A Caffeinated Crisis

Abstract

This research studies caffeine intake among a sample. The study aimed to determine the degree of caffeine dependency and the motivations behind caffeine purchases among various demographics. We found that caffeine has both positive and negative impacts on people's mental and physical well beings.

Hypothesis

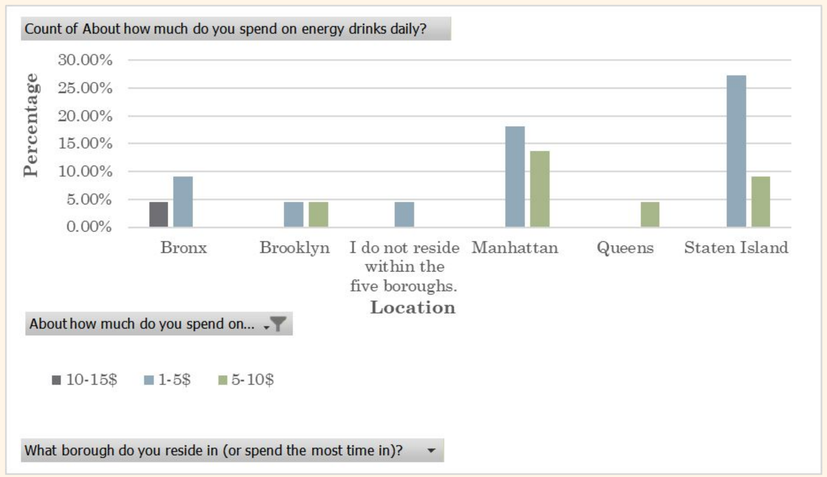
- Consumption of caffeine has a significant **negative** impact on students spending habits and health.
- Despite awareness on the effects of caffeine, this study suspects that many view it as a necessary supplement for functional productivity.

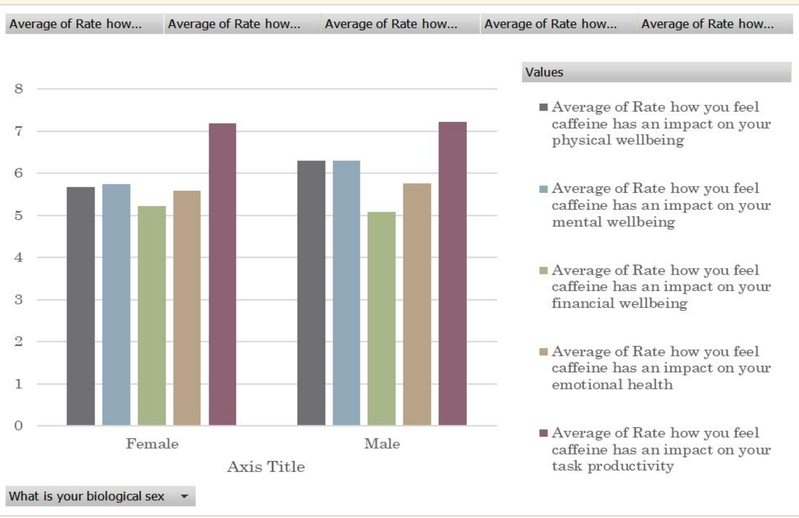
Methodology

1. Focused on understanding how caffeine affects individuals in our city and the environmental factors influencing coffee production.
2. Our group used an anonymous questionnaire to gather data from people in our city. We used demographics like borough/region, occupation, gender, household income, and medication effects.
3. We employed online platforms to distribute the questionnaire and the data collection period lasted for two weeks.
4. Once data was collected, we conducted statistical analyses to identify trends and correlations between caffeine habits and health perception.

Results

- Male respondents primary consumption was almost exclusively Coffee or Energy Drinks, suggesting a concentrated dependency.
- Male and female respondents reported that on average, caffeine had the most impact on their productivity. This supports our hypothesis that students view caffeine as a necessity for functional productivity
- Those who reside in Queens and Staten Island show the highest propensity to spend on caffeine.





Future Research

Global caffeine consumption is going up. People in like Brazil and Italy are individually drinking more than they used to. When humans consume caffeine, it doesn't just disappear; it enters the sewage system. Highlighting this issue, an article on Sciencedirect found in their 2019 review that **"approximately 35% of the monitoring studies worldwide revealed toxic levels of caffeine in the water bodies for aquatic organisms" (Rostoll, Díaz-Cruz, and Barceló).**

A recent report by the New York Times details how this creates an environmental domino effect, adding to the growing consensus that this process leads to decreased rainfall and increases the likelihood of crop failure (Livni). This destruction of the Amazon Rainforest, our destroys one of our main sources to absorb carbon, exacerbating the global climate crisis!

Conclusion

In essence, caffeinated drinks have a significant health risk on human health. Based on the survey, more than 80% of them know the risk that comes from drinking caffeinated drinks. We found that students are spending at least $5-$10 on caffeinated drinks each day, and while it helps their productivity, it negatively affects their physical health.

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