

**ABSTRACT**

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***THE CORRELATION BETWEEN THE AMOUNT OF CAFFEINE INTAKE WITH NUTRITIONAL STATUS AND SLEEP QUALITY OF 2023 ACTIVE MEMBERS AT UKM SENI MUSIK SILIWANGI UNIVERSITY***

*Caffeine is a substance that can have physiological effects on the body, thus affecting health. Caffeine is found in the form of food and drinks. One of the resources of caffeine is coffee. Caffeine intake in coffee is one of the factors that affect nutritional status and quality of sleep in college students. The purpose of this study was to analyze the correlation between the amount of caffeine intake and the nutritional status and sleep quality of active members of UKM Seni Musik at Siliwangi University in 2023. This study used an analytic observational method with a Cross-Sectional design. Sampling in this study using the total sampling technique, namely as many as 85 active members of UKM Seni Musik at Siliwangi University as respondents. Data on the amount of caffeine intake was obtained from the SQ-FFQ form (Semi Quantitative Food Frequency Questionnaire). Nutritional status data is obtained from the calculation of BMI by measuring height and weight directly. Sleep quality data were obtained from the PSQI questionnaire (Pittsburgh Sleep Quality Index). The results of bivariate analysis using a correlation test Pearson Product Moment showed that there was a significant relationship in a negative direction between the amount of caffeine intake and nutritional status ( $p=0.000$ ) with a weak correlation strength ( $r=-0.399$ ). There is a significant positive relationship between caffeine intake and sleep quality ( $p=0.000$ ) with a strong correlation ( $r=0.658$ ).*

**Keywords:** *caffeine intake, coffee consumption, nutritional status, sleep quality*