

DAFTAR PUSTAKA

- Agustine, P., Damayanti, R. P., & Ariani, N. A. (2021). KARAKTERISTIK EKSTRAK KAFEIN PADA BEBERAPA VARIETAS KOPI DI INDONESIA: REVIEW. *Jurnal Arti*, 6, 78–89.
- Al Karimah, F. N., Wahjuni, E. S., Pratama, S. A., & Dini, C. Y. (2024). Asupan kafein dan kualitas tidur dengan kebugaran jasmani atlet non-elit pria di klub sepak bola dan basket Universitas Negeri Surabaya. *Ilmu Gizi Indonesia*, 8(1), 37. <https://doi.org/10.35842/ilgi.v8i1.533>
- Anggreni, D. (2022). *BUKU AJAR “METODOLOGI PENELITIAN KESEHATAN.”* STIKes Majapahit Mojokerto.
- Antonio, J., Newmire, D. E., Stout, J. R., Antonio, B., Gibbons, M., Lowery, L. M., Harper, J., Willoughby, D., Evans, C., Anderson, D., Goldstein, E., Rojas, J., Monsalves-Álvarez, M., Forbes, S. C., Gomez Lopez, J., Ziegenfuss, T., Moulding, B. D., Candow, D., Sagner, M., & Arent, S. M. (2024). Common questions and misconceptions about caffeine supplementation: what does the scientific evidence really show? *Journal of the International Society of Sports Nutrition*, 21(1). <https://doi.org/10.1080/15502783.2024.2323919>
- Arnet, J. J. (2015). Review Of Emerging Adulthood: The Winding Road From The Late Teens Through The Twenties. In *The American Journal of Psychology* (Vol. 121, Issue 4).
- Arum Meiranny, & Avida Muanisatul Chabibah. (2022). Pengaruh Konsumsi Minuman Berkafein Terhadap Pola dan Kualitas Tidur Mahasiswa : A Literatur Review. *Media Publikasi Promosi Kesehatan Indonesia (MPPKI)*, 5(2), 117–122. <https://doi.org/10.56338/mppki.v5i2.1910>
- Ayakdaş, G., & Ağagündüz, D. (2025). Determination of L-Theanine and Caffeine Contents in Tea Infusions with Different Fermentation Degrees and Brewing Conditions Using the Chromatographic Method. *Foods*, 14(13). <https://doi.org/10.3390/foods14132313>
- Br Ginting, S. S., Astiarani, Y., Santi, B. T., & Vetinly, V. (2022). Tingkat Pengetahuan Efek Konsumsi Kafein Dan Asupan Kafein Pada Mahasiswa. *Journal of Nutrition College*, 11(4), 264–271. <https://doi.org/10.14710/jnc.v11i4.32930>
- Budiyanti, E., & Wijaya, M. J. (2023a). Hubungan konsumsi kafein dengan gangguan tidur pada mahasiswa Preklinik FKIK UAJ. *Damianus Journal of Medicine*, 22(3), 225–231.
- Budiyanti, E., & Wijaya, M. J. (2023b). Hubungan Konsumsi Kafein Dengan Gangguan Tidur Pada Mahasiswa Preklinik FKIK UAJ. *Damianus Journal of Medicine*, 22(3), 225–231. <https://doi.org/10.25170/djm.v22i3.3610>
- De Feo, M., Paladini, A., Ferri, C., Carducci, A., Del Pinto, R., Varrassi, G., & Grassi, D. (2020). Anti-Inflammatory and Anti-Nociceptive Effects of Cocoa: A Review on Future Perspectives in Treatment of Pain. *Pain and Therapy*, 9(1), 231–240. <https://doi.org/10.1007/s40122-020-00165-5>
- Dillasamola, D., Almahdy, Karima, A. N., Nasif, H., & Oktomalioputri, B. (2024). *Peran Kafein Dan Taurin Dalam Daya Ingat Mencit*. PT.Adab Indonesia.
- Fabbri, M., Beracci, A., Martoni, M., Meneo, D., Tonetti, L., & Natale, V. (2021). Measuring

- subjective sleep quality: A review. *International Journal of Environmental Research and Public Health*, 18(3), 1–57. <https://doi.org/10.3390/ijerph18031082>
- Gardiner, C., Weakley, J., Burke, L. M., Roach, G. D., Sargent, C., Maniar, N., Townshend, A., & Halson, S. L. (2023). The effect of caffeine on subsequent sleep: A systematic review and meta-analysis. *Sleep Medicine Reviews*, 69, 101764. <https://doi.org/10.1016/j.smr.2023.101764>
- Hidayat, A. A. A., & Uliyah, M. (2024). *Pengantar Kebutuhan Dasar Manusia* (2nd ed.). Penerbit Salemba.
- Indrayanta, A. F., Poerwanto, E., Arsyad, M., & Kunci, K. (2025). *Pengaruh Konsumsi Kopi Hitam terhadap Tingkat Konsentrasi Mahasiswa Fakultas Kedokteran Universitas Yarsi Angkatan 2022 Dan 2023 The Effect of Black Coffee Consumption on The Concentration Level of Students of The Faculty of Medicine , YARSI University Cl.* 3(4).
- Jahrami, H., BaHammam, A. S., AlGahtani, H., Ebrahim, A., Faris, M. A. I., AlEid, K., Saif, Z., Haji, E., Dhahi, A., Marzooq, H., Hubail, S., & Hasan, Z. (2021). The examination of sleep quality for frontline healthcare workers during the outbreak of COVID-19. *Sleep and Breathing*, 25(1), 503–511. <https://doi.org/10.1007/s11325-020-02135-9>
- Jee, H. J., Lee, S. G., Bormate, K. J., & Jung, Y. S. (2020). Effect of caffeine consumption on the risk for neurological and psychiatric disorders: Sex differences in human. *Nutrients*, 12(10), 1–20. <https://doi.org/10.3390/nu12103080>
- Julia Nafi'awani, N., & Ayu Made Adyani, S. (2023). Hubungan Konsumsi Kafein dengan Kualitas Tidur pada Remaja di MAN 11 Jakarta. *Journal Nursing Care Jurusan Keperawatan Politeknik Kesehatan Gorontalo*, 9(2), 84. <https://doi.org/10.52365/jnc.v9i2.829>
- Khairunnisa, Andriani, R., Wahyudi, W., Efri, P. M. H., & Saragi, D. R. F. (2025). Pengaruh Konsumsi Minuman Berkafein terhadap Kualitas Tidur Mahasiswa UIN Sumatera Utara Medan. *SEHATRAKYAT (Jurnal Kesehatan Masyarakat)*, 4(2), 196–205. <https://doi.org/10.54259/sehatrakyat.v4i2.4303>
- Kochman, J., Jakubczyk, K., Antoniewicz, J., Mruk, H., & Janda, K. (2021). *Health Benefits and Chemical Composition of Matcha Green Tea: A Review*.
- Kusumastuti, A., Khoiron, ahmad mustamil, & Achmadi, taofan ali. (2020). *Metode Penelitian Kuantitatif*. Deepublish.
- Lioe, E. B. W., Engka, J. N. A., & Marunduh, S. R. (2025). Hubungan Konsumsi Kafein dengan Pola Tidur Mahasiswa Program Studi Pendidikan Dokter. *E-CliniC*, 13(3), 313–318. <https://doi.org/10.35790/ecl.v13i3.61334>
- Lubis, mayang sari. (2018). *Metode Penelitian*. Deepublish.
- Made Wira Putra Dananjaya. (2024). Pengaruh Konsumsi Kafein Terhadap Kualitas Tidur Dengan Menggunakan Analisis Regresi Sederhana. *Jurnal Teknologi Informasi Dan Komputer*, 10(3), 182–189. <https://doi.org/10.36002/jutik.v10i3.3460>
- Meiranny, A., & Chabibah, A. M. (2022). Pengaruh Konsumsi Minuman Berkafein Terhadap Pola dan Kualitas Tidur Mahasiswa: A Literatur Review. *Media Publikasi Promosi Kesehatan Indonesia (MPPKI)*, 5(2), 117–122.
- Nadeem, I. M., Shanmugaraj, A., Sakha, S., Horner, N. S., Ayeni, O. R., & Khan, M. (2021).

Energy Drinks and Their Adverse Health Effects: A Systematic Review and Meta-analysis. *Sports Health*, 13(3), 265–277. <https://doi.org/10.1177/1941738120949181>

- Rahim, R., Sa'odah, Tiring, S. sulistyaningsih N. D., Asman, Fitriyah, L. A., Dewi, M. S., Hendrika, I., R, Ferawati, Mutia, Pamungkas, M. D., Sutrisno, E., Wulandary, H., Trimurtini, & Wicaksono, arif budi. (2021). *Metode Penelitian (Teori dan Praktik)*. Penerbit Perkumpulan Rumah Cemerlang Indonesia (PRCI).
- Razali, R. A. N., Suparto, S., & Perangin - Angin, C. R. (2021). Hubungan Antara Kualitas Tidur Dengan Kesehatan Mental Pada Mahasiswa Kedokteran : Tinjauan Umum. *Jurnal Kedokteran Meditek*, 27(1), 55–61. <https://doi.org/10.36452/jkdoktmeditek.v27i1.1901>
- Restu, Saputra, marwan indra, Triyono, A., & Suwaji. (2021). *Metode Penelitian* (D. Amidasti (ed.)). Deepublish.
- Rocha, P. L. de A., Lima, A. L. C., Saunders, B., & Reis, C. E. G. (2022). Development of a Caffeine Content Table for Foods, Drinks, Medications and Supplements Typically Consumed by the Brazilian Population. *Nutrients*, 14(20). <https://doi.org/10.3390/nu14204417>
- Sahri, R. P., & Hasibuan, M. T. D. (2023). Hubungan Kualitas Tidur Dengan Prestasi Belajar Pada Mahasiswa. *Jurnal Penelitian Perawat Profesional*, 5, 473–480. <http://jurnal.globalhealthsciencegroup.com/index.php/JPPP>
- Saraiva, S. M., Jacinto, T. A., Gonçalves, A. C., Gaspar, D., & Silva, L. R. (2023). Overview of Caffeine Effects on Human Health and Emerging Delivery Strategies. *Pharmaceuticals*, 16(8), 1–35. <https://doi.org/10.3390/ph16081067>
- Simatupang, N. R. Y., Lestari, I. C., Susanti, M., & Sari, S. (2022). Hubungan Kecemasan Dengan Kualitas Tidur Mahasiswa Fk Uisu Pada Masa Pandemi Covid-19. *Jurnal Kedokteran STM (Sains Dan Teknologi Medik)*, 5(2), 72–79. <https://doi.org/10.30743/stm.v5i2.262>
- Sudaryana, B., & Agusiady, R. (2022). *Metodologi Penelitian Kuantitatif*. Deepublish.
- Sugiyono. (2023a). Metode Penelitian Kualitatif (Untuk penelitian yang bersifat: eksploratif, enterpretif, interaktif dan konstruktif). *Metode Penelitian Kualitatif*, 1–274. <http://belajarpsikologi.com/metode-penelitian-kualitatif/>
- Sugiyono. (2023b). *Metode Penelitian Kuantitaif, Kualitatif, dan R&D* (Vol. 17). Penerbit CV. Alfabeta.
- Sugiyono. (2023c). *Metode Penelitian Kuantitatif Kualitatif dan R&D* (2nd ed.). Penerbit ALFABETA.
- Susanto, A. V., & Fitriana, Y. (2020). *Kebutuhan Dasar Manusia : Teori dan Aplikasi dalam Praktik Keperawatan Profesional*. PUSTAKA BARU PRESS.
- Tan, W., & Kumala, M. (2020). Relationship of Caffeinated Beverage Intake with Sleep Quality of 2020 Students ' Faculty of Medicine Tarumanagara. *Budapest International Research and Critics Journal*, 24474–24479. <https://doi.org/10.33258/birci.v5i3.647024474>
- Tarwoto, & Wartonah. (2023). *Kebutuhan Dasar Manusia dan Proses Keperawatan* (6th ed.). Penerbit Salemba.

- Tarwoto, & Wartonah. (2024). *Kebutuhan Dasar Manusia dan Proses Keperawatan* (5th ed.). Penerbit Salemba Medika.
- Wierzejska, R. E., & Gielecińska, I. (2024). Evaluation of the Caffeine Content in Servings of Popular Coffees in Terms of Its Safe Intake—Can We Drink 3–5 Cups of Coffee per Day, as Experts Advise? *Nutrients*, *16*(15). <https://doi.org/10.3390/nu16152385>
- Winarsih, D. (2021). *Pola Konsumsi Makanan, Kecukupan Energi, Dan Zat Gizi Makro Mahasiswa Politeknik Kesehatan TNI AU Adisutjipto Yogyakarta*. Politeknik Kesehatan TNI AU Adisutjipto.
- Yao, H., Li, L., Wang, X., & Wang, Z. (2024). Association of caffeine intake with all-cause and cardiovascular mortality in diabetes and prediabetes. *Diabetology and Metabolic Syndrome*, *16*(1), 1–14. <https://doi.org/10.1186/s13098-024-01417-6>