

***THE EFFECT OF ACUTE 200 MILLIGRAMS CAFFEINE CONSUMPTION
ON COLLEGE STUDENTS' INHIBITION***

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ABSTRACT

The purpose of this research was to demonstrate the differences in college students' inhibition between group that consumed acute 200 milligrams caffeine and group that did not. Caffeine blocks adenosine receptors that makes improvement of attention and inhibition. This study used two aspects to measure inhibition, which were reaction time and interference score. There are 30 people participated in this study. The participants were male and female college students, who were not consuming caffeine actively. Research data was analysed using Wilcoxon Signed Ranks Test ($Z = -2,040, p < 0,05$) one tailed; ($Z = -0,078, p > 0,05$) one tailed and Mann-Whitney U Test ($U = -0,257, p > 0,05$) one tailed; ($U = -0,309, p > 0,05$) one tailed method on SPSS 21.0 for Windows. The results of this study showed there were no differences between group that consumed acute 200 milligrams caffeine and group that did not.

Keywords: acute caffeine consumption, adenosine, CSCWT, coffee, inhibition

**PENGARUH KONSUMSI KAFEIN 200 MILIGRAM SECARA AKUT
TERHADAP *INHIBITION* PADA MAHASISWA**

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INTISARI

Tujuan penelitian ini adalah untuk membuktikan adanya perbedaan *inhibition* antara kelompok yang mengonsumsi kafein 200 miligram secara akut dan kelompok yang tidak mengonsumsi kafein 200 miligram secara akut. Kafein bekerja dengan cara memblokir reseptor adenosin sehingga meningkatkan atensi dan *inhibition*. Penelitian ini menggunakan dua aspek untuk mengukur *inhibition*, yaitu waktu reaksi dan *interference score*. Partisipan penelitian berjumlah 30 orang. Partisipan adalah laki-laki dan perempuan yang jarang mengonsumsi kafein. Data penelitian diuji menggunakan *Wilcoxon Signed Ranks Test* ($Z = -2,040, p < 0,05$) *one tailed*; ($Z = -0,078, p > 0,05$) *one tailed* dan *Mann-Whitney U Test* ($U = -0,257, p > 0,05$) *one tailed*; ($U = -0,309, p > 0,05$) *one tailed* dengan program *SPSS 21.00 for Windows*. Hasil penelitian menunjukkan tidak terdapat perbedaan *inhibition* antara kelompok yang mengonsumsi kafein 200 miligram secara akut dengan kelompok yang tidak mengonsumsi kafein 200 miligram secara akut.

Kata kunci: adenosin, *CSCWT*, *inhibition*, konsumsi kafein secara akut, kopi