

DAFTAR PUSTAKA

1. Setiyorini E. Faktor-faktor yang berhubungan dengan tingkat konsentrasi belajar mahasiswa semester 1 Program Studi Pendidikan Ners STIKes Patria Husada Blitar. *J Ners dan Kebidanan (Journal Ners Midwifery)*. 2016;3(3):247–52.
2. Wahyuningsih BY, Sugianto R, Wardiningsih R. Pelatihan Aktivitas Brain Gym Untuk Peningkatan Konsentrasi Mahasiswa Stmik Mataram. Ed J Edukasi dan Sains [Internet]. 2019;1(1):155–62. Available from: <https://ejournal.stitpn.ac.id/index.php/edisi>
3. Halim SNH, Rahma R. Pengaruh Lingkungan Belajar, Motivasi Belajar dan Kemandirian Belajar terhadap Hasil Belajar Matematika Siswa Kelas XI IPA SMAN 9 Pangkep. *Mandalika Math Educ J*. 2020;2(2):102–9.
4. Cappelletti S, Daria P, Sani G, Aromatario M. Caffeine: Cognitive and Physical Performance Enhancer or Psychoactive Drug? *Curr Neuropharmacol*. 2014;13(1):71–88.
5. ICO. Word Coffee Consumption. *Int Coffee Organ* [Internet]. 2021;(August):1. Available from: <https://www.ico.org>
6. National Coffee Association USA. Coffee consumption hits two-decade high-Spring 2022 National coffee Data Trends report. *National Coffee Association USA*. 2022. Available from: <https://www.ncausa.org/Newsroom/Coffee-consumption-hits-two-decade-high-2022-NCDT>
7. Nieber K. The Impact of Coffee on Health Author Pharmacokinetics and Mode of Action Bioactive Components in Coffee. *Planta Med*. 2017;83(1):1256–63.
8. McLellan, Tom M., Caldwell, John A., Lieberman, Harris R., A Review of Caffeine's Effects on Cognitive, Physical and Occupational Performance. *Neuroscience and Biobehavioral Reviews* <http://dx.doi.org/10.1016/j.neubiorev.2016.09.001>
9. Ms JGL, Mph GEL, Bs JBK, Rybak ME, Valentin-blasini L, Watson CH.

- Original investigation Caffeine Concentrations in Coffee , Tea , Chocolate , and Energy Drink Flavored E-liquids. 2016;1–9.
10. Mahoney CR, Giles GE, Marriott BP, Judelson DA, Glickman EL, Geiselman PJ, et al. Intake of caffeine from all sources and reasons for use by college students. Clin Nutr [Internet]. 2019;38(2):668–75. Available from: <https://doi.org/10.1016/j.clnu.2018.04.004>
 11. Hastuti DS. Kandungan Kafein Pada Kopi dan Pengaruh Terhadap Tubuh. Media Litbangkes. 2018;25(3):185–92.
 12. Widyotomo S, Mulato S. Kafein : Senyawa Penting Pada Biji Kopi. War Pus Penelit Kopi dan Kakao Indones. 2007;23(1):44–50.
 13. Kochman J, Jakubczyk K, Antoniewicz J, Mruk H, Janda K. Health Benefits and Chemical Composition of Matcha Green Tea: A Review. Molecules. 2020;26(1).
 14. Bello ML, Walker AJ, McFadden BA, Sanders DJ, Arent SM. The effects of TeaCrine® and caffeine on endurance and cognitive performance during a simulated match in high-level soccer players. J Int Soc Sports Nutr. 2019;16(1):1–10.
 15. Calvo JL, Fei X, Domínguez R, Pareja-Galeano H. Caffeine and cognitive functions in sports: A systematic review and meta-analysis. Nutrients. 2021;13(3):1–18.
 16. Ardiansyah MF, Rasyad AS, Surialaga S. Pengaruh Merokok dan Konsumsi Minuman Mengandung Kafein terhadap Tingkat Konsentrasi belajar Mahasiswa Fakultas Kedokteran Unisba Tahun 2017. Pros Pendidik Dr. 2021;7(1):742–7.
 17. Reyes CM, Cornelis MC. Caffeine in the Diet: Country-Level Consumption and Guidelines. Nutrients. 2018 Nov 15;10(11):1772. doi: 10.3390/nu10111772. PMID: 30445721; PMCID: PMC6266969.
 18. Purwa Atmaja Prawira, Psikologi Pendidikan dalam Perspektif Baru. Jogjakarta : Ar-Ruzz Media; 2013,226.
 19. Slameto. Belajar dan faktor-faktor yang mempengaruhinya. Jakarta : Rineka Cipta; 2010,p-86.

20. Rahmat Agung KDRCPYAIES. Hubungan Konsumsi Kafein dengan Konsentrasi Belajar Mahasiswa UniversitasMulawarman. *J Verdure*. 2022;4(1):419–27.
21. Fiani B, Zhu L, Musch BL, Briceno S, Andel R, Sadeq N, et al. The Neurophysiology of Caffeine as a Central Nervous System Stimulant and the Resultant Effects on Cognitive Function. *Cureus*. 2021;13(5).
22. Richards G, Smith A. Caffeine consumption and self-assessed stress, anxiety, and depression in secondary school children. *J Psychopharmacol*. 2015;29(12):1236–47.
23. Nawrot P, Jordan S, Eastwood J, Rotstein J, Hugenholtz A, Feeley M. Effects of caffeine on human health. *Food Addit Contam*. 2003;20(1):1–30.
24. Poole R, Kennedy OJ, Roderick P, Fallowfield JA, Hayes PC, Parkes J. Coffee consumption and health: umbrella review of meta-analyses of multiple health outcomes. *BMJ*. 2017 Nov 22;359:j5024. doi: 10.1136/bmj.j5024. Erratum in: *BMJ*. 2018 Jan 12;360:k194. PMID: 29167102; PMCID: PMC5696634.
25. Alasmari F. Caffeine induces neurobehavioral effects through modulating neurotransmitters. *Saudi Pharm J [Internet]*. 2020;28(4):445–51. Available from: <https://doi.org/10.1016/j.jsps.2020.02.005>
26. Haskell-Ramsay CF, Jackson PA, Forster JS, Dodd FL, Bowerbank SL, Kennedy DO. The Acute Effects of Caffeinated Black Coffee on Cognition and Mood in Healthy Young and Older Adults. *Nutrients*. 2018 Sep 30;10(10):1386. doi:10.3390/nu10101386. PMID: 30274327;PMCID: PMC6213082.
27. Spriet LL. Exercise and sport performance with low doses of caffeine. *Sports Med*. 2014 Nov;44 Suppl 2(Suppl 2):S175-84. doi: 10.1007/s40279-014-0257-8. PMID: 25355191; PMCID: PMC4213371.
28. Dillon P, Kelpin S, Kendler K, Thacker L, Dick D, Svikis D. Gender Differences in Any-Source Caffeine and Energy Drink Use and Associated Adverse Health Behaviors. *J Caffeine Adenosine Res*. 2019 Mar

- 1;9(1):12-19. doi: 10.1089/caff.2018.0008. Epub 2019 Mar 14. PMID: 30944911; PMCID: PMC6444914.
29. Datta K, Nebhinani N, Dixit A. Performance Differences in Hindi and English Speaking Bilinguals on Stroop Task. *J Psycholinguist Res.* 2019 Dec;48(6):1441-1448. doi: 10.1007/s10936-019-09667-6. PMID: 31399874.
30. Zurrón M, Lindín M, Galdo-Alvarez S, Díaz F. Age-related effects on event-related brain potentials in a congruence/incongruence judgment color-word Stroop task. *Front Aging Neurosci.* 2014 Jun 17;6:128. doi: 10.3389/fnagi.2014.00128. PMID: 24987369; PMCID: PMC4060640.

