family, and all my lovely friends, especially Angia and Florence who have given me a huge support in doing my thesis works. There are still other people who help me and I can't mention them one by one. I know without all of you I can't do my best.

I hope this thesis would be useful for all of us, but I know this thesis is far from perfect. So I would appreciate some suggestions from all of you.

Semarang, February 2004

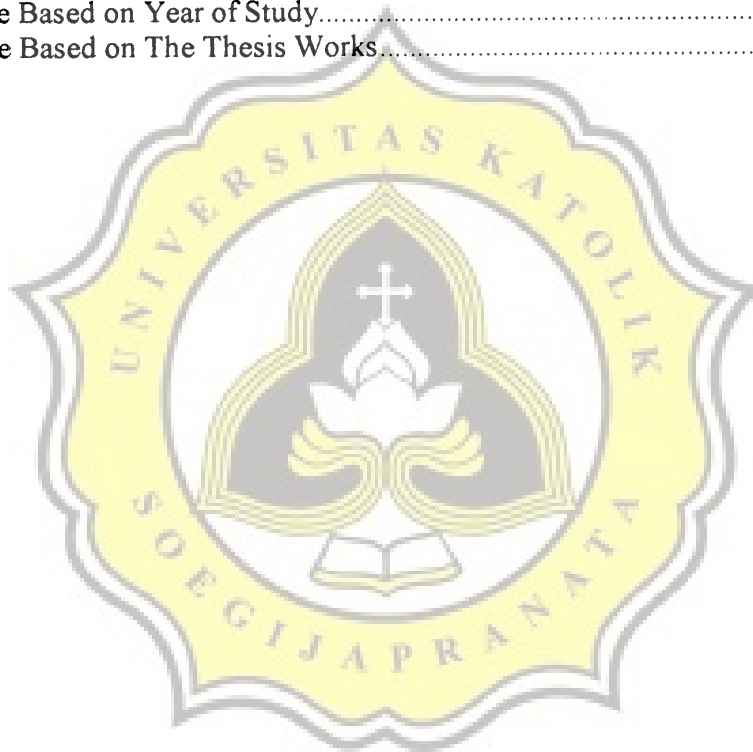
Laura Irlanita

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