

Is The Consumption Of Energy Drinks Associated With Academic Achievement among College Students Of Medical And Health Sciences?

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Abstract:

Introduction: The worldwide “energy drink” market has grown exponentially in the last decade. Energy drinks are popular among college students in Health and medicine sciences who consume these drinks for a variety of reasons. Energy drinks are composed of carbohydrates, fats, proteins and stimulants such as caffeine and ginseng.

Aim of the study: In this research we investigated relationship of energy drinks on academic achievement among college students of medical and health sciences.

Methodology: It was (quantitative research) which consist a population of student from An-Najah University. A Cross sectional descriptive exploratory design used to conduct this study. The study sample is 300 students from (second years, third years, and fourth years, fifth year, sixth year) among college students of medical and health sciences.

Conclusion and Result: The result of the study indicated that there was a significant relation between energy drinks on academic achievement related to gender. Moreover, the study showed there was a relationship between energy drinks associated with academic achievement related to student’s life activity such as smoking.

The result of the study indicated that was a relationship was positive relation between energy drinks on academic achievement among medical and health science students related to knowledge of side effect of energy drink.

Finally, the result of the study indicated was a negative relationship between energy drinks associated with academic achievement among students related to academic level.

Keywords: Energy drinks, Caffeine, Substance use, Academic performance, Sleep, College students

Operational Definition:

Energy drinks,
Caffeine,
Substance use,

Academic Performance: is defined by students' reporting of past semester GPA and their expected GPA for the current semester.

College Students: a *student* at a university or *college*
Theoretical definition

Energy Drinks: A soft drink containing a high percentage of sugar, caffeine, or another stimulant, typically consumed during or after sporting activity or as a way of overcoming tiredness.

(Essays, UK. (November 2013). Description Of The Organization Red Bull Commerce Essay. Retrieved from <https://www.ukessays.com/essays/commerce/description-of-the-organization...>)

Caffeine: a white, crystalline, bitter alkaloid, $C_8H_{10}N_4O_2$, usually derived from coffee or tea: used in medicine chiefly as a nervous system stimulant. caffeine. (n.d.). The American Heritage® Science Dictionary. Retrieved December 3, 2017 from Dictionary.com website

Substance use: According to world health organization, psycho active substance is any chemical substance which alters physical and/or mental function.
Psychiatry Journal. Substance Use as a Strong Predictor of Poor Academic Achievement among University Student.

Mekonen T., Fekadu W., Mekonnen T., and Shimelash Bitew Workie
Volume 2017 (2017), Article ID 7517450, 9 pages

Academic performance: is measured by the final grade earned in the course, and to the level of schooling you have successfully completed and the ability to attain success in your studies. academic achievement. (n.d.). Retrieved December 3rd, 2017, from <http://www.yourdictionary.com/academic-achievement> .

College students: a student enrolled in a college or university, Or who is teaching under the supervision of a certified teacher in order to qualify for a degree in education.
college student. (n.d.) *WordNet 3.0, Farlex clipart collection.* (2003-2008). Retrieved December 3 2017 from <https://www.thefreedictionary.com/college+student>