

**FACULTY OF MEDICINE AND HEALTH SCIENCES UNIVERSITAS MUHAMMADIYAH  
MAKASSAR**

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**“THE RELATIONSHIP BETWEEN CAFFEINE CONSUMPTION HABIT  
SLEEP FREQUENCY AND SLEEP FREQUENCY AMONG MEDICAL  
STUDENTS AT MUHAMMADIYAH UNIVERSITY OF MAKASSAR,  
CLASS OF 2024”**

**ABSTRACT**

**Background:** Caffeine consumption has increased among medical students as a strategy to maintain alertness; however, it may disrupt sleep and adversely affect health and academic performance.

**Objective:** To analyze the association between caffeine consumption habits and sleep quality among students of the Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Makassar, Class of 2024.

**Methods:** This study employed an analytic observational design with a cross-sectional approach and was conducted at the Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Makassar. A total of 186 students were recruited based on the inclusion and exclusion criteria. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), and caffeine consumption was measured using the Caffeine Consumption Questionnaire (CCQ). Data were collected through an online questionnaire and analyzed using univariate analysis (frequency distribution) and bivariate analysis with the Chi-square test ( $\alpha = 0.05$ ).

**Results:** A total of 136 respondents (73.1%) had poor sleep quality (PSQI > 5). Low caffeine consumption was found in 113 respondents (60.8%), while moderate consumption was found in 73 respondents (39.2%). There was a statistically significant association between caffeine consumption and sleep quality ( $\chi^2 = 15.499$ ;  $p < 0.001$ ), with a higher proportion of poor sleep quality in the moderate-consumption group. **Conclusion:** Caffeine consumption habits were significantly associated with poorer sleep quality.

**Keywords:** Caffeine; Sleep quality; PSQI; Medical students; Chi-square.

**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN UNIVERSITAS  
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**“HUBUNGAN KEBIASAAN MENGONSUMSI KAFEIN DENGAN KUALITAS TIDUR  
PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS MUHAMMADIYAH  
MAKASSAR ANGGKATAN 2024”**

**ABSTRAK**

**Latar Belakang:** Konsumsi kafein meningkat pada mahasiswa kedokteran sebagai strategi mempertahankan kewaspadaan, namun berpotensi mengganggu tidur dan berdampak pada kesehatan serta performa akademik. **Tujuan:** Menganalisis hubungan kebiasaan mengonsumsi kafein dengan kualitas tidur pada mahasiswa Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar angkatan 2024. **Metode Penelitian:** Penelitian observasional analitik dengan desain potong lintang di FKIK Universitas Muhammadiyah Makassar. Sampel berjumlah 186 mahasiswa dipilih sesuai kriteria inklusi–eksklusi. Kualitas tidur diukur menggunakan *Pittsburgh Sleep Quality Index* (PSQI) dan konsumsi kafein menggunakan *Caffeine Consumption Questionnaire* (CCQ). Data dikumpulkan melalui kuesioner daring, dianalisis secara univariat (distribusi frekuensi) dan bivariat menggunakan uji Chi-Square ( $\alpha=0,05$ ). **Hasil:** Sebanyak 136 responden (73,1%) memiliki kualitas tidur buruk (PSQI>5). Konsumsi kafein rendah ditemukan pada 113 responden (60,8%) dan konsumsi sedang pada 73 responden (39,2%). Terdapat hubungan bermakna antara konsumsi kafein dan kualitas tidur ( $\chi^2=15,499$ ;  $p<0,001$ ), dengan proporsi kualitas tidur buruk lebih tinggi pada kelompok konsumsi sedang. **Kesimpulan:** Kebiasaan konsumsi kafein berhubungan signifikan dengan penurunan kualitas tidur. **Kata Kunci:** Kafein; Kualitas tidur; PSQI; Mahasiswa kedokteran; Chi-Square.