

Society's Expectations of Caffeine Consumption

Laura Smith (STUDENT NUMBER: 1571108), Supervisor Name: Bernadette Quinn

Abstract

Society today is constantly on the go and growing numbers of people can be seen day to day drinking some form of caffeine usually coffee. It is the main aim of this research project to explore whether there was a difference in caffeine consumption between males and females and also caffeine consumption between younger and older participants.

Introduction

The purpose of this research is to investigate whether society is dependent on caffeine. This study is relevant due to the high consumption of caffeine in society today and the growing number of caffeinated products being sold worldwide. Caffeine is the most commonly consumed substance in the world (Olekalns, and Bardsley, 1996).



Nearly 90% of US adults consume caffeine in forms of coffee, tea, or other caffeinated food products (Frery et al. 2005). This means that in America alone four out of five people consume caffeine on a daily basis (Monroe, 1998). Caffeine is widely available around the world in so many shapes and forms and is found in numerous products society consumes on a daily basis.



Method

- 200 Questionnaires
- General Public & DBS Students
- 18-87
- 87 males
- 113 females
- SPSS

References

- Olekalns, N., & Bardsley, P. (n.d). Rational addiction to caffeine: An analysis of coffee consumption. *Journal Of Political Economy*, 104(5), 1100.
- Monroe, J. (1998). Caffeine's hook. *Current Health* 2, 24(5), 16.
- Frery CD, Johnson RK, Wang MQ (2005) Food sources and intakes of caffeine in the diets of persons in the United States. *J Am Diet Assoc* 105,110–113

Results

The results showed that for both genders male and female there was a significant negative relationship between caffeine consumption and anxiety. Between older and younger participants there was a significant negative relationship between caffeine consumption in younger people and anxiety whereas in older participants there was a none significant negative correlation between caffeine consumption and anxiety. Due to the results showing that the older the participants the less caffeine they consumed this suggests that there is a relationship between caffeine consumption and anxiety whereas the more caffeine consumed the more anxious the person becomes indicating that the hypothesis that predicted a correlation between caffeine consumption and anxiety older and younger people is supported

Discussion

The main predictions in the research report was that there was a difference in caffeine consumption for males and females. The results showed that there was in fact a significant difference between caffeine consumption and age. According to the questionnaires the majority of the male participants indicated that they consumed 6 caffeinated products a day compared to females who indicated only 4 on the questionnaires.

Although the present finding did not find any difference in caffeine consumption and age and the age at which the participants of the study began was over 18 years of age other studies suggest caffeine consumption and dependency is taking place at younger ages with many teenagers consuming caffeinated products on a daily basis.