

**THE INFLUENCE OF CAFFEINE CONSUMPTION TOWARD
MENSTRUATION CYCLE OF MEDICAL EDUCATION'S STUDENT
MUHAMMADIYAH UNIVERSITY OF MAKASSAR**

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ABSTRACT

Background: The current phenomenon, caffeine consumption is nearly popular in each of many realms, including female students. Lifestyle influences the cause of the emergence of several innovations in caffeine consumption, for example, the rise of cafes and coffee shops that produce coffee. Therefore, the phenomenon is proportional to the needs of female students for stimulants and the density of activities they must carry out. In addition, drinking coffee can cause serious problems, for example problems with menstrual irregularities, especially in women of childbearing age.

Objective: To find out whether caffeine consumption affects the menstrual cycle of female students of the Medical Education Study Program, Muhammadiyah University of Makassar

Methods: The research uses analytic observational research and cross sectional approach as the research method. The samples were collected from 70 people. The research sample was taken using purposive sampling technique, by determining the sampling that determines specific characteristics, in accordance with the research objectives. The questionnaire was filled in as an instrument for research data. The data obtained were then analysed by using the Chi Square test using the SPSS program.

Results: The Chi Square statistical analysis test resulted the significance level (α) = 0.05 and value of $p = 0.049$ ($p < \alpha$).

Conclusion: The results showed that there was an effect of caffeine consumption on the regularity of the menstrual cycle in Medical Education students, Muhammadiyah University of Makassar.

Keywords: Caffeine, Coffee, Menstrual Cycle.