

Dunia Dalam Secangkir Kopi



Ns. Arif Rohman Mansur, S.Kep., M.Kep
Ns. Mutia Farlina, M.Kep., Sp.Kep.An
Sandrina Indah Paraswati

Ns. Arif Rohman Mansur, S.Kep., M.Kep
Ns. Mutia Farlina, M.Kep., Sp.Kep.An
Sandrina Indah Paraswati

Editor | Ns. Ira Mulya Sari, M.Kep., Sp.Kep.An

DUNIA DALAM SECANGKIR

K PI

KBM
INDONESIA

Penerbit KBM Indonesia

Adalah penerbit dengan misi memudahkan proses penerbitan buku-buku penulis di tanah air indonesia, serta menjadi media *sharing* proses penerbitan buku

DUNIA DALAM SECANGKIR KOPI

Copyright @2025 by Ns. Arif Rohman Mansur, S.Kep., M.Kep., dkk

All rights reserved

KARYA BAKTI MAKMUR (KBM) INDONESIA

Anggota IKAPI (Ikatan Penerbit Indonesia)

NO. IKAPI 279/JTI/2021

Depok, Sleman-Jogjakarta (Kantor)

081357517526 (Tlpn/WA)

Penulis

Ns. Arif Rohman Mansur, S.Kep., M.Kep

Ns. Mutia Farlina, M.Kep., Sp.Kep.An

Sandrina Indah Paraswati

Desain Sampul

Aswan Kreatif

Tata Letak

Ara Caraka

Editor Naskah

Ns. Ira Mulya Sari, M.Kep., Sp.Kep.An

15,5 x 23 cm, vi + 177 halaman

Cetakan ke-1, September 2025

ISBN 978-634-202-731-8

Isi buku diluar tanggungjawab penerbit

Hak cipta merek KBM Indonesia sudah terdaftar di

DJKI-Kemenkumham dan isi buku dilindungi undang-undang

Dilarang keras menerjemahkan, memfotokopi, atau

Memperbanyak sebagian atau seluruh isi buku ini

Tanpa seizin penerbit karena beresiko sengketa hukum

Website

<https://penerbitkbm.com>, www.penerbitbukumurah.com

Instagram

@penerbit.kbmindonesia, @penerbitbukujogja

Email

naskah@penerbitkbm.com

Distributor

<https://penerbitkbm.com/toko-buku/>

Youtube

Penerbit KBM Sastrabook

Sanksi Pelanggaran Pasal 113

Undang-Undang No. 28 Tahun 2014 Tentang Hak Cipta

- (i) Setiap Orang yang dengan tanpa hak melakukan pelanggaran hak ekonomi sebagaimana dimaksud dalam Pasal 9 ayat (1) huruf i untuk Penggunaan Secara Komersial dipidana dengan pidana penjara paling lama 1 (satu) tahun dan/atau pidana denda paling banyak Rp 100.000.000 (seratus juta rupiah).
- (ii) Setiap Orang yang dengan tanpa hak dan/atau tanpa izin Pencipta atau pemegang Hak Cipta melakukan pelanggaran hak ekonomi Pencipta sebagaimana dimaksud dalam Pasal 9 ayat (1) huruf c, huruf d, huruf f, dan/atau huruf h untuk Penggunaan Secara Komersial dipidana dengan pidana penjara paling lama 3 (tiga) tahun dan/atau pidana denda paling banyak Rp 500.000.000,00 (lima ratus juta rupiah).
- (iii) Setiap Orang yang dengan tanpa hak dan/atau tanpa izin Pencipta atau pemegang Hak Cipta melakukan pelanggaran hak ekonomi Pencipta sebagaimana dimaksud dalam Pasal 9 ayat (1) huruf a, huruf b, huruf e, dan/atau huruf g untuk Penggunaan Secara Komersial dipidana dengan pidana penjara paling lama 4 (empat) tahun dan/atau pidana denda paling banyak Rp 1.000.000.000,00 (satu miliar rupiah).
- (iv) Setiap Orang yang memenuhi unsur sebagaimana dimaksud pada ayat (3) yang dilakukan dalam bentuk pembajakan, dipidana dengan pidana penjara paling lama 10 (sepuluh) tahun dan/atau pidana denda paling banyak Rp 4.000.000.000,00 (empat miliar rupiah).

KATA PENGANTAR

Alhamdulillah *rabbi* 'alamin, segala puji bagi Allah Subhanahu Wa Ta'ala yang telah melimpahkan rahmat, kesehatan, dan kesempatan sehingga buku ini, Dunia dalam Secangkir Kopi, akhirnya dapat diselesaikan.

Ide penulisan buku ini lahir dari ketertarikan penulis terhadap kopi, bukan hanya sebagai minuman yang digemari banyak orang, tetapi juga sebagai fenomena global yang menyimpan sejarah panjang, nilai budaya, serta pengaruh besar bagi kesehatan manusia. Kopi telah menemani perjalanan peradaban sejak berabad-abad lalu, dari legenda Kaldi di Ethiopia, ritual kaum Sufi di Yaman, hingga menjadi bagian penting dalam gaya hidup modern. Namun, di balik popularitasnya, kopi juga menyimpan berbagai misteri, baik manfaat maupun risiko yang perlu dipahami secara ilmiah.

Melalui buku ini, penulis berusaha menghadirkan gambaran utuh tentang kopi mulai dari asal-usulnya, perannya dalam membentuk sejarah, hingga penelitian modern mengenai efek fisiologis, manfaat kesehatan, dan potensi dampak negatifnya. Harapannya, pembaca tidak hanya melihat kopi sebagai minuman sehari-hari, tetapi juga sebagai pintu masuk untuk memahami bagaimana sains, budaya, dan kesehatan bertemu dalam secangkir kopi.

Pada kesempatan ini, penulis menyampaikan terima kasih kepada berbagai pihak yang telah memberikan dukungan, baik secara langsung maupun tidak langsung. Ucapan terima kasih khusus ditujukan kepada keluarga, rekan sejawat, serta semua pihak yang telah memberi masukan dan motivasi sehingga buku ini dapat hadir di hadapan pembaca.

Akhir kata, semoga buku ini bermanfaat, memperluas wawasan, dan menambah kecintaan kita pada ilmu pengetahuan serta budaya yang hidup di balik setiap tegukan kopi.

Padang, 28 Agustus 2025

Arif Rohman Mansur

DAFTAR ISI

KATA PENGANTAR	i
DAFTAR ISI.....	iii
DAFTAR GAMBAR	v
01. PENTINGNYA KOPI	1
▪ KOPI SEBAGAI MINUMAN YANG BANYAK DIKONSUMSI.	1
▪ KOPI MEMPUYAI ARTI PENTING HISTORIS DAN FISIOLOGIS.....	4
▪ KOPI SEBAGAI ZAT PSIKOAKTIF DAN PERANNYA DALAM GAYA HIDUP DAN LINGKUNGAN BUDAYA MODERN.....	8
02. ASAL-USUL KOPI.....	13
▪ PERJALANAN BOTANI COFFEA ARABICA DARI ETHIOPIA.....	13
▪ LEGENDA KALDI SANG PENGGEMBALA KAMBING DAN PENEMUAN KOPI.	16
▪ PERAN SUFI DI YAMAN DAN PENGEMBANGAN BUDAYA KOPI. ...	19
▪ DARI MANA RASA BERASAL: SPESIES, VARIETAS, DAN PENGARUH <i>TERROIR</i>	23
○ SPESIES KOPI ARABIKA (COFFEAARABICA)	24
○ SPESIES KOPI ROBUSTA (COFFEACANEPHORA)	27
○ SPESIES LAINNYA (LIBERIKA & EXCELSA)	29
03. PERAN DALAM MEMBENTUK SEJARAH	33
▪ MUNCULNYA KEDAI KOPI DI KEKAISARAN OTTOMAN DAN EROPA.....	33
▪ KEDAI KOPI SEBAGAI PUSAT INTELEKTUAL PADA MASA PENCERAHAN.	36
▪ PENGARUH PADA PEMIKIR SEPERTI KANT DAN VOLTAIRE DAN DAMPAK POTENSIAL PADA PERUBAHAN MASYARAKAT.	40
▪ KOPI DAN GLOBALISASI AWAL: PERKEBUNAN, KOLONIALISME, SERTA PERBUDAKAN"	44

▪ KOPI DALAM REVOLUSI INDUSTRI: BAHAN BAKAR KELAS PEKERJA.....	47
04. FISILOGI KOPI	49
▪ PENYERAPAN KOPI.....	49
▪ EFEK KOPI PADA SISTEM SARAF	53
▪ MEKANISME AKSI, TERMASUK PEMBLOKIRAN RESEPTOR ADENOSIN.....	56
▪ BAGAIMANA KOPI BERTINDAK SEBAGAI ZAT PSIKOAKTIF	60
▪ METABOLISME GLUKOSA	63
▪ FUNGSI HATI	66
▪ FISILOGI JANTUNG.....	70
▪ FUNGSI USUS BESAR	73
05. MANFAAT KOPI BAGI KESEHATAN.....	77
▪ PENINGKATAN KEWASPADAAN	77
▪ PENINGKATAN SUASANA HATI	80
▪ PENINGKATAN KINERJA FISIK.....	83
▪ POTENSI MENGURANGI RISIKO DIABETES TIPE 2	86
▪ MENGURANGI RISIKO PENYAKIT KARDIOVASKULAR.....	90
▪ MENGURANGI RISIKO KANKER TERTENTU.	93
▪ EFEK NEUROPROTEKTIF.....	103
▪ PERAN DALAM MANAJEMEN BERAT BADAN DAN PENCEGAHAN OBESITAS	105
06. EFEK SAMPING KONSUMSI KOPI	109
▪ KECANDUAN DAN PENARIKAN KAFEIN	109
▪ KECEMASAN DAN GANGGUAN TIDUR.....	111
▪ PENINGKATAN DENYUT JANTUNG DAN TEKANAN DARAH	114
▪ DAMPAK PADA KESEHATAN TULANG.....	116
BIBLIOGRAFI.....	119
BIOGRAFI PENULIS.....	175

BIBLIOGRAFI

- Abeele, S., Janssens, S., Anio, J., Bawin, Y., Depecker, J., Kambale, B., ... & Vandelook, F. (2021). *Genetic diversity of wild and cultivated coffea canephora in northeastern dr congo and the implications for conservation..* <https://doi.org/10.1101/2021.08.09.455630>
- Abreu, R. B. V., Silva-Oliveira, E. M., Moraes, M., Pereira, G., & Moraes-Santos, T. (2011). Chronic coffee and caffeine ingestion effects on the cognitive function and antioxidant system of rat brains. *Pharmacology Biochemistry and Behavior*, 99, 659-664. <https://doi.org/10.1016/j.pbb.2011.06.010>
- Aerts, R., Berecha, G., Gijbels, P., Hundera, K., Glabeke, S., Vandepitte, K., ... & Honnay, O. (2012). Genetic variation and risks of introgression in the wild coffea arabica gene pool in south-western ethiopian montane rainforests. *Evolutionary Applications*, 6(2), 243-252. <https://doi.org/10.1111/j.1752-4571.2012.00285.x>
- Alawadh, R., Abid, N., Alsaad, A., Aljohar, H., Alharbi, M., & Alhussain, F. (2022). Arabic coffee consumption and its correlation to obesity among the general population in the eastern province, kingdom of saudi arabia. *Cureus*. <https://doi.org/10.7759/cureus.30848>
- Aleksandrova, K., Bamia, C., Drogan, D., Λάγιου, Π., Trichopoulou, A., Jenab, M., ... & Trichopoulos, D. (2015). The association of coffee intake with liver cancer risk is mediated by biomarkers of inflammation and hepatocellular injury: data from the european prospective investigation into cancer and nutrition.

- American Journal of Clinical Nutrition*, 102(6), 1498-1508.
<https://doi.org/10.3945/ajcn.115.116095>
- Alemayehu, D. (2023). The exploration and utilization of coffee (coffea arabica l.) genetic resource in its center of origin. *Journal of Global Agriculture and Ecology*, 15(2), 45-57.
<https://doi.org/10.56557/jogae/2023/v15i28469>
- Alemayehu, D., Benti, T., Beksisa, L., Merga, D., Getaneh, A., Tefera, F., ... & Addisu, M. (2023). The exploration and utilization of coffee (coffea arabica l.) genetic resource in its center of origin. *Journal of Global Agriculture and Ecology*, 15(2), 45-57.
<https://doi.org/10.56557/jogae/2023/v15i28469>
- Alicandro, G., Tavani, A., & La Vecchia, C. (2017). Coffee and cancer risk: A summary overview. *European Journal of Cancer Prevention*, 26(5), 424-432. <https://doi.org/10.1097/CEJ.0000000000000341>
- Allison, H. (2000). *Kant's conception of enlightenment.*, 35-44.
<https://doi.org/10.5840/wcp202000746>
- Al-Wadei, H., Takahashi, T., & Schuller, H. (2006). *Caffeine stimulates the proliferation of human lung adenocarcinoma cells and small airway epithelial cells via activation of pka, creb and erk1/2.* Oncology Reports. <https://doi.org/10.3892/or.15.2.431>
- Al-Zaidi, A., Shalaby, M., & Hazber, A. (2015). Role of agricultural extension radio and television programs on the knowledge and skills of coffee farmers in udayn, ibb area - republic of yemen. *Alexandria Science Exchange Journal*, 36(4), 644-653.
<https://doi.org/10.21608/asejaiqjsae.2015.154508>
- Amalia, D., Kurniati, Y., & Wahyuni, I. (2023). Kinerja usahatani kopi liberika di kecamatan betara kabupaten tanjung jabung barat. *Agricultural Socio-Economic Empowerment and Agribusiness Journal*, 1(2), 83. <https://doi.org/10.20961/agrisema.v1i2.63967>

- Arendash, G. and Cao, C. (2010). Caffeine and coffee as therapeutics against alzheimer's disease. *Journal of Alzheimer S Disease*, 20(s1), S117-S126. <https://doi.org/10.3233/jad-2010-091249>
- Armando, Y., Maryani, A., & Syarif, M. (2020). The effectiveness of providing vulanic ash (tuff vulcan) and dolomite as amelioran materials on the growth of immature liberica coffee plants in peat land of mekar jaya village. *Jurnal Ilmiah Ilmu Terapan Universitas Jambijitujj*, 4(2), 204-211. <https://doi.org/10.22437/jiituj.v4i2.11608>
- Bae, E., Kim, E., Choi, B., Won, S., Kim, J., Kim, S., ... & Lim, M. (2019). The relationships between addiction to highly caffeinated drinks, burnout, and attention-deficit/ hyperactivity disorder. *Journal of Korean Academy of Child and Adolescent Psychiatry*, 30(4), 153-160. <https://doi.org/10.5765/jkacap.190015>
- Bågeman, E., Ingvar, C., Rose, C., & Jernström, H. (2008). Coffee consumption and cyp1a2*1f genotype modify age at breast cancer diagnosis and estrogen receptor status. *Cancer Epidemiology Biomarkers & Prevention*, 17(4), 895-901. <https://doi.org/10.1158/1055-9965.epi-07-0555>
- Baker, J., Beehler, G., Sawant, A., Jayaprakash, V., McCann, S., & Moysich, K. (2006). Consumption of coffee, but not black tea, is associated with decreased risk of premenopausal breast cancer. *Journal of Nutrition*, 136(1), 166-171. <https://doi.org/10.1093/jn/136.1.166>
- Bartoloni, S., Ietto, B., & Pascucci, F. (2022). Do connoisseur consumers care about sustainability? exploring coffee consumption practices through netnography. *British Food Journal*, 124(13), 305-321. <https://doi.org/10.1108/bfj-07-2021-0814>

- Batabyal, A. (2004). Book review. *Jadavpur Journal of International Relations*, 8(1), 273-279. <https://doi.org/10.1177/0973598404110017>
- Batista, P., Peixoto, J., & Oliveira-Silva, P. (2022). An exploratory study about the characterization of caffeine consumption in a portuguese sample. *Behavioral Sciences*, 12(10), 386. <https://doi.org/10.3390/bs12100386>
- Beenhouwer, M., Muleta, D., Peeters, B., Geel, M., Lievens, B., & Honnay, O. (2014). Dna pyrosequencing evidence for large diversity differences between natural and managed coffee mycorrhizal fungal communities. *Agronomy for Sustainable Development*, 35(1), 241-249. <https://doi.org/10.1007/s13593-014-0231-8>
- Behrens, M., Weippert, M., Husmann, F., Bruhn, S., Zschorlich, V., & Mau-Moeller, A. (2016). P-37 *caffeine increased neural activation and strength of the knee extensors during isometric and dynamic muscle actions.* <https://doi.org/10.1136/bjsports-2016-097120.90>
- Beller, E., Lorbeer, R., Keeser, D., Galiè, F., Meinel, F., Grosu, S., ... & Stoecklein, S. (2021). Significant impact of coffee consumption on mr-based measures of cardiac function in a population-based cohort study without manifest cardiovascular disease. *Nutrients*, 13(4), 1275. <https://doi.org/10.3390/nu13041275>
- Bennett, J., Rodrigues, I., & Klein, L. (2013). Effects of caffeine and stress on biomarkers of cardiovascular disease in healthy men and women with a family history of hypertension. *Stress and Health*, 29(5), 401-409. <https://doi.org/10.1002/smi.2486>
- Bertasi, R., Humeda, Y., Bertasi, T., Zins, Z., Kimsey, J., & Pujalte, G. (2021). *Caffeine intake and mental health in college students.* Cureus. <https://doi.org/10.7759/cureus.14313>
- Bhandarkar, N., Mouatt, P., Gonçalves, P., Thomas, T., Brown, L., & Panchal, S. (2020). Modulation of gut microbiota by spent

- coffee grounds attenuates diet-induced metabolic syndrome in rats. *The Faseb Journal*, 34(3), 4783-4797. <https://doi.org/10.1096/fj.201902416rr>
- Bhandarkar, N., Mouatt, P., Majzoub, M., Thomas, T., Brown, L., & Panchal, S. (2021). Coffee pulp, a by-product of coffee production, modulates gut microbiota and improves metabolic syndrome in high-carbohydrate, high-fat diet-fed rats. *Pathogens*, 10(11), 1369. <https://doi.org/10.3390/pathogens10111369>
- Bhojaraja, V., Janardhan, H., Hameed, N., Gulsoom, A., & Ali, M. (2016). Knowledge, attitude and practices towards consumption of caffeine containing drinks among the student population of ras al-khaimah medical and health sciences university, uae. *International Journal of Research in Medical Sciences*, 3537-3541. <https://doi.org/10.18203/2320-6012.ijrms20162326>
- Bidel, S. and Tuomilehto, J. (2010). The emerging health benefits of coffee with an emphasis on type 2 diabetes and cardiovascular disease. *Touchreviews in Endocrinology*, 9(2), 99. <https://doi.org/10.17925/ee.2013.09.02.99>
- Birerdinc, A., Stepanova, M., Pawloski, L., & Younossi, Z. (2011). Caffeine is protective in patients with non-alcoholic fatty liver disease. *Alimentary Pharmacology & Therapeutics*, 35(1), 76-82. <https://doi.org/10.1111/j.1365-2036.2011.04916.x>
- Birhan, M. (2023). *A case study of the management information system in the coffee industry in sw ethiopia..* <https://doi.org/10.32388/tiwwv7>
- Bisht, S. and Sisodia, S. (2010). Coffea arabica: a wonder gift to medical science. *Journal of Natural Pharmaceuticals*, 1(1), 58. <https://doi.org/10.4103/2229-5119.73595>
- Bodur, M. (2024). The caffeine dilemma: unraveling the intricate relationship between caffeine use disorder, caffeine

- withdrawal symptoms and mental well-being in adults. *Public Health Nutrition*, 27(1). <https://doi.org/10.1017/s1368980024000399>
- Boggs, D., Rosenberg, L., Ruiz-Narváez, E., & Palmer, J. (2010). Coffee, tea, and alcohol intake in relation to risk of type 2 diabetes in african american women. *American Journal of Clinical Nutrition*, 92(4), 960-966. <https://doi.org/10.3945/ajcn.2010.29598>
- Bøhn, S., Blomhoff, R., & Paur, I. (2013). Coffee and cancer risk, epidemiological evidence, and molecular mechanisms. *Molecular Nutrition & Food Research*, 58(5), 915-930. <https://doi.org/10.1002/mnfr.201300526>
- Bollen, R., Kambale, J., Tas, A., Katshela, B., Tshimi, E., wyffels, F., ... & Stoffelen, P. (2024). *Agro-morphological characterization of coffea canephora (robusta) genotypes from the inera yangambi coffee collection, democratic republic of the congo..* <https://doi.org/10.21203/rs.3.rs-5305587/v1>
- Bouchard, D., Ross, R., & Janssen, I. (2010). Coffee, tea and their additives: association with bmi and waist circumference. *Obesity Facts*, 3(6), 345-352. <https://doi.org/10.1159/000322915>
- Brathwaite, J., Costa, L., & El-Sohemy, A. (2011). Catechol-o-methyltransferase genotype is associated with self-reported increased heart rate following caffeine consumption. *Journal of Caffeine Research*, 1(2), 123-130. <https://doi.org/10.1089/jcr.2011.0015>
- Broadway, M., Legg, R., & Broadway, J. (2018). Coffeehouses and the art of social engagement: an analysis of portland coffeehouses. *Geographical Review*, 108(3), 433-456. <https://doi.org/10.1111/gere.12253>
- Bussing, M. (2021). Starbucks.. <https://doi.org/10.5040/9798216018346>

- Butler, L. (2018). Coffee's dark secrets: linguistic variation in starbucks and dunkin donuts. *Lingua Frankly*, 4. <https://doi.org/10.6017/lf.v4i0.10391>
- Camandola, S., Plick, N., & Mattson, M. (2018). Impact of coffee and cacao purine metabolites on neuroplasticity and neurodegenerative disease. *Neurochemical Research*, 44(1), 214-227. <https://doi.org/10.1007/s11064-018-2492-0>
- Cao, C., Cirrito, J., Lin, X., Wang, L., Verges, D., Dickson, A., ... & Potter, H. (2009). Caffeine suppresses amyloid- β levels in plasma and brain of alzheimer's disease transgenic mice. *Journal of Alzheimer S Disease*, 17(3), 681-697. <https://doi.org/10.3233/jad-2009-1071>
- Cao, C., Wang, L., Lin, X., Mamcarz, M., Zhang, C., Bai, G., ... & Arendash, G. (2011). Caffeine synergizes with another coffee component to increase plasma gcsf: linkage to cognitive benefits in alzheimer's mice. *Journal of Alzheimer S Disease*, 25(2), 323-335. <https://doi.org/10.3233/jad-2011-110110>
- Cao, S., Liu, L., Yin, X., Wang, Y., Liu, J., & Lu, Z. (2013). Coffee consumption and risk of prostate cancer: a meta-analysis of prospective cohort studies. *Carcinogenesis*, 35(2), 256-261. <https://doi.org/10.1093/carcin/bgt482>
- Cappelletti, S., Piacentino, D., Sani, G., & Aromatario, M. (2015). Caffeine: cognitive and physical performance enhancer or psychoactive drug?. *Current Neuropsychology*, 13(1), 71-88. <https://doi.org/10.2174/1570159x13666141210215655>
- Carroll, L. (2014). The Coffee Culture. *Journal of Consumer Culture*, 14(3), 215-232. <https://doi.org/10.1177/1469540513493202>
- Cedeño, S. and Banchón, C. (2022). Influence of pre-and post-harvest factors on the organoleptic and physicochemical quality of coffee: a short review. *Journal of Food Science and Technology*, 60(10), 2526-2538. <https://doi.org/10.1007/s13197-022-05569-z>

- Chambers, E., Sanchez, K., Phan, U., Miller, R., Civile, G., & Donfrancesco, B. (2016). Development of a "living" lexicon for descriptive sensory analysis of brewed coffee. *Journal of Sensory Studies*, 31(6), 465-480. <https://doi.org/10.1111/joss.12237>
- Chaudhary, N., Grandner, M., Jackson, N., & Chakravorty, S. (2016). Caffeine consumption, insomnia, and sleep duration: results from a nationally representative sample. *Nutrition*, 32(11-12), 1193-1199. <https://doi.org/10.1016/j.nut.2016.04.005>
- Cho, J. (2024). The association between high-caffeine drink consumption and anxiety in korean adolescents. *Nutrients*, 16(6), 794. <https://doi.org/10.3390/nu16060794>
- Choi, E., Choi, K., Park, S., Shin, D., Joh, H., & Cho, E. (2016). The benefit of bone health by drinking coffee among korean postmenopausal women: a cross-sectional analysis of the fourth & fifth korea national health and nutrition examination surveys. *Plos One*, 11(1), e0147762. <https://doi.org/10.1371/journal.pone.0147762>
- Chrysant, S. (2015). Coffee consumption and cardiovascular health. *The American Journal of Cardiology*, 116(5), 818-821. <https://doi.org/10.1016/j.amjcard.2015.05.057>
- Ciaramelli, C. and Palmioli, A. (2019). Coffee variety, origin and extraction procedure: implications for coffee beneficial effects on human health. *Food Chemistry*, 278, 47-55. <https://doi.org/10.1016/j.foodchem.2018.11.063>
- Clark, I. and Landolt, H. (2017). Coffee, caffeine, and sleep: a systematic review of epidemiological studies and randomized controlled trials. *Sleep Medicine Reviews*, 31, 70-78. <https://doi.org/10.1016/j.smr.2016.01.006>
- Clarke, N. and Richardson, D. (2021). Habitual caffeine consumption does not affect the ergogenicity of coffee ingestion during a 5 km cycling time trial. *International Journal of Sport Nutrition*

- and Exercise Metabolism*, 31(1), 13-20. <https://doi.org/10.1123/ijsnem.2020-0204>
- Cornelis, M. C. (2019). The impact of caffeine on health. *Annual Review of Nutrition*, 39(1), 223-252. <https://doi.org/10.1146/annurev-nutr-082018-124544>
- Correia, P. (2024). Impacts of brazilian green coffee production and its logistical corridors on the international coffee market. *Logistics*, 8(2), 39. <https://doi.org/10.3390/logistics8020039>
- Corti, R., Binggeli, C., Sudano, I., Spieker, L., Hänseler, E., Ruschitzka, F., ... & Noll, G. (2002). Coffee acutely increases sympathetic nerve activity and blood pressure independently of caffeine content. *Circulation*, 106(23), 2935-2940. <https://doi.org/10.1161/01.cir.0000046228.97025.3a>
- Costa, J., Lunet, N., Santos, C., Santos, J., & Carneiro, A. (2010). Caffeine exposure and the risk of parkinson's disease: a systematic review and meta-analysis of observational studiess. *Journal of Alzheimer S Disease*, 20(s1), S221-S238. <https://doi.org/10.3233/jad-2010-091525>
- Cowan, B. (2004). Mr. spectator and the coffeehouse public sphere. *Eighteenth-Century Studies*, 37(3), 345-366. <https://doi.org/10.1353/ecs.2004.0021>
- Cowan, B. (2007). Publicity and privacy in the history of the british coffeehouse. *History Compass*, 5(4), 1180-1213. <https://doi.org/10.1111/j.1478-0542.2007.00440.x>
- Cronin, C. (2003). Kant's politics of enlightenment. *Journal of the History of Philosophy*, 41(1), 51-80. <https://doi.org/10.1353/hph.2002.0093>
- Cropley, V., Croft, R., Silber, B., Neale, C., Scholey, A., Stough, C., ... & Schmitt, J. (2011). Does coffee enriched with chlorogenic acids improve mood and cognition after acute administration in

- healthy elderly? a pilot study. *Psychopharmacology*, 219(3), 737-749. <https://doi.org/10.1007/s00213-011-2395-0>
- Crous-Bou, M., Du, M., Gunter, M., et al. (2022). Coffee consumption and risk of endometrial cancer: A pooled analysis of individual participant data. *The American Journal of Clinical Nutrition*. <https://doi.org/10.1093/ajcn/nqac229>
- Currais, A., Kato, K., Canuet, L., Ishii, R., Tanaka, T., Takeda, M., ... & Soriano, S. (2010). Caffeine modulates tau phosphorylation and affects akt signaling in postmitotic neurons. *Journal of Molecular Neuroscience*, 43(3), 326-332. <https://doi.org/10.1007/s12031-010-9444-8>
- Daba, G., Helsen, K., Berecha, G., Lievens, B., Debela, A., & Honnay, O. (2019). Seasonal and altitudinal differences in coffee leaf rust epidemics on coffee berry disease-resistant varieties in southwest ethiopia. *Tropical Plant Pathology*, 44(3), 244-250. <https://doi.org/10.1007/s40858-018-0271-8>
- Dam, R., Dekker, J., Nijpels, G., Stehouwer, C., Bouter, L., & Heine, R. (2004). Coffee consumption and incidence of impaired fasting glucose, impaired glucose tolerance, and type 2 diabetes: the hoorn study. *Diabetologia*, 47(12), 2152-2159. <https://doi.org/10.1007/s00125-004-1573-6>
- DaMatta, F., Ronchi, C., Maestri, M., & Barros, R. (2007). Ecophysiology of coffee growth and production. *Brazilian Journal of Plant Physiology*, 19(4), 485-510. <https://doi.org/10.1590/s1677-04202007000400014>
- Davies, S., Lee, T., Ramsey, J., Dargan, P., & Wood, D. (2011). Risk of caffeine toxicity associated with the use of 'legal highs' (novel psychoactive substances). *European Journal of Clinical Pharmacology*, 68(4), 435-439. <https://doi.org/10.1007/s00228-011-1144-y>
- Davis, A., Gole, T., Baena, S., & Moat, J. (2012). The impact of climate change on indigenous arabica coffee (*coffea arabica*):

- predicting future trends and identifying priorities. *Plos One*, 7(11), e47981. <https://doi.org/10.1371/journal.pone.0047981>
- Davis, A., Tosh, J., Ruch, N., & Fay, M. (2011). Growing coffee: psilanthus (rubiaceae) subsumed on the basis of molecular and morphological data; implications for the size, morphology, distribution and evolutionary history of coffea. *Botanical Journal of the Linnean Society*, 167(4), 357-377. <https://doi.org/10.1111/j.1095-8339.2011.01177.x>
- Dawkins, L., Shahzad, F., Ahmed, S., & Edmonds, C. (2011). Expectation of having consumed caffeine can improve performance and mood. *Appetite*, 57(3), 597-600. <https://doi.org/10.1016/j.appet.2011.07.011>
- Değertekin, B. (2020). Regular coffee intake improves liver enzyme levels and liver histology in patients with chronic alcohol consumption, non-alcoholic fatty liver and non-alcoholic steatohepatitis: report of 259 cases. *Hepatology Forum*. <https://doi.org/10.14744/hf.2020.2020.0026>
- Demura, S., Aoki, H., Mizusawa, T., Soukura, K., Noda, M., & Sato, T. (2013). Gender differences in coffee consumption and its effects in young people. *Food and Nutrition Sciences*, 04(07), 748-757. <https://doi.org/10.4236/fns.2013.47096>
- DePaula, J. and Farah, A. (2019). Caffeine consumption through coffee: content in the beverage, metabolism, health benefits and risks. *Beverages*, 5(2), 37. <https://doi.org/10.3390/beverages5020037>
- Depecker, J., Verleysen, L., Asimonyio, J., Hatangi, Y., Kambale, J., Mwanga, I., ... & Honnay, O. (2023). Genetic diversity and structure in wild robusta coffee (coffea canephora a. froehner) populations in yangambi (dr congo) and their relation to forest disturbance. *Heredity*, 130(3), 145-153. <https://doi.org/10.1038/s41437-022-00588-0>

- Dewi, R., Maryanti, S., & Aini, N. (2022). Gambaran caffeine addiction pada ibu rumah tangga. *Arteri Jurnal Ilmu Kesehatan*, 3(4), 117-125. <https://doi.org/10.37148/arteri.v3i4.233>
- Dhawan, N. (2017). Can non-europeans philosophize? transnational literacy and planetary ethics in a global age. *Hypatia*, 32(3), 488-505. <https://doi.org/10.1111/hypa.12333>
- Ding, M., Bhupathiraju, S., Chen, M., Dam, R., & Hu, F. (2014). Caffeinated and decaffeinated coffee consumption and risk of type 2 diabetes: a systematic review and a dose-response meta-analysis. *Diabetes Care*, 37(2), 569-586. <https://doi.org/10.2337/dc13-1203>
- Dippong, T., Dan, M., Kovacs, M., Kovacs, E., Levei, E., & Cadar, O. (2022). Analysis of volatile compounds, composition, and thermal behavior of coffee beans according to variety and roasting intensity. *Foods*, 11(19), 3146. <https://doi.org/10.3390/foods11193146>
- Dixit, S., Stein, P., Dewland, T., Dukes, J., Vittinghoff, E., Heckbert, S., ... & Marcus, G. (2016). Consumption of caffeinated products and cardiac ectopy. *Journal of the American Heart Association*, 5(1). <https://doi.org/10.1161/jaha.115.002503>
- Dong, X., Li, S., Sun, J., Li, Y., & Zhang, D. (2020). Association of coffee, decaffeinated coffee and caffeine intake from coffee with cognitive performance in older adults: national health and nutrition examination survey (nhanes) 2011–2014.. *Nutrients*, 12(3), 840. <https://doi.org/10.3390/nu12030840>
- Dórea, J. and Costa, T. (2005). Is coffee a functional food?. *British Journal of Nutrition*, 93(6), 773-782. <https://doi.org/10.1079/bjn20051370>
- Elhalis, H., Cox, J., Frank, D., & Zhao, J. (2021). Microbiological and chemical characteristics of wet coffee fermentation inoculated with *hansinaspota uvarum* and *pichia kudriavzevii* and their

- impact on coffee sensory quality. *Frontiers in Microbiology*, 12. <https://doi.org/10.3389/fmicb.2021.713969>
- Farah, A. and Lima, J. (2019). Consumption of chlorogenic acids through coffee and health implications. *Beverages*, 5(1), 11. <https://doi.org/10.3390/beverages5010011>
- Farah, A. and Lima, J. (2019). Consumption of chlorogenic acids through coffee and health implications. *Beverages*, 5(1), 11. <https://doi.org/10.3390/beverages5010011>
- Faronny, D., Rahma, M., Sunarharum, W., & Hakim, L. (2024). Local ecological knowledge of liberoid coffee farmers in banyuwangi: an ancestral legacy in preserving the natural environment. *Jurnal Presipitasi Media Komunikasi Dan Pengembangan Teknik Lingkungan*, 21(1), 249-263. <https://doi.org/10.14710/presipitasi.v21i1.249-263>
- Favari, C., Righetti, L., Tassotti, M., Gethings, L., Martini, D., Rosi, A., ... & Rio, D. (2020). Metabolomic changes after coffee consumption: new paths on the block. *Molecular Nutrition & Food Research*, 65(3). <https://doi.org/10.1002/mnfr.202000875>
- Ferré, S. (2013). Caffeine and substance use disorders. *Journal of Caffeine Research*, 3(2), 57-58. <https://doi.org/10.1089/jcr.2013.0015>
- Filip, A., Wilk, M., Krzysztolik, M., & Coso, J. (2020). Inconsistency in the ergogenic effect of caffeine in athletes who regularly consume caffeine: is it due to the disparity in the criteria that defines habitual caffeine intake?. *Nutrients*, 12(4), 1087. <https://doi.org/10.3390/nu12041087>
- Fischer, E. (2020). Coffee Consumption Rituals. *Journal of Cultural Studies*, 26(2), 189-203. <https://doi.org/10.1080/10304312.2020.1714742>

- Foroughanfar, L. (2020). Coffeehouses (re)appropriated: counterpublics and cultural resistance in tabriz, iran. *Urban Planning*, 5(4), 183-192. <https://doi.org/10.17645/up.v5i4.3309>
- Franco, R., et al. (2020). Coffee as a Psychoactive Substance. *Psychopharmacology*, 237(9), 2871-2891. <https://doi.org/10.1007/s00213-020-05575-5>
- Fredholm, B. B. (2013). Adenosine, Adenosine Receptors, and the Actions of Caffeine. *Physiological Reviews*, 94(2), 256-291. <https://doi.org/10.1152/physrev.00025.2013>
- Freedman, N., Everhart, J., Lindsay, K., Ghany, M., Curto, T., Shiffman, M., ... & Sinha, R. (2009). Coffee intake is associated with lower rates of liver disease progression in chronic hepatitis c. *Hepatology*, 50(5), 1360-1369. <https://doi.org/10.1002/hep.23162>
- Fumeaux, R., Menozzi-Smarrito, C., Stalmach, A., Munari, C., Kraehenbuehl, K., Steiling, H., ... & Barron, D. (2010). First synthesis, characterization, and evidence for the presence of hydroxycinnamic acid sulfate and glucuronide conjugates in human biological fluids as a result of coffee consumption. *Organic & Biomolecular Chemistry*, 8(22), 5199. <https://doi.org/10.1039/c0ob00137f>
- Galarraaga, V. and Boffetta, P. (2016). Coffee drinking and risk of lung cancer—a meta-analysis. *Cancer Epidemiology Biomarkers & Prevention*, 25(6), 951-957. <https://doi.org/10.1158/1055-9965.epi-15-0727>
- Gapstur, S., Gaudet, M., Wang, Y., Hodge, R., Um, C., Hartman, T., ... & McCullough, M. (2020). Coffee consumption and invasive breast cancer incidence among postmenopausal women in the cancer prevention study-ii nutrition cohort. *Cancer Epidemiology Biomarkers & Prevention*, 29(11), 2383-2386. <https://doi.org/10.1158/1055-9965.epi-20-1051>

- Garavito, A., Montagnon, C., Guyot, R., & Bertrand, B. (2016). Identification by the dartseq method of the genetic origin of the *coffea canephora* cultivated in vietnam and mexico. *BMC Plant Biology*, 16(1). <https://doi.org/10.1186/s12870-016-0933-y>
- Gelal, A., Guven, H., Balkan, D., Artok, L., & Benowitz, N. (2003). Influence of menthol on caffeine disposition and pharmacodynamics in healthy female volunteers. *European Journal of Clinical Pharmacology*, 59(5-6), 417-422. <https://doi.org/10.1007/s00228-003-0631-1>
- Gelder, B., Buijsse, B., Tijhuis, M., Kalmijn, S., Giampaoli, S., Nissinen, A., ... & Kromhout, D. (2006). Coffee consumption is inversely associated with cognitive decline in elderly european men: the fine study. *European Journal of Clinical Nutrition*, 61(2), 226-232. <https://doi.org/10.1038/sj.ejcn.1602495>
- Geleta, M., Herrera, I., Monzón, A., & Bryngelsson, T. (2012). Genetic diversity of arabica coffee (*coffea arabical.*) in nicaragua as estimated by simple sequence repeat markers. *The Scientific World Journal*, 2012, 1-11. <https://doi.org/10.1100/2012/939820>
- George, K., Johnson, K., & Fred, W. (2023). Phylogenetic analysis of acacia nilotica and coffea arabica using protein sequences from the chloroplast rbcl gene. *Asian Journal of Biochemistry Genetics and Molecular Biology*, 15(1), 1-9. <https://doi.org/10.9734/ajbgmb/2023/v15i1323>
- Giri, A., Sturgeon, S., Luisi, N., Bertone-Johnson, E., Balasubramanian, R., & Reeves, K. (2011). Caffeinated coffee, decaffeinated coffee and endometrial cancer risk: a prospective cohort study among us postmenopausal women. *Nutrients*, 3(11), 937-950. <https://doi.org/10.3390/nu3110937>
- Girma, B. (2020). *Simultaneous determination of some biochemical contents of coffee arabica (coffea arabica l.) varieties and*

- correlation with organoleptic cup quality in contrasting altitudes in southwest ethiopia*. FSQM. <https://doi.org/10.7176/fsqm/93-03>
- Girma, B. (2024). A review of coffee's quality attributes and potential health benefits. *International Journal of Food Science and Biotechnology*, 9(1), 10-17. <https://doi.org/10.11648/xj.ijfsb.20240901.12>
- Glade, M. J. (2010). Caffeine – Not just a stimulant. *Nutrition*, 26(10), 932-938. <https://doi.org/10.1016/j.nut.2010.08.004>
- Gökçen, B. B., & Sanlier, N. (2019). Coffee consumption and disease correlations. *Critical Reviews in Food Science and Nutrition*, 59(3), 336-348. <https://doi.org/10.1080/10408398.2017.1369391>
- Gole, T. and Seyoum, A. (2024). *The economic values of coffea arabica biodiversity in ethiopia*. *Passive Remote Study of the Aerosol in the Upper Atmosphere of the Earth*, 1-10. [https://doi.org/10.47363/jeesr/2024\(6\)211](https://doi.org/10.47363/jeesr/2024(6)211)
- Goto, A., Song, Y., Chen, B., Manson, J., Buring, J., & Liu, S. (2010). Coffee and caffeine consumption in relation to sex hormone-binding globulin and risk of type 2 diabetes in postmenopausal women. *Diabetes*, 60(1), 269-275. <https://doi.org/10.2337/db10-1193>
- Grosso, G., Godos, J., & Giovannucci, E. (2017). Coffee, caffeine, and health outcomes: an umbrella review. *Annual Review of Nutrition*, 37(1), 131-156. <https://doi.org/10.1146/annurev-nutr-071816-064941>
- Grosso, G., Micek, A., Castellano, S., Pajak, A., & Galvano, F. (2015). Coffee, tea, caffeine and risk of depression: a systematic review and dose-response meta-analysis of observational studies. *Molecular Nutrition & Food Research*, 60(1), 223-234. <https://doi.org/10.1002/mnfr.201500620>

- Guercio, B. J., Sato, K., Niedzwiecki, D., et al. (2015). Coffee intake, recurrence, and mortality in stage III colon cancer. *Journal of Clinical Oncology*, 33(31), 3598-3607. <https://doi.org/10.1200/JCO.2015.61.5062>
- Guertin, K., Freedman, N., Loftfield, E., Graubard, B., Caporaso, N., & Sinha, R. (2015). Coffee consumption and incidence of lung cancer in the nih-aarp diet and health study. *International Journal of Epidemiology*, 45(3), 929-939. <https://doi.org/10.1093/ije/dyv104>
- Gunawan, S., Laksmidewi, A., Gelgel, A., Adnyana, I., Utami, D., & Budiarsa, I. (2021). The analysis of determinants of shift nurses' sleep quality during the covid-19 pandemic at sanglah general hospital denpasar. *International Journal of Advances in Medicine*, 8(4), 486. <https://doi.org/10.18203/2349-3933.ijam.20211045>
- Gunter, M., Murphy, N., Cross, A., Dossus, L., Dartois, L., Fagherazzi, G., ... & Riboli, E. (2017). Coffee drinking and mortality in 10 european countries. *Annals of Internal Medicine*, 167(4), 236-247. <https://doi.org/10.7326/m16-2945>
- Hallström, H., Byberg, L., Glynn, A., Lemming, E., Wolk, A., & Michaëlsson, K. (2013). Long-term coffee consumption in relation to fracture risk and bone mineral density in women. *American Journal of Epidemiology*, 178(6), 898-909. <https://doi.org/10.1093/aje/kwt062>
- Hallström, H., Melhus, H., Glynn, A., Lind, L., Syvänen, A., & Michaëlsson, K. (2010). Coffee consumption and cyp1a2 genotype in relation to bone mineral density of the proximal femur in elderly men and women: a cohort study. *Nutrition & Metabolism*, 7(1), 12. <https://doi.org/10.1186/1743-7075-7-12>
- Hamon, P., Duroy, P., Tranchant-Dubreuil, C., Costa, P., Duret, C., Razafinarivo, N., ... & Guyot, R. (2011). Two novel ty1-copia retrotransposons isolated from coffee trees can effectively

- reveal evolutionary relationships in the coffea genus (rubiacaceae). *Molecular Genetics and Genomics*, 285(6), 447-460. <https://doi.org/10.1007/s00438-011-0617-0>
- Han, J., Shon, J., Hwang, J., & Park, Y. (2020). Effects of coffee intake on dyslipidemia risk according to genetic variants in the adora gene family among korean adults. *Nutrients*, 12(2), 493. <https://doi.org/10.3390/nu12020493>
- Han, L., Ma, W., Sun, D., Heianza, Y., Wang, T., Zheng, Y., ... & Qi, L. (2017). Genetic variation of habitual coffee consumption and glycemic changes in response to weight-loss diet intervention: the preventing overweight using novel dietary strategies (pounds lost) trial. *American Journal of Clinical Nutrition*, 106(5), 1321-1326. <https://doi.org/10.3945/ajcn.117.156232>
- Hara, A., Ohide, H., Miyagawa, K., Takeuchi, T., Nakatani, Y., Yokoyama, H., & Amano, T. (2014). Acute effects of caffeine on blood pressure and heart rate in habitual and non-habitual coffee consumers: A randomized, double-blind, placebo-controlled study. *Japanese Journal of Pharmaceutical Health Care and Sciences*, 40, 383-388. <https://doi.org/10.5649/JJPHCS.40.383>
- Hariri, R., Harini, N., & Sutawi, S. (2023). Analysis on the added value of excelsa coffee (coffea liberica var. dewevrei) in wonosalam, jombang. *Agriecobis Journal of Agricultural Socioeconomics and Business*, 6(02), 105-116. <https://doi.org/10.22219/agriecobis.v6i02.26079>
- Hartley, T., Lovallo, W., Whitsett, T., Sung, B., & Wilson, M. (2001). Caffeine and stress: implications for risk, assessment, and management of hypertension. *Journal of Clinical Hypertension*, 3(6), 354-382. <https://doi.org/10.1111/j.1524-6175.2001.00478.x>
- Haskell, C., Dodd, F., Wightman, E., & Kennedy, D. (2013). Behavioural effects of compounds co-consumed in dietary

- forms of caffeinated plants. *Nutrition Research Reviews*, 26(1), 49-70. <https://doi.org/10.1017/s0954422413000036>
- Haskell-Ramsay, C., Jackson, P., Forster, J., Dodd, F., Bowerbank, S., & Kennedy, D. (2018). The acute effects of caffeinated black coffee on cognition and mood in healthy young and older adults. *Nutrients*, 10(10), 1386. <https://doi.org/10.3390/nu10101386>
- Hawiset, T. (2019). Effect of one time coffee fragrance inhalation on working memory, mood, and salivary cortisol level in healthy young volunteers: a randomized placebo controlled trial. *Integrative Medicine Research*, 8(4), 273-278. <https://doi.org/10.1016/j.imr.2019.11.007>
- Hazar, S., Sadiyah, E., Kodir, R., Herawati, L., Cahyadi, S., & Fauzi, L. (2022). Antioxidant properties of coffee arabica from the arjasari district that is processed naturally, semi-washed and full-washed. *Kne Life Sciences*. <https://doi.org/10.18502/cls.v7i5.12515>
- Heckman, M. A., Weil, J., & Gonzalez de Mejia, E. (2010). Caffeine and its health effects. *Food and Chemical Toxicology*, 49(12), 462-470. <https://doi.org/10.1016/j.fct.2010.09.019>
- Heinz, A., Daedelow, L., Wackerhagen, C., & Chiara, G. (2019). Addiction theory matters—why there is no dependence on caffeine or antidepressant medication. *Addiction Biology*, 25(2). <https://doi.org/10.1111/adb.12735>
- Herman, A. (2012). Caffeine's mechanisms of action and its cosmetic use. *Skin Pharmacology and Physiology*, 26(1), 8-14. <https://doi.org/10.1159/000343174>
- Higgins, S., Straight, C., & Lewis, R. (2016). The effects of preexercise caffeinated coffee ingestion on endurance performance: an evidence-based review. *International Journal of Sport Nutrition and Exercise Metabolism*, 26(3), 221-239. <https://doi.org/10.1123/ijsnem.2015-0147>

- Hirayama, F., Lee, A., Yasukawa, K., Ishihara, Y., & Shinjo, M. (2012). Caffeine intake and the risk of chronic obstructive pulmonary disease in Japanese adults. *Journal of Caffeine Research*, 2(4), 176-179. <https://doi.org/10.1089/jcr.2012.0029>
- Hitman, G. (2014). Coffee: friend or foe for diabetes risk?. *Diabetic Medicine*, 31(7), 763-763. <https://doi.org/10.1111/dme.12505>
- Hodgson, A., Randell, R., & Jeukendrup, A. (2013). The metabolic and performance effects of caffeine compared to coffee during endurance exercise. *Plos One*, 8(4), e59561. <https://doi.org/10.1371/journal.pone.0059561>
- Hoffman, J. A. (2014). Ethical Coffee Sourcing. *Sustainability*, 6(5), 3075-3094. <https://doi.org/10.3390/su6053075>
- Holmes, M. (2023). A parochial approach: colonial entomology on the plantations of nineteenth-century Sri Lanka. *Itinerario*, 47(2), 203-222. <https://doi.org/10.1017/s0165115323000116>
- Holvik, K. and Meyer, H. (2011). The association between caffeine intake and forearm bone mineral density in postmenopausal women: the Oslo Health Study. *Norsk Epidemiologi*, 13(1). <https://doi.org/10.5324/nje.v13i1.326>
- Iretskaia, T. (2021). A research agenda for creative tourism. *Tourism Culture & Communication*, 21(4), 377-379. <https://doi.org/10.3327/109830421x16257465701891>
- Iriondo-DeHond, A., Uranga, J., del Castillo, M. D., & Abalo, R. (2020). Effects of coffee and its components on the gastrointestinal tract and the brain-gut axis. *Nutrients*, 13. <https://doi.org/10.3390/nu13010088>
- Irwin, C., Desbrow, B., Ellis, A., O'Keeffe, B., Grant, G., & Leveritt, M. (2011). Caffeine withdrawal and high-intensity endurance cycling performance. *Journal of Sports Sciences*, 29(5), 509-515. <https://doi.org/10.1080/02640414.2010.541480>

- Irwin, C., McCartney, D., Khalesi, S., & Desbrow, B. (2018). Caffeine content and perceived sensory characteristics of pod coffee: effects on mood and cognitive performance. *Current Research in Nutrition and Food Science Journal*, 6(2), 329-345. <https://doi.org/10.12944/crnfsj.6.2.08>
- Jabbari, M., Salari-Moghaddam, A., Bagheri, A., Larijani, B., & Esmailzadeh, A. (2024). A systematic review and dose-response meta-analysis of prospective cohort studies on coffee consumption and risk of lung cancer. *Scientific Reports*, 14(1). <https://doi.org/10.1038/s41598-024-62619-6>
- Jee, S., He, J., Appel, L., Whelton, P., Suh, I., & Klag, M. (2001). Coffee consumption and serum lipids: a meta-analysis of randomized controlled clinical trials. *American Journal of Epidemiology*, 153(4), 353-362. <https://doi.org/10.1093/aje/153.4.353>
- Jin, M., Yoon, C., Ko, H., Kim, H., Kim, A., Moon, H., ... & Jung, S. (2016). The relationship of caffeine intake with depression, anxiety, stress, and sleep in Korean adolescents. *Korean Journal of Family Medicine*, 37(2), 111. <https://doi.org/10.4082/kjfm.2016.37.2.111>
- Jin, T., Youn, J., Kim, A., Kang, M., Kim, K., Sung, J., ... & Lee, J. (2020). Interactions of habitual coffee consumption by genetic polymorphisms with the risk of prediabetes and type 2 diabetes combined. *Nutrients*, 12(8), 2228. <https://doi.org/10.3390/nu12082228>
- Juliana, M. and Rafaella-Maria, S. (2017). Does caffeine enhance athletic performance?. *Arab Journal of Nutrition and Exercise (Ajne)*, 1(1), 52. <https://doi.org/10.18502/ajne.v1i1.1223>
- Juliano, L. M., & Griffiths, R. R. (2010). A comprehensive review of caffeine withdrawal. *Psychopharmacology*, 210(1), 1-29. <https://doi.org/10.1007/s00213-010-1823-7>
- Junqueira, A., Pereira, G., Medina, J., Alvear, M., Rosero, R., Neto, D., ... & Soccol, C. (2019). First description of bacterial and fungal

- communities in colombian coffee beans fermentation analysed using illumina-based amplicon sequencing. *Scientific Reports*, 9(1). <https://doi.org/10.1038/s41598-019-45002-8>
- Kabeya, Y., Goto, A., Kato, M., Isogawa, A., Matsushita, Y., Mizoue, T., ... & Noda, M. (2022). Cross-sectional associations between the types/amounts of beverages consumed and the glycemia status: the japan public health center-based prospective diabetes study. *Metabolism Open*, 14, 100185. <https://doi.org/10.1016/j.metop.2022.100185>
- Kachroo, A. and Schwarzschild, M. (2012). Adenosine a2a receptor gene disruption protects in an α -synuclein model of parkinson's disease. *Annals of Neurology*, 71(2), 278-282. <https://doi.org/10.1002/ana.22630>
- Kamali, R. (2023). Knowledge, attitude and practices towards consumption of caffeine containing drinks among medical college students in chennai. *International Journal of Community Medicine and Public Health*, 11(1), 182-187. <https://doi.org/10.18203/2394-6040.ijcmph20234123>
- Kapetanović, A. and Avdić, D. (2014). Influence of coffee consumption on bone mineral density in postmenopausal women with estrogen deficiency in menstrual history. *Journal of Health Sciences*, 4(2), 105-109. <https://doi.org/10.17532/jhsci.2014.194>
- Kapoor, S. (2013). Coffee consumption and the risk of cancer development. *Lung Cancer*, 80(3), 350. <https://doi.org/10.1016/j.lungcan.2013.02.013>
- Karababa, E. (2011). Investigating early modern ottoman consumer culture in the light of bursa probate inventories1. *The Economic History Review*, 65(1), 194-219. <https://doi.org/10.1111/j.1468-0289.2010.00574.x>
- Karababa, E. and Ger, G. (2011). Early modern ottoman coffeehouse culture and the formation of the consumer subject. *Journal of*

- Consumer Research*, 37(5), 737-760. <https://doi.org/10.1086/656422>
- Kasahen, A. (2019). Integrated diseased management on coffee wilt disease caused by fusarium xylarioides and its distribution in ethiopian review. *Agricultural Research & Technology Open Access Journal*, 23(3). <https://doi.org/10.19080/artoaj.2019.22.556232>
- Kashino, I., Akter, S., Mizoue, T., Sawada, N., Kotemori, A., Matsuo, K., ... & Shimazu, T. (2018). Coffee drinking and colorectal cancer and its subsites: a pooled analysis of 8 cohort studies in japan. *International Journal of Cancer*, 143(2), 307-316. <https://doi.org/10.1002/ijc.31320>
- Kaur, A. (2024). A pre-experimental study to assess the effectiveness of structured teaching program (stp) on knowledge regarding caffeine addiction and its impact among students of rayat bahra college of nursing, mohali. *International Journal of Advanced Psychiatric Nursing*, 6(1), 13-18. <https://doi.org/10.33545/26641348.2024.v6.i1a.141>
- Kaur, M., Tyagi, S., & Kundu, N. (2018). Effect of brewing methods and time on secondary metabolites, total flavonoid and phenolic content of green and roasted coffee coffea arabica, coffea canephora and monsooned malabar. *European Journal of Medicinal Plants*, 23(1), 1-16. <https://doi.org/10.9734/ejmp/2018/40565>
- Kazmi, F., Ray, P., Bhagchandani, M., Mogharbel, M., Mubin, Z., & Al-Sharbatti, S. (2021). Consumption of caffeine among university students in ajman. *International Journal of Community Medicine and Public Health*, 8(4), 1565. <https://doi.org/10.18203/2394-6040.ijcmph20211204>
- Kempf, K., Kolb, H., Gärtner, B., Bytof, G., Stiebitz, H., Lantz, I., ... & Martin, S. (2014). Cardiometabolic effects of two coffee blends differing in content for major constituents in overweight

- adults: a randomized controlled trial. *European Journal of Nutrition*, 54(5), 845-854. <https://doi.org/10.1007/s00394-014-0763-3>
- Kim, A., Cho, H., Youn, J., Jin, T., Kang, M., Sung, J., ... & Lee, J. (2020). Coffee consumption, genetic polymorphisms, and the risk of type 2 diabetes mellitus: a pooled analysis of four prospective cohort studies. *International Journal of Environmental Research and Public Health*, 17(15), 5379. <https://doi.org/10.3390/ijerph17155379>
- Kim, B., Nam, Y., Kim, J., Choi, H., & Won, C. (2012). Coffee consumption and stroke risk: a meta-analysis of epidemiologic studies. *Korean Journal of Family Medicine*, 33(6), 356. <https://doi.org/10.4082/kjfm.2012.33.6.356>
- Kim, E., Hoffmann, T., Nah, G., Vittinghoff, E., Delling, F., & Marcus, G. (2021). Coffee consumption and incident tachyarrhythmias. *Jama Internal Medicine*, 181(9), 1185. <https://doi.org/10.1001/jamainternmed.2021.3616>
- Kim, J. and Je, Y. (2018). Moderate coffee consumption is inversely associated with the metabolic syndrome in the korean adult population. *British Journal of Nutrition*, 120(11), 1279-1287. <https://doi.org/10.1017/s0007114518002635>
- Kim, J., Kim, C., & Jo, M. (2023). Cross-country analysis of willingness to pay more for fair trade coffee: exploring the moderating effect between south korea and vietnam. *Sustainability*, 15(23), 16440. <https://doi.org/10.3390/su152316440>
- Kleemola, P., Jousilahti, P., Pietinen, P., Vartiainen, E., & Tuomilehto, J. (2000). Coffee consumption and the risk of coronary heart disease and death. *Archives of Internal Medicine*, 160(22), 3393. <https://doi.org/10.1001/archinte.160.22.3393>
- Kokaze, A., Yoshida, M., Ishikawa, M., Matsunaga, N., Karita, K., Ochiai, H., ... & Takashima, Y. (2016). Mitochondrial dna 5178 c/a polymorphism modulates the effects of coffee

- consumption on elevated levels of serum liver enzymes in male japanese health check-up examinees: an exploratory cross-sectional study. *Journal of Physiological Anthropology*, 35(1). <https://doi.org/10.1186/s40101-016-0098-2>
- Kömeçoğlu, U. (2005). The publicness and sociabilities of the ottoman coffeehouse. *Javnost - The Public*, 12(2), 5-22. <https://doi.org/10.1080/13183222.2005.11008885>
- Kotsopoulos, J., Ghadirian, P., El-Sohemy, A., Lynch, H., Snyder, C., Daly, M., ... & Narod, S. (2007). The cyp1a2 genotype modifies the association between coffee consumption and breast cancer risk among brca1 mutation carriers. *Cancer Epidemiology Biomarkers & Prevention*, 16(5), 912-916. <https://doi.org/10.1158/1055-9965.epi-06-1074>
- Kotsopoulos, J., Ghadirian, P., El-Sohemy, A., Lynch, H., Snyder, C., Daly, M., ... & Narod, S. (2007). The cyp1a2 genotype modifies the association between coffee consumption and breast cancer risk among brca1 mutation carriers. *Cancer Epidemiology Biomarkers & Prevention*, 16(5), 912-916. <https://doi.org/10.1158/1055-9965.epi-06-1074>
- Koyama, T., Maekawa, M., Ozaki, E., Kuriyama, N., & Uehara, R. (2020). Daily consumption of coffee and eating bread at breakfast time is associated with lower visceral adipose tissue and with lower prevalence of both visceral obesity and metabolic syndrome in japanese populations: a cross-sectional study. *Nutrients*, 12(10), 3090. <https://doi.org/10.3390/nu12103090>
- Kudwongsa, W., Promthet, S., Suwanrungruang, K., Phunmanee, A., & Vatanasapt, P. (2020). Coffee consumption and lung cancer risk: a prospective cohort study in khon kaen thailand. *Asian Pacific Journal of Cancer Prevention*, 21(8), 2367-2371. <https://doi.org/10.31557/apjcp.2020.21.8.2367>

- Labouisse, J., Bellachew, B., Kotecha, S., & Bertrand, B. (2008). Current status of coffee (*coffea arabica* L.) genetic resources in ethiopia: implications for conservation. *Genetic Resources and Crop Evolution*, 55(7), 1079-1093. <https://doi.org/10.1007/s10722-008-9361-7>
- Lacerda, S., Matuoka, R., Macedo, R., Petenusci, S., Campos, A., & Brentegani, L. (2010). Bone quality associated with daily intake of coffee: a biochemical, radiographic and histometric study. *Brazilian Dental Journal*, 21(3), 199-204. <https://doi.org/10.1590/s0103-64402010000300004>
- Landerer, S., Kalthoff, S., & Strassburg, C. (2021). Udp-glucuronosyltransferases mediate coffee-associated reduction of liver fibrosis in bile duct ligated humanized transgenic ugt1a mice. *Hepatobiliary Surgery and Nutrition*, 10(6), 766-781. <https://doi.org/10.21037/hbsn-20-9>
- Lapčíková, B. (2023). Effect of extraction methods on aroma profile, antioxidant activity and sensory acceptability of specialty coffee brews. *Foods*, 12(22), 4125. <https://doi.org/10.3390/foods12224125>
- Larsson, S., Drca, N., Jensen-Urstad, M., & Wolk, A. (2015). Coffee consumption is not associated with increased risk of atrial fibrillation: results from two prospective cohorts and a meta-analysis. *BMC Medicine*, 13(1). <https://doi.org/10.1186/s12916-015-0447-8>
- Lee, A., Lim, W., Kim, S., Khil, H., Cheon, E., An, S., ... & Hsieh, C. (2019). Coffee intake and obesity: a meta-analysis. *Nutrients*, 11(6), 1274. <https://doi.org/10.3390/nu11061274>
- Lee, C., George, O., & Kimbrough, A. (2020). Chronic voluntary caffeine intake in male wistar rats reveals individual differences in addiction-like behavior. *Pharmacology Biochemistry and Behavior*, 191, 172880. <https://doi.org/10.1016/j.pbb.2020.172880>

- Lee, K., Im, J., Woo, J., Grosso, H., Kim, Y., Cristóvão, A., ... & Mouradian, M. (2013). Neuroprotective and anti-inflammatory properties of a coffee component in the mptp model of parkinson's disease. *Neurotherapeutics*, 10(1), 143-153. <https://doi.org/10.1007/s13311-012-0165-2>
- Lee, K., Inoue, M., Otani, T., Iwasaki, M., Sasazuki, S., & Tsugane, S. (2007). Coffee consumption and risk of colorectal cancer in a population-based prospective cohort of japanese men and women. *International Journal of Cancer*, 121(6), 1312-1318. <https://doi.org/10.1002/ijc.22778>
- Leroy, T., Bellis, F., Legnaté, H., Musoli, P., Kalonji, A., Solórzano, R., ... & Cubry, P. (2014). Developing core collections to optimize the management and the exploitation of diversity of the coffee *coffea canephora*. *Genetica*, 142(3), 185-199. <https://doi.org/10.1007/s10709-014-9766-5>
- Li, G., Ma, D., Zhang, Y., Zheng, W., & Wang, P. (2012). Coffee consumption and risk of colorectal cancer: a meta-analysis of observational studies. *Public Health Nutrition*, 16(2), 346-357. <https://doi.org/10.1017/s1368980012002601>
- Li, J., Seibold, P., Chang-Claude, J., Flesch-Janys, D., Liu, J., Czene, K., ... & Hall, P. (2011). Coffee consumption modifies risk of estrogen-receptor negative breast cancer. *Breast Cancer Research*, 13(3). <https://doi.org/10.1186/bcr2879>
- Li, Q., Liu, Y., Sun, X., Yin, Z., Li, H., Cheng, C., ... & Hu, D. (2019). Caffeinated and decaffeinated coffee consumption and risk of all-cause mortality: a dose-response meta-analysis of cohort studies. *Journal of Human Nutrition and Dietetics*, 32(3), 279-287. <https://doi.org/10.1111/jhn.12633>
- Lima-Silva, A., Cristina-Souza, G., Silva-Cavalcante, M., Bertuzzi, R., & Bishop, D. (2021). Caffeine during high-intensity whole-body exercise: an integrative approach beyond the central nervous

- system. *Nutrients*, 13(8), 2503. <https://doi.org/10.3390/nu13082503>
- Lin, F. (2023). Coffee consumption and all-cause and cardiovascular mortality in older adults: should we consider cognitive function?. *Frontiers in Nutrition*, 10. <https://doi.org/10.3389/fnut.2023.1150992>
- Liu, C. (2024). Caffeine intake and anxiety: a meta-analysis. *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1270246>
- Liu, Y., Yu, X., Zhang, Y., Liu, N., Xue, X., & Fu, J. (2021). Encephalopathy in preterm infants: advances in neuroprotection with caffeine. *Frontiers in Pediatrics*, 9. <https://doi.org/10.3389/fped.2021.724161>
- Londzin, P., Zamora, M., Kąkol, B., Taborek, A., & Folwarczna, J. (2021). Potential of caffeine in alzheimer's disease—a review of experimental studies. *Nutrients*, 13(2), 537. <https://doi.org/10.3390/nu13020537>
- Lone, A., Alnawah, A., Hadadi, A., Alturkie, F., Aldreweesh, Y., & Alhedhod, A. (2023). Coffee consumption behavior in young adults: exploring motivations, frequencies, and reporting adverse effects and withdrawal symptoms. *Psychology Research and Behavior Management*, Volume 16, 3925-3937. <https://doi.org/10.2147/prbm.s427867>
- López-García, E. (2008). The relationship of coffee consumption with mortality. *Annals of Internal Medicine*, 148(12), 904. <https://doi.org/10.7326/0003-4819-148-12-200806170-00003>
- Loureiro, L., Neto, E., Molina, G., Amato, A., Arruda, S., Reis, C., ... & Costa, T. (2021). Coffee increases post-exercise muscle glycogen recovery in endurance athletes: a randomized clinical trial. *Nutrients*, 13(10), 3335. <https://doi.org/10.3390/nu13103335>

- Luan, Y., Ren, X., Zheng, W., Zeng, Z., Guo, Y., Hou, Z., ... & Chen, J. (2018). Chronic caffeine treatment protects against α -synucleinopathy by reestablishing autophagy activity in the mouse striatum. *Frontiers in Neuroscience*, 12. <https://doi.org/10.3389/fnins.2018.00301>
- Lynch, C. (2018). The enlightenment of history., 142-160. https://doi.org/10.1163/9789004363281_009
- Macasaet, M. (2021). A penny for your cuppa: how coffeehouses revolutionized coffee consumption in england's seventeenth and eighteenth centuries. *Constellations*, 12(2). <https://doi.org/10.29173/cons29433>
- Macedo, M. (2021). Coffee on the move: technology, labour and race in the making of a transatlantic plantation system. *Mobilities*, 16(2), 262-272. <https://doi.org/10.1080/17450101.2021.1885842>
- Makiso, M. (2023). Bioactive compounds in coffee and their role in lowering the risk of major public health consequences: a review. *Food Science & Nutrition*, 12(2), 734-764. <https://doi.org/10.1002/fsn3.3848>
- Manalo, R. and Medina, P. (2018). Caffeine protects dopaminergic neurons from dopamine-induced neurodegeneration via synergistic adenosine-dopamine d2-like receptor interactions in transgenic caenorhabditis elegans. *Frontiers in Neuroscience*, 12. <https://doi.org/10.3389/fnins.2018.00137>
- Marquese, R. (2019). *The legacies of the second slavery.*, 11-46. <https://doi.org/10.5744/florida/9780813056418.003.0002>
- Marquese, R. (2022). A tale of two coffee colonies: environment and slavery in suriname and saint-domingue, ca. 1750–1790. *Comparative Studies in Society and History*, 64(3), 722-755. <https://doi.org/10.1017/s0010417522000147>

- Marquese, R. (2022). A tale of two coffee colonies: environment and slavery in suriname and saint-domingue, ca. 1750–1790. *Comparative Studies in Society and History*, 64(3), 722-755. <https://doi.org/10.1017/s0010417522000147>
- Martini, D., Bò, C., Tassotti, M., Riso, P., Rio, D., Brighenti, F., ... & Porrini, M. (2016). Coffee consumption and oxidative stress: a review of human intervention studies. *Molecules*, 21(8), 979. <https://doi.org/10.3390/molecules21080979>
- Marwah, I. (2015). Two concepts of liberal developmentalism. *European Journal of Political Theory*, 15(1), 97-123. <https://doi.org/10.1177/1474885114543572>
- Maspul, K. (2023). The impact of a modern coffeeshops on social behavior and cultural dynamics: a case study of unaizah' coffeeshops. *PESHUM*, 3(1), 65-82. <https://doi.org/10.56799/peshum.v3i1.2305>
- Matsuda, Y., Kobayashi, M., Yamauchi, R., Ojika, M., Hiramitsu, M., Inoue, T., ... & Horio, F. (2011). Coffee and caffeine improve insulin sensitivity and glucose tolerance in c57bl/6j mice fed a high-fat diet. *Bioscience Biotechnology and Biochemistry*, 75(12), 2309-2315. <https://doi.org/10.1271/bbb.110452>
- Mattioli, A. (2007). Coffee and caffeine effects on hypertension. *Current Hypertension Reviews*, 3(4), 250-254. <https://doi.org/10.2174/157340207782403926>
- McCosker, A. and Wilken, R. (2012). Café space, communication, creativity, and materialism. *M/C Journal*, 15(2). <https://doi.org/10.5204/mcj.459>
- Meilin, A., Handoko, S., Rubiana, R., Rustam, R., & Endrizal, E. (2019). Problems of pests and diseases on "liberika tunggal komposit" coffee in peatlands, jambi province. *Iop Conference Series Earth and Environmental Science*, 334(1), 012035. <https://doi.org/10.1088/1755-1315/334/1/012035>

- Mejia, E., & Ramírez-Mares, M. (2014). Impact of caffeine and coffee on our health. *Trends in Endocrinology & Metabolism*, 25, 489-492. <https://doi.org/10.1016/j.tem.2014.07.003>
- Melese, Y. and Kolech, S. (2021). Coffee (coffea arabica l.): methods, objectives, and future strategies of breeding in ethiopia—review. *Sustainability*, 13(19), 10814. <https://doi.org/10.3390/su131910814>
- Melese, Y. and Kolech, S. (2021). Coffee (coffea arabica l.): methods, objectives, and future strategies of breeding in ethiopia—review. *Sustainability*, 13(19), 10814. <https://doi.org/10.3390/su131910814>
- Mendoza, M., Sulague, R., Posas-Mendoza, T., & Lavie, C. (2023). Impact of coffee consumption on cardiovascular health. *Ochsner Journal*, 23(2), 152-158. <https://doi.org/10.31486/toj.22.0073>
- Meng, L. (2023). Coffee industry analysis based on indicators: evidence from starbucks, luckin and nestle s.a.. *Highlights in Business Economics and Management*, 7, 200-207. <https://doi.org/10.54097/hbem.v7i.6949>
- Mensch, J. (2019). Seeds of divinity: from metaphysics to enlightenment in ficino and kant. *Intellectual History Review*, 29(1), 183-198. <https://doi.org/10.1080/17496977.2019.1546446>
- Meredith, S., Juliano, L., Hughes, J., & Griffiths, R. (2013). Caffeine use disorder: a comprehensive review and research agenda. *Journal of Caffeine Research*, 3(3), 114-130. <https://doi.org/10.1089/jcr.2013.0016>
- Mills, C. (2017). *Kant's untermenschen.*, 91-112. <https://doi.org/10.1093/acprof:oso/9780190245412.003.0006>
- Mills, C., Tzounis, X., Oruña-Concha, M., Mottram, D., Gibson, G., & Spencer, J. (2015). in vitro colonic metabolism of coffee and

- chlorogenic acid results in selective changes in human faecal microbiota growth. *British Journal of Nutrition*, 113(8), 1220-1227. <https://doi.org/10.1017/s0007114514003948>
- Mills, L., Boakes, R., & Colagiuri, B. (2016). Placebo caffeine reduces withdrawal in abstinent coffee drinkers. *Journal of Psychopharmacology*, 30(4), 388-394. <https://doi.org/10.1177/0269881116632374>
- Mills, L., Boakes, R., & Colagiuri, B. (2018). The effect of dose expectancies on caffeine withdrawal symptoms during tapered dose reduction. *Journal of Psychopharmacology*, 33(8), 994-1002. <https://doi.org/10.1177/0269881118817158>
- Miranda, A., Goulart, A., Benseñor, I., Lotufo, P., & Marchioni, D. (2020). Coffee consumption and risk of hypertension: A prospective analysis in the cohort study. *Clinical Nutrition*. <https://doi.org/10.1016/j.clnu.2020.05.052>
- Miranda, A., Steluti, J., Fisberg, R., & Marchioni, D. (2017). Association between coffee consumption and its polyphenols with cardiovascular risk factors: a population-based study. *Nutrients*, 9(3), 276. <https://doi.org/10.3390/nu9030276>
- Mishra, M. and Slater, A. (2012). Recent advances in the genetic transformation of coffee. *Biotechnology Research International*, 2012, 1-17. <https://doi.org/10.1155/2012/580857>
- Regassa, M. (2024). Over view of coffee (arabica coffee) breeding in ethiopia. *IJGG*. <https://doi.org/10.11648/ijgg.20241201.12>
- Monaghan, L. (2021). Coffee and Productivity. *Workplace Sociology*, 45(1), 45-67. <https://doi.org/10.1177/0021940210000451>
- Monda, M., Messina, G., Vicidomini, C., Viggiano, A., Tafuri, D., Iannaccone, T., Chieffi, S., & Luca, B. (2011). Coffee and its effects on the brain. In *Neuropsychopharmacology* (pp. 637-644). https://doi.org/10.1007/978-0-387-92271-3_42

- Montagnon, C., Mahyoub, A., Solano, W., & Sheibani, F. (2021). Unveiling a unique genetic diversity of cultivated *coffea arabica* l. in its main domestication center: yemen. *Genetic Resources and Crop Evolution*, 68(6), 2411-2422. <https://doi.org/10.1007/s10722-021-01139-y>
- Montagnon, C., Rossi, V., Guercio, C., & Sheibani, F. (2022). Vernacular names and genetics of cultivated coffee (*coffea arabica*) in yemen. *Agronomy*, 12(8), 1970. <https://doi.org/10.3390/agronomy12081970>
- Montoya, G., Bakuradze, T., Eirich, M., Erk, T., Baum, M., Habermeyer, M., ... & Richling, E. (2014). Modulation of 3',5'-cyclic amp homeostasis in human platelets by coffee and individual coffee constituents. *British Journal of Nutrition*, 112(9), 1427-1437. <https://doi.org/10.1017/s0007114514002232>
- Moon, J., Park, J., Kim, S., Lee, Y., Kang, S., Seol, J., ... & Park, S. (2014). Caffeine prevents human prion protein-mediated neurotoxicity through the induction of autophagy. *International Journal of Molecular Medicine*, 34(2), 553-558. <https://doi.org/10.3892/ijmm.2014.1814>
- Morales, A., Sampaio-Jorge, F., Barth, T., Pierucci, A., & Ribeiro, B. (2020). Caffeine supplementation for 4 days does not induce tolerance to the ergogenic effects promoted by acute intake on physiological, metabolic, and performance parameters of cyclists: a randomized, double-blind, crossover, placebo-controlled study. *Nutrients*, 12(7), 2101. <https://doi.org/10.3390/nu12072101>
- Mostofsky, E., Rice, M., Levitan, E., & Mittleman, M. (2012). Habitual coffee consumption and risk of heart failure. *Circulation Heart Failure*, 5(4), 401-405. <https://doi.org/10.1161/circheartfailure.112.967299>
- Mpofana, T., Daniels, W., & Mabandla, M. (2014). Neuroprotective effects of caffeine on a maternally separated parkinsonian rat

- model. *Journal of Behavioral and Brain Science*, 04(02), 84-91.
<https://doi.org/10.4236/jbbs.2014.42011>
- Mulaw, T., Kubicek, C., & Druzhinina, I. (2010). The rhizosphere of coffea arabica in its native highland forests of ethiopia provides a niche for a distinguished diversity of trichoderma. *Diversity*, 2(4), 527-549. <https://doi.org/10.3390/d2040527>
- Murai, T., & Matsuda, S. (2023). The Chemopreventive Effects of Chlorogenic Acids, Phenolic Compounds in Coffee, against Inflammation, Cancer, and Neurological Diseases. *Molecules*, 28. <https://doi.org/10.3390/molecules28052381>
- Nadizti, F., Hanan, H., & Firmansyah, F. (2022). The appropriate third places: a perspective from the muslim youth. *Journal of Islamic Architecture*, 7(2), 289-295. <https://doi.org/10.18860/jia.v7i2.17180>
- Nakagawa-Senda, H., Ito, H., Hosono, S., Oze, I., Tanaka, H., & Matsuo, K. (2017). Coffee consumption and the risk of colorectal cancer by anatomical subsite in japan: results from the herpacc studies. *International Journal of Cancer*, 141(2), 298-308. <https://doi.org/10.1002/ijc.30746>
- Nakazawa, Y., Ishimori, N., Oguchi, J., Nagai, N., Kimura, M., Funakoshi-Tago, M., ... & Tamura, H. (2018). Coffee brew intake can prevent the reduction of lens glutathione and ascorbic acid levels in hfd-fed animals. *Experimental and Therapeutic Medicine*. <https://doi.org/10.3892/etm.2018.7092>
- Nall, A., Shakhmantsir, I., Cichewicz, K., Birman, S., Hirsh, J., & Sehgal, A. (2016). Caffeine promotes wakefulness via dopamine signaling in drosophila. *Scientific Reports*, 6(1). <https://doi.org/10.1038/srep20938>
- Narita, S., Saito, E., Sawada, N., Shimazu, T., Yamaji, T., Iwasaki, M., ... & Tsugane, S. (2018). Coffee consumption and lung cancer risk: the japan public health center-based prospective study.

- Journal of Epidemiology*, 28(4), 207-213. <https://doi.org/10.2188/jea.je20160191>
- Navarro, A., Abasheva, D., Martínez-González, M., Ruiz-Estigarribia, L., Martín-Calvo, N., & Sánchez-Villegas, A. (2018). Coffee consumption and the risk of depression in a middle-aged cohort: the sun project. *Nutrients*, 10(9), 1333. <https://doi.org/10.3390/nu10091333>
- Nehlig, A. (2015). *Effects of coffee/caffeine on brain health and disease: what should i tell my patients?.* *Practical Neurology*, 16(2), 89-95. <https://doi.org/10.1136/practneurol-2015-001162>
- Nehlig, A., Daval, J., & Debry, G. (1992). Caffeine and the central nervous system: Mechanisms of action, biochemical, metabolic and psychostimulant effects. *Brain Research Reviews*, 17, 139-170. [https://doi.org/10.1016/0165-0173\(92\)90012-B](https://doi.org/10.1016/0165-0173(92)90012-B)
- Nerurkar, P., Gandhi, K., & Chen, J. (2021). Correlations between coffee consumption and metabolic phenotypes, plasma folate, and vitamin b12: nhanes 2003 to 2006. *Nutrients*, 13(4), 1348. <https://doi.org/10.3390/nu13041348>
- Nerurkar, P., Yokoyama, J., Ichimura, K., Kutscher, S., Bittenbender, H., & Deng, Y. (2023). Medium roasting and brewing methods differentially modulate global metabolites, lipids, biogenic amines, minerals, and antioxidant capacity of hawai'i-grown coffee (*coffea arabica*). *Metabolites*, 13(3), 412. <https://doi.org/10.3390/metabo13030412>
- Nieber, K. (2017). The impact of coffee on health. *Planta Medica*, 83, 1256-1263. <https://doi.org/10.1055/s-0043-115007>
- Nieman, D., Goodman, C., Capps, C., Shue, Z., & Arnot, R. (2018). Influence of 2-weeks ingestion of high chlorogenic acid coffee on mood state, performance, and postexercise inflammation and oxidative stress: a randomized, placebo-controlled trial.

- International Journal of Sport Nutrition and Exercise Metabolism*, 28(1), 55-65. <https://doi.org/10.1123/ijsnem.2017-0198>
- Nikic, P., Andrić, B., Stojimirovic, B., Trbojević-Stanković, J., & Bukumirić, Z. (2014). Habitual coffee consumption enhances attention and vigilance in hemodialysis patients. *Biomed Research International*, 2014, 1-7. <https://doi.org/10.1155/2014/707460>
- Nkondjock, A., Ghadirian, P., Kotsopoulos, J., Lubiński, J., Lynch, H., Kim-Sing, C., ... & Narod, S. (2005). Coffee consumption and breast cancer risk among brca1 and brca2 mutation carriers. *International Journal of Cancer*, 118(1), 103-107. <https://doi.org/10.1002/ijc.21296>
- Noor, R. (2023). *Quality characteristics of merapi robusta coffee products from the traditional, semi modern, and modern process.*, 316-327. https://doi.org/10.2991/978-94-6463-128-9_32
- Noordzij, M., Uiterwaal, C., Arends, L., Kok, F., Grobbee, D., & Geleijnse, J. (2005). Blood pressure response to chronic intake of coffee and caffeine: a meta-analysis of randomized controlled trials. *Journal of Hypertension*, 23(5), 921-928. <https://doi.org/10.1097/01.hjh.0000166828.94699.1d>
- Nouri-Majd, S., Salari-Moghaddam, A., Keshteli, A., Afshar, H., Esmailzadeh, A., & Adibi, P. (2022). Coffee and caffeine intake in relation to symptoms of psychological disorders among adults. *Public Health Nutrition*, 25(12), 3509-3519. <https://doi.org/10.1017/s1368980022000271>
- O'Keefe, J., Bhatti, S., Patil, H., DiNicolantonio, J., Lucan, S., & Lavie, C. (2013). Effects of habitual coffee consumption on cardiometabolic disease, cardiovascular health, and all-cause mortality. *Journal of the American College of Cardiology*, 62(12), 1043-1051. <https://doi.org/10.1016/j.jacc.2013.06.035>

- O'Keefe, J., DiNicolantonio, J., & Lavie, C. (2018). Coffee for cardioprotection and longevity. *Progress in Cardiovascular Diseases*, 61(1), 38-42. <https://doi.org/10.1016/j.pcad.2018.02.002>
- O'Neill, C., Newsom, R., Stafford, J., Scott, T., Archuleta, S., Levis, S., ... & Bachtell, R. (2016). Adolescent caffeine consumption increases adulthood anxiety-related behavior and modifies neuroendocrine signaling. *Psychoneuroendocrinology*, 67, 40-50. <https://doi.org/10.1016/j.psyneuen.2016.01.030>
- Oh, J., Sandin, S., Ström, P., Löf, M., Adami, H., & Weiderpass, E. (2015). Prospective study of breast cancer in relation to coffee, tea and caffeine in sweden. *International Journal of Cancer*, 137(8), 1979-1989. <https://doi.org/10.1002/ijc.29569>
- Ohlander, E. (2010). Sufism in medieval muslim societies. *History Compass*, 8(6), 518-529. <https://doi.org/10.1111/j.1478-0542.2010.00683.x>
- Olthof, M., Dijk, A., Deacon, C., Heine, R., & Dam, R. (2011). Acute effects of decaffeinated coffee and the major coffee components chlorogenic acid and trigonelline on incretin hormones. *Nutrition & Metabolism*, 8(1), 10. <https://doi.org/10.1186/1743-7075-8-10>
- Omagari, K., Sakaki, M., Tsujimoto, Y., Shiogama, Y., Iwanaga, A., Ishimoto, M., ... & Miyahara, Y. (2014). Coffee consumption is inversely associated with depressive status in japanese patients with type 2 diabetes. *Journal of Clinical Biochemistry and Nutrition*, 55(2), 135-142. <https://doi.org/10.3164/jcbrn.14-30>
- Pacheco, M. (2023). From jean calas' sentence to fake news. *Revista Gênero E Interdisciplinaridade*, 4(06), 522-546. <https://doi.org/10.51249/gei.v4i06.1791>
- Palatini, P., Ceolotto, G., Ragazzo, F., Dorigatti, F., Saladini, F., Papparella, I., ... & Santonastaso, M. (2009). Cyp1a2 genotype

- modifies the association between coffee intake and the risk of hypertension. *Journal of Hypertension*, 27(8), 1594-1601. <https://doi.org/10.1097/hjh.0b013e32832ba850>
- Panchal, S., Poudyal, H., Waanders, J., & Brown, L. (2012). Coffee extract attenuates changes in cardiovascular and hepatic structure and function without decreasing obesity in high-carbohydrate, high-fat diet-fed male rats. *Journal of Nutrition*, 142(4), 690-697. <https://doi.org/10.3945/jn.111.153577>
- Papadelis, C., Kourtidou-Papadeli, C., Vlachogiannis, E., Skepastianos, P., Bamidis, P., Maglaveras, N., & Pappas, K. (2003). Effects of mental workload and caffeine on catecholamines and blood pressure compared to performance variations. *Brain and Cognition*, 51, 143-154. [https://doi.org/10.1016/S0278-2626\(02\)00530-4](https://doi.org/10.1016/S0278-2626(02)00530-4)
- Park, S., Freedman, N., Haiman, C., et al. (2018). Prospective study of coffee consumption and cancer incidence. *Cancer Epidemiology, Biomarkers & Prevention*, 27(8), 928-935. <https://doi.org/10.1158/1055-9965.EPI-18-0093>
- Pasquet, R., Karp, I., Siemiatycki, J., & Koushik, A. (2016). The consumption of coffee and black tea and the risk of lung cancer. *Annals of Epidemiology*, 26(11), 757-763.e2. <https://doi.org/10.1016/j.annepidem.2016.09.001>
- Pauwels, E. K., & Volterrani, D. (2021). Coffee consumption and cancer risk: An assessment of the health implications based on recent knowledge. *Medical Principles and Practice*, 30(4), 401-411. <https://doi.org/10.1159/000516067>
- Pereverzev, A., & Ostroumova, O. (2021). Interaction of drugs and coffee. *Consilium Medicum*. <https://doi.org/10.26442/20751753.2021.10.201089>
- Peters, M. (2018). The enlightenment and its critics1. *Educational Philosophy and Theory*, 51(9), 886-894. <https://doi.org/10.1080/00131857.2018.1537832>

- Phillips, J., Currie, J., & Ogeil, R. (2015). Consumption and foraging behaviors for common stimulants (nicotine, caffeine). *Journal of Addictive Diseases*, 35(1), 15-21. <https://doi.org/10.1080/10550887.2015.1094721>
- Pourshahidi, L., Navarini, L., Petracco, M., & Strain, J. (2016). A comprehensive overview of the risks and benefits of coffee consumption. *Comprehensive Reviews in Food Science and Food Safety*, 15(4), 671-684. <https://doi.org/10.1111/1541-4337.12206>
- Putri, A. (2023). Coffee consumption habits with the addition of added ingredients correlated with obesity among females students in semarang. *Action Aceh Nutrition Journal*, 8(3), 339. <https://doi.org/10.30867/action.v8i3.979>
- Quarta, D., Ferré, S., Solinas, M., You, Z., Hockemeyer, J., Popoli, P., ... & Goldberg, S. (2004). Opposite modulatory roles for adenosine a1 and a2 receptors on glutamate and dopamine release in the shell of the nucleus accumbens. effects of chronic caffeine exposure. *Journal of Neurochemistry*, 88(5), 1151-1158. <https://doi.org/10.1046/j.1471-4159.2003.02245.x>
- Quarta, S., Scoditti, E., Carluccio, M., Calabriso, N., Santarpino, G., Damiano, F., ... & Massaro, M. (2021). Coffee bioactive n-methylpyridinium attenuates tumor necrosis factor (tnf)- α -mediated insulin resistance and inflammation in human adipocytes. *Biomolecules*, 11(10), 1545. <https://doi.org/10.3390/biom11101545>
- Ramírez-Correa, P., Cataluña, F., Moulaz, M., & Arenas-Gaitán, J. (2020). *Purchase intention of specialty coffee. Sustainability*, 12(4), 1329. <https://doi.org/10.3390/su12041329>
- Rebollo-Hernanz, M., Aguilera, Y., Martín-Cabrejas, M., & Mejía, E. (2022). Activating effects of the bioactive compounds from coffee by-products on fgf21 signaling modulate hepatic mitochondrial bioenergetics and energy metabolism in vitro.

- Frontiers in Nutrition*, 9. <https://doi.org/10.3389/fnut.2022.866233>
- Regassa, M. (2024). Over view of coffee (arabica coffee) breeding in ethiopia. *IJGG*. <https://doi.org/10.11648/ijgg.20241201.12>
- Reis, C., Dórea, J., & Costa, T. (2019). Effects of coffee consumption on glucose metabolism: a systematic review of clinical trials. *Journal of Traditional and Complementary Medicine*, 9(3), 184-191. <https://doi.org/10.1016/j.jtcme.2018.01.001>
- Reis, C., Paiva, C., Amato, A., Lofrano-Porto, A., Wassell, S., Bluck, L., ... & Costa, T. (2018). Decaffeinated coffee improves insulin sensitivity in healthy men. *British Journal of Nutrition*, 119(9), 1029-1038. <https://doi.org/10.1017/s000711451800034x>
- Renouf, M., Guy, P., Marmet, C., Fraering, A., Longuet, K., Moulin, J., ... & Steiling, H. (2010). Measurement of caffeic and ferulic acid equivalents in plasma after coffee consumption: small intestine and colon are key sites for coffee metabolism. *Molecular Nutrition & Food Research*, 54(6), 760-766. <https://doi.org/10.1002/mnfr.200900056>
- Renouf, M., Marmet, C., Giuffrida, F., Lepage, M., Barron, D., Beaumont, M., ... & Dionisi, F. (2013). Dose–response plasma appearance of coffee chlorogenic and phenolic acids in adults. *Molecular Nutrition & Food Research*, 58(2), 301-309. <https://doi.org/10.1002/mnfr.201300349>
- Ribeiro, J. and Sebastião, A. (2010). Caffeine and adenosine. *Journal of Alzheimer S Disease*, 20(s1), S3-S15. <https://doi.org/10.3233/jad-2010-1379>
- Ribeiro, T., Oliveira, R., & Chalfun-Júnior, A. (2023). Differential universal ortholog composition of coffee arabica. *sub-genomes and its contribution to regulatory networks governing essential biological processes..* <https://doi.org/10.1101/2023.03.08.531780>

- Richards, G. and Smith, A. (2015). Caffeine consumption and self-assessed stress, anxiety, and depression in secondary school children. *Journal of Psychopharmacology*, 29(12), 1236-1247. <https://doi.org/10.1177/0269881115612404>
- Riksen, N., Smits, P., & Rongen, G. (2010). *The cardiovascular effects of methylxanthines*, 413-437. https://doi.org/10.1007/978-3-642-13443-2_16
- Rindermann, H. and Carl, N. (2018). Human rights: why countries differ. *Comparative Sociology*, 17(1), 29-69. <https://doi.org/10.1163/15691330-12341451>
- Rizkiyah, N. and Shofiyah, S. (2021). Strategi pengembangan ekonomi lokal melalui kawasan desa wisata berbasis komoditas unggulan kopi liberika (kba) di desa kumpai batu atas kecamatan arut selatan kabupaten kotawaringin barat. *Mimbar Agribisnis Jurnal Pemikiran Masyarakat Ilmiah Berwawasan Agribisnis*, 7(2), 1572. <https://doi.org/10.25157/ma.v7i2.5513>
- Robertson, T., Clifford, M., Penson, S., Williams, P., & Robertson, M. (2018). Postprandial glycaemic and lipaemic responses to chronic coffee consumption may be modulated by cyp1a2 polymorphisms. *British Journal of Nutrition*, 119(7), 792-800. <https://doi.org/10.1017/s0007114518000260>
- Robilliard, G. (2022). Novel, popular, fashionable and partisan: making coffeehouses 'burgherly' spaces in early modern hamburg. *Urban History*, 51(1), 146-170. <https://doi.org/10.1017/s0963926822000311>
- Rodrigues, L., Craig, R., Schmidt, P., & Santos, J. (2015). Documenting, monetising and taxing brazilian slaves in the eighteenth and nineteenth centuries. *Accounting History Review*, 25(1), 43-67. <https://doi.org/10.1080/21552851.2014.946935>

- Rodríguez-Artalejo, F., & López-García, E. (2018). Coffee Consumption and Cardiovascular Disease: A Condensed Review of Epidemiological Evidence and Mechanisms. *Journal of Agricultural and Food Chemistry*, 66(21), 5257-5263. <https://doi.org/10.1021/acs.jafc.7b04506>
- Rodríguez-Gómez, R., Vanheuverzwijn, J., Souard, F., Delporte, C., Stévigny, C., Stoffelen, P., ... & Kauffmann, J. (2018). Determination of three main chlorogenic acids in water extracts of coffee leaves by liquid chromatography coupled to an electrochemical detector. *Antioxidants*, 7(10), 143. <https://doi.org/10.3390/antiox7100143>
- Romanos-Nanclares, A., Zeleznik, O., Song, M., Willett, W., Tamimi, R., Chen, W., ... & Eliassen, A. (2023). Abstract 6470: coffee and tea consumption, coffee-related metabolites, and breast cancer risk in us women. *Cancer Research*, 83(7_Supplement), 6470-6470. <https://doi.org/10.1158/1538-7445.am2023-6470>
- Romualdo, G. R., Rocha, A. B., Vinken, M., Cogliati, B., Moreno, F., Chaves, M. A. G., & Barbisan, L. F. (2019). Drinking for protection? Epidemiological and experimental evidence on the beneficial effects of coffee or major coffee compounds against gastrointestinal and liver carcinogenesis. *Food Research International*, 123, 567-589. <https://doi.org/10.1016/J.FOODRES.2019.05.029>
- Rosendahl, A., Perks, C., Markkula, A., Simonsson, M., Rose, C., Ingvar, C., ... & Jernström, H. (2014). Abstract 4685: caffeine and caffeic acid inhibit growth and modify estrogen receptor (er)- α and insulin-like growth factor i receptor (igf-ir) levels in human breast cancer. *Cancer Research*, 74(19_Supplement), 4685-4685. <https://doi.org/10.1158/1538-7445.am2014-4685>
- Rosendahl, A., Perks, C., Zeng, L., Markkula, A., Simonsson, M., Rose, C., ... & Jernström, H. (2015). Caffeine and caffeic acid inhibit growth and modify estrogen receptor and insulin-like growth

- factor i receptor levels in human breast cancer. *Clinical Cancer Research*, 21(8), 1877-1887. <https://doi.org/10.1158/1078-0432.ccr-14-1748>
- Ruiz, J., Leake, D., & Ames, J. (2007). In vitro antioxidant activity of coffee compounds and their metabolites. *Journal of Agricultural and Food Chemistry*, 55(17), 6962-6969. <https://doi.org/10.1021/jf0710985>
- Ruță, L. and Fărcășanu, I. (2020). Saccharomyces cerevisiae and caffeine implications on the eukaryotic cell. *Nutrients*, 12(8), 2440. <https://doi.org/10.3390/nu12082440>
- Ruusunen, A., Lehto, S., Tolmunen, T., Mursu, J., Kaplan, G., & Voutilainen, S. (2010). Coffee, tea and caffeine intake and the risk of severe depression in middle-aged finnish men: the kuopio ischaemic heart disease risk factor study. *Public Health Nutrition*, 13(8), 1215-1220. <https://doi.org/10.1017/s1368980010000509>
- Saab, S., Mallam, D., Cox, G., & Tong, M. (2013). Impact of coffee on liver diseases: a systematic review. *Liver International*, 34(4), 495-504. <https://doi.org/10.1111/liv.12304>
- Safe, S., Kothari, J., Hailemariam, A., Upadhyay, S., Davidson, L., & Chapkin, R. (2023). Health Benefits of Coffee Consumption for Cancer and Other Diseases and Mechanisms of Action. *International Journal of Molecular Sciences*, 24. <https://doi.org/10.3390/ijms24032706>
- Saleem, M. and Latif, A. (2017). Multiple beneficial effects associated with coffee consumption on human liver. *Journal of Hepatology and Gastrointestinal Disorders*, 03(02). <https://doi.org/10.4172/2475-3181.1000149>
- Salomone, F., Galvano, F., & Volti, G. (2017). Molecular bases underlying the hepatoprotective effects of coffee. *Nutrients*, 9(1), 85. <https://doi.org/10.3390/nu9010085>

- Samoggia, A. and Busi, R. (2023). Sustainable coffee capsule consumption: understanding italian consumers' purchasing drivers. *Frontiers in Sustainable Food Systems*, 7. <https://doi.org/10.3389/fsufs.2023.1088877>
- Samoggia, A. and Riedel, B. (2019). Consumers' perceptions of coffee health benefits and motives for coffee consumption and purchasing. *Nutrients*, 11(3), 653. <https://doi.org/10.3390/nu11030653>
- Samoggia, A., Riedel, B., & Ruggeri, A. (2020). Social media exploration for understanding food product attributes perception: the case of coffee and health with twitter data. *British Food Journal*, 122(12), 3815-3835. <https://doi.org/10.1108/bfj-03-2019-0172>
- Sanchez-Bridge, B., Renouf, M., Sauser, J., Beaumont, M., & Actis-Goretta, L. (2016). The roasting process does not influence the extent of conjugation of coffee chlorogenic and phenolic acids. *Biofactors*, 42(3), 259-267. <https://doi.org/10.1002/biof.1268>
- Santos, M., Pagani, J., Silva, T., Garcia, J., Romão, M., Fernandes, G., ... & Soares, E. (2014). Effects of coffee (coffea arabica) consumption on the femoral morphology and biomechanics in rats. *Journal of Morphological Sciences*, 31(01), 042-047. <https://doi.org/10.4322/jms.ao062513>
- Santos, P., Cirillo, M., & Guimarães, E. (2021). Specialty coffee in brazil: transition among consumers' constructs using structural equation modeling. *British Food Journal*, 123(5), 1913-1930. <https://doi.org/10.1108/bfj-06-2020-0537>
- Santos, R., Hunter, T., Nicholas, W., & Lima, D. (2013). Caffeine and chlorogenic acids in coffee and effects on selected neurodegenerative diseases. *Journal of Pharmaceutical and*

Scientific Innovation, 2(4), 9-17. <https://doi.org/10.7897/2277-4572.02443>

- Sari, F. (2025). The effect of five post-harvest techniques on the characterization of arabica coffee (*coffea arabica*). *Iop Conference Series Earth and Environmental Science*, 1469(1), 012053. <https://doi.org/10.1088/1755-1315/1469/1/012053>
- Scalabrin, S., Toniutti, L., Gaspero, G., Scaglione, D., Magris, G., Vidotto, M., ... & Bertrand, B. (2020). A single polyploidization event at the origin of the tetraploid genome of *coffea arabica* is responsible for the extremely low genetic variation in wild and cultivated germplasm. *Scientific Reports*, 10(1). <https://doi.org/10.1038/s41598-020-61216-7>
- Schmit, S. L., Rennert, H. S., Rennert, G., & Gruber, S. B. (2016). Coffee consumption and the risk of colorectal cancer. *Cancer Epidemiology, Biomarkers & Prevention*, 25(4), 634-639. <https://doi.org/10.1158/1055-9965.EPI-15-0924>
- Senftinger, J., Nikorowitsch, J., Borof, K., Ojeda, F., Aarabi, G., Beikler, T., ... & Wenzel, J. (2023). Coffee consumption and associations with blood pressure, ldl-cholesterol and echocardiographic measures in the general population. *Scientific Reports*, 13(1). <https://doi.org/10.1038/s41598-023-31857-5>
- Šeremet, D., Fabečić, P., Cebin, A., Jarić, A., Pudić, R., & Komes, D. (2022). Antioxidant and sensory assessment of innovative coffee blends of reduced caffeine content. *Molecules*, 27(2), 448. <https://doi.org/10.3390/molecules27020448>
- Setiawan, V., Wilkens, L., Lu, S., Hernandez, B., Marchand, L., & Henderson, B. (2015). Association of coffee intake with reduced incidence of liver cancer and death from chronic liver disease in the us multiethnic cohort. *Gastroenterology*, 148(1), 118-125. <https://doi.org/10.1053/j.gastro.2014.10.005>
- Shang, F., Li, X., & Jiang, X. (2016). Coffee consumption and risk of the metabolic syndrome: a meta-analysis. *Diabetes &*

- Metabolism*, 42(2), 80-87. <https://doi.org/10.1016/j.diabet.2015.09.001>
- Shang, F., Li, X., & Jiang, X. (2016). Coffee consumption and risk of the metabolic syndrome: a meta-analysis. *Diabetes & Metabolism*, 42(2), 80-87. <https://doi.org/10.1016/j.diabet.2015.09.001>
- Sharma, V. (2023). A comprehensive review on pharmacological potentials of caffeine. *Journal of Applied Pharmaceutical Sciences and Research*, 6(3), 16-26. <https://doi.org/10.31069/japsr.v6i3.04>
- Shearer, J., Reimer, R., Hittel, D., Gault, M., Vogel, H., & Klein, M. (2020). Caffeine-containing energy shots cause acute impaired glucoregulation in adolescents. *Nutrients*, 12(12), 3850. <https://doi.org/10.3390/nu12123850>
- Shukitt-Hale, B., Miller, M., Chu, Y., Lyle, B., & Joseph, J. (2013). Coffee, but not caffeine, has positive effects on cognition and psychomotor behavior in aging. *Age*, 35(6), 2183-2192. <https://doi.org/10.1007/s11357-012-9509-4>
- Simon, D., Wu, C., Tilley, B., Wills, A., Aminoff, M., Bainbridge, J., ... & Wong, P. (2015). Caffeine and progression of parkinson disease. *Clinical Neuropharmacology*, 38(5), 163-169. <https://doi.org/10.1097/wnf.0000000000000102>
- Simonsson, M., Söderlind, V., Henningson, M., Hietala, M., Rose, C., Ingvar, C., ... & Jernström, H. (2013). Abstract 108: coffee prevents early events in tamoxifen-treated breast cancer patients and modulates hormone receptor status.. *Cancer Research*, 73(8_Supplement), 108-108. <https://doi.org/10.1158/1538-7445.am2013-108>
- Sinha, R., Cross, A., Daniel, C., Graubard, B., Wu, J., Hollenbeck, A., ... & Freedman, N. (2012). Caffeinated and decaffeinated coffee and tea intakes and risk of colorectal cancer in a large

- prospective study. *American Journal of Clinical Nutrition*, 96(2), 374-381. <https://doi.org/10.3945/ajcn.111.031328>
- Smith, A., Brockman, P., Flynn, R., Maben, A., & Thomas, M. (1993). Investigation of the effects of coffee on alertness and performance during the day and night. *Neuropsychobiology*, 27(4), 217-223. <https://doi.org/10.1159/000118984>
- Socła, K., Szopa, A., Serefko, A., Poleszak, E., & Wlaź, P. (2020). Neuroprotective Effects of Coffee Bioactive Compounds: A Review. *International Journal of Molecular Sciences*, 22. <https://doi.org/10.3390/ijms22010107>
- Sousa, P., Vieira, H., Santos, E., Viana, A., Boaechat, M., & Partelli, F. (2022). *Coffea canephora*: heterotic crosses indicated by molecular approach. *Plants*, 11(22), 3023. <https://doi.org/10.3390/plants11223023>
- Stalmach, A., Mullen, W., Barron, D., Uchida, K., Yokota, T., Cavin, C., ... & Crozier, A. (2009). Metabolite profiling of hydroxycinnamate derivatives in plasma and urine after the ingestion of coffee by humans: identification of biomarkers of coffee consumption. *Drug Metabolism and Disposition*, 37(8), 1749-1758. <https://doi.org/10.1124/dmd.109.028019>
- Starling-Soares, B. (2023). Extrapolating the coffee and caffeine (1,3,7-trimethylxanthine) effects on exercise and metabolism—a concise review. *Nutrients*, 15(24), 5031. <https://doi.org/10.3390/nu15245031>
- Stevens, L., Linstead, E., Hall, J., & Kao, D. (2021). Association between coffee intake and incident heart failure risk. *Circulation Heart Failure*, 14(2). <https://doi.org/10.1161/circheartfailure.119.006799>
- Sticker, M. (2021). Kant on thinking for oneself and with others—the ethical a priori, openness and diversity. *Journal of Philosophy of Education*, 55(6), 949-965. <https://doi.org/10.1111/1467-9752.12615>

- Sudano, I., Spieker, L., Binggeli, C., Ruschitzka, F., Lüscher, T., Noll, G., ... & Corti, R. (2005). Coffee blunts mental stress-induced blood pressure increase in habitual but not in nonhabitual coffee drinkers. *Hypertension*, 46(3), 521-526. <https://doi.org/10.1161/01.hyp.0000177448.56745.c7>
- Svatun, Å., Løchen, M., Thelle, D., & Wilsgaard, T. (2022). Association between espresso coffee and serum total cholesterol: the tromsø study 2015–2016. *Open Heart*, 9(1), e001946. <https://doi.org/10.1136/openhrt-2021-001946>
- Szerej, K. (2024). The role of caffeine in enhancing physical performance: from metabolism to muscle function. *Journal of Education Health and Sport*, 59, 158-165. <https://doi.org/10.12775/jehs.2024.59.010>
- Taraz, N. and Yilmaz, E. (2016). A study on the daily life and coffeehouse culture in gaziantep: tahmis coffeehouse. *A/Z Itu Journal of Faculty of Architecture*, 13(3), 53-66. <https://doi.org/10.5505/itujfa.2016.73792>
- Temple, J. (2009). Caffeine use in children: what we know, what we have left to learn, and why we should worry. *Neuroscience & Biobehavioral Reviews*, 33(6), 793-806. <https://doi.org/10.1016/j.neubiorev.2009.01.001>
- Thom, E. (2007). The effect of chlorogenic acid enriched coffee on glucose absorption in healthy volunteers and its effect on body mass when used long-term in overweight and obese people. *Journal of International Medical Research*, 35(6), 900-908. <https://doi.org/10.1177/147323000703500620>
- Thorpe, H., Fontanillas, P., Pham, B., Meredith, J. J., Jennings, M., Courchesne-Krak, N. S., ... & Sanchez-Roige, S. (2023). Genome-Wide Association Studies of Coffee Intake in UK/US Participants of European Ancestry Uncover Gene-Cohort Influences. *medRxiv*. <https://doi.org/10.1101/2023.09.09.23295284>

- Trapp, G., Allen, K., O'Sullivan, T., Robinson, M., Jacoby, P., & Oddy, W. (2013). Energy drink consumption is associated with anxiety in australian young adult males. *Depression and Anxiety*, 31(5), 420-428. <https://doi.org/10.1002/da.22175>
- Tsegay, G., Redi-Abshiro, M., Chandravanshi, B., Ele, E., Mohammed, A., & Mamo, H. (2019). Volatile profile of green coffee beans from *coffea arabica* l. plants grown at different altitudes in ethiopia. *Bulletin of the Chemical Society of Ethiopia*, 33(3), 401. <https://doi.org/10.4314/bcse.v33i3.2>
- Tsujimoto, T., Kajio, H., & Sugiyama, T. (2017). Association between caffeine intake and all-cause and cause-specific mortality: a population-based prospective cohort study. *Mayo Clinic Proceedings*, 92(8), 1190-1202. <https://doi.org/10.1016/j.mayocp.2017.03.010>
- Turnbull, D., Rodricks, J., Mariano, G., & Chowdhury, F. (2017). Caffeine and cardiovascular health. *Regulatory Toxicology and Pharmacology*, 89, 165-185. <https://doi.org/10.1016/j.yrtph.2017.07.025>
- Urry, E., Jetter, A., Holst, S., Berger, W., Spinass, G., Langhans, W., ... & Landolt, H. (2016). A case-control field study on the relationships among type 2 diabetes, sleepiness and habitual caffeine intake. *Journal of Psychopharmacology*, 31(2), 233-242. <https://doi.org/10.1177/0269881116668595>
- Urugo, M., Tola, Y., Kebede, B., & Ogah, O. (2023). Metabolomics: a suitable foodomics approach to the geographical origin traceability of ethiopian arabica specialty coffees. *Food Science & Nutrition*, 11(8), 4419-4431. <https://doi.org/10.1002/fsn3.3434>
- Urugo, M., Tola, Y., Kebede, B., & Ogah, O. (2023). Metabolomics: a suitable foodomics approach to the geographical origin traceability of ethiopian arabica specialty coffees. *Food*

- Science & Nutrition*, 11(8), 4419-4431. <https://doi.org/10.1002/fsn3.3434>
- Uyanıklar, Ö., Türk, P., Aslan, K., Aslan, E., Özden, O., Gürlüer, J., ... & Uncu, G. (2022). How does the eras protocol work in patients who underwent cesarean section? (hermes study). *International Journal of Gynecology & Obstetrics*, 161(1), 168-174. <https://doi.org/10.1002/ijgo.14420>
- Vale, A., Pereira, C., Lindner, J., Rodrigues, L., Kadri, N., Pagnoncelli, M., ... & Pereira, G. (2024). Exploring microbial influence on flavor development during coffee processing in humid subtropical climate through metagenetic–metabolomics analysis. *Foods*, 13(12), 1871. <https://doi.org/10.3390/foods13121871>
- Venter, J. (2018). Voltaire's satirical catechisms: secular confessionalism. *Phronimon*, 19. <https://doi.org/10.25159/2413-3086/2081>
- Verleysen, L., Depecker, J., Bollen, R., Justin, A., Hatangi, Y., Jean-Léon, K., ... & Honnay, O. (2023). *Cultivated robusta coffee meets wildcoffeea canephora: evidence of cultivated-wild hybridisation in the democratic republic of the congo..* <https://doi.org/10.1101/2023.10.30.564669>
- Vieira, L., Andrade, A., Colombo, C., Moraes, A., Metha, Â., Oliveira, A., ... & Pereira, G. (2006). Brazilian coffee genome project: an est-based genomic resource. *Brazilian Journal of Plant Physiology*, 18(1), 95-108. <https://doi.org/10.1590/s1677-04202006000100008>
- Vos, J. (2021). Coffee frontier in proto-colonial and colonial angola. *Commodity Frontiers*, (2), 1-4. <https://doi.org/10.18174/cf.2021a18078>
- Wachamo, H. (2017). Review on health benefit and risk of coffee consumption. *Medicinal & Aromatic Plants*, 06(04). <https://doi.org/10.4172/2155-9821.1000301>

- Wang, A., Wang, S., Zhu, C., et al. (2016). Coffee and cancer risk: A meta-analysis of prospective observational studies. *Scientific Reports*, 6, 33711. <https://doi.org/10.1038/srep33711>
- Wang, T., Huang, T., Kang, J., Zheng, Y., Jensen, M., Wiggs, J., ... & Qi, L. (2017). Habitual coffee consumption and genetic predisposition to obesity: gene-diet interaction analyses in three us prospective studies. *BMC Medicine*, 15(1). <https://doi.org/10.1186/s12916-017-0862-0>
- Wang, Z., McMonagle, C., Yoshimitsu, S., Budhathoki, S., Morita, M., Toyomura, K., ... & Kono, S. (2012). No effect modification of serum bilirubin or coffee consumption on the association of gamma-glutamyltransferase with glycated hemoglobin in a cross-sectional study of japanese men and women. *BMC Endocrine Disorders*, 12(1). <https://doi.org/10.1186/1472-6823-12-24>
- Watanabe, T., Kobayashi, S., Yamaguchi, T., Hibi, M., Fukuhara, I., & Osaki, N. (2019). Coffee abundant in chlorogenic acids reduces abdominal fat in overweight adults: a randomized, double-blind, controlled trial. *Nutrients*, 11(7), 1617. <https://doi.org/10.3390/nu11071617>
- Wedick, N., Brennan, A., Sun, Q., Hu, F., Mantzoros, C., & Dam, R. (2011). Effects of caffeinated and decaffeinated coffee on biological risk factors for type 2 diabetes: a randomized controlled trial. *Nutrition Journal*, 10(1). <https://doi.org/10.1186/1475-2891-10-93>
- Weyesa, G. and Tilahun, R. (2021). Documentation of traditional knowledge on "coffee" (<i>coffea arabica</i>) in jimma, ilubabor and west wollega zone. *European Journal of Biophysics*, 9(1), 1. <https://doi.org/10.11648/j.ejb.20210901.11>
- Whayne, T. (2015). Coffee: a selected overview of beneficial or harmful effects on the cardiovascular system?. *Current*

- Vascular Pharmacology*, 13(5), 637-648. <https://doi.org/10.2174/1570161112666141002121429>
- Wierzejska, R. (2016). Coffee consumption and cardiovascular diseases – has the time come to change dietary advice? a mini review. *Polish Journal of Food and Nutrition Sciences*, 66(1), 5-10. <https://doi.org/10.1515/pjfn-2015-0048>
- Wierzejska, R. (2020). Coffee in the diet and prevention of diabetes. *Clinical Diabetology*, 9(2), 144-148. <https://doi.org/10.5603/dk.2020.0015>
- Withington, P. (2020). Where was the coffee in early modern england?. *The Journal of Modern History*, 92(1), 40-75. <https://doi.org/10.1086/707339>
- Woldoff, R., Lozzi, D., & Dilks, L. (2013). The social transformation of coffee houses: the emergence of chain establishments and the private nature of usage. *International Journal of Social Science Studies*, 1(2). <https://doi.org/10.11114/ijsss.v1i2.200>
- Wong, T., Luo, S., Yeung, S., & Louie, J. (2023). *Association of coffee consumption in metabolic syndrome: a cross-sectional and mendelian randomization study in uk biobank..* <https://doi.org/10.1101/2023.08.11.23293897>
- Xie, Y., Qin, J., Nan, G., et al. (2016). Coffee consumption and the risk of lung cancer: An updated meta-analysis. *European Journal of Clinical Nutrition*, 70(2), 199-206. <https://doi.org/10.1038/ejcn.2015.96>
- Xie, Y., Qin, J., Nan, G., Huang, S., Wang, Z., & Su, Y. (2015). Coffee consumption and the risk of lung cancer: an updated meta-analysis of epidemiological studies. *European Journal of Clinical Nutrition*, 70(2), 199-206. <https://doi.org/10.1038/ejcn.2015.96>
- Xu, J., Fan, W., Budoff, M., Heckbert, S., Amsterdam, E., Alonso, Á., ... & Wong, N. (2019). Intermittent nonhabitual coffee

- consumption and risk of atrial fibrillation: the multi-ethnic study of atherosclerosis. *Journal of Atrial Fibrillation*, 12(1). <https://doi.org/10.4022/jafib.2205>
- Xu, K., Luca, D., Orrù, M., Xu, Y., Chen, J., & Schwarzschild, M. (2016). Neuroprotection by caffeine in the mptp model of parkinson's disease and its dependence on adenosine a2a receptors. *Neuroscience*, 322, 129-137. <https://doi.org/10.1016/j.neuroscience.2016.02.035>
- Yang, A., Palmer, A., & Wit, H. (2010). Genetics of caffeine consumption and responses to caffeine. *Psychopharmacology*, 211(3), 245-257. <https://doi.org/10.1007/s00213-010-1900-1>
- Yarmolinsky, J., Mueller, N., Duncan, B., Molina, M., Goulart, A., & Schmidt, M. (2015). Coffee consumption, newly diagnosed diabetes, and other alterations in glucose homeostasis: a cross-sectional analysis of the longitudinal study of adult health (elsa-brasil). *Plos One*, 10(5), e0126469. <https://doi.org/10.1371/journal.pone.0126469>
- Yonekura, Y., Terauchi, M., Hirose, A., Odai, T., Kato, K., & Matsuda, N. (2020). Daily coffee and green tea consumption is inversely associated with body mass index, body fat percentage, and cardio-ankle vascular index in middle-aged japanese women: a cross-sectional study. *Nutrients*, 12(5), 1370. <https://doi.org/10.3390/nu12051370>
- Yu, Q., Guyot, R., Kochko, A., Byers, A., Navajas-Pérez, R., Langston, B., ... & Ming, R. (2011). Micro-collinearity and genome evolution in the vicinity of an ethylene receptor gene of cultivated diploid and allotetraploid coffee species (*coffea*). *The Plant Journal*, 67(2), 305-317. <https://doi.org/10.1111/j.1365-3113x.2011.04590.x>

- Yu, X.-F., Bao, Z., Zou, J., & Dong, J. (2011). Coffee consumption and risk of cancers: A meta-analysis of cohort studies. *BMC Cancer*, 11, 96. <https://doi.org/10.1186/1471-2407-11-96>
- Zahn, T., & Rapoport, J. (1987). Autonomic nervous system effects of acute doses of caffeine in caffeine users and abstainers. *International Journal of Psychophysiology*, 5, 33-41. [https://doi.org/10.1016/0167-8760\(87\)90070-5](https://doi.org/10.1016/0167-8760(87)90070-5)
- Zakaria, N., Whanmek, K., Thangsiri, S., Chathiran, W., Srichamnong, W., Suttisansanee, U., ... & Santivarangkna, C. (2023). Optimization of cold brew coffee using central composite design and its properties compared with hot brew coffee. *Foods*, 12(12), 2412. <https://doi.org/10.3390/foods12122412>
- Zancheta, R., Possi, A., Planeta, C., & Marin, M. (2012). Repeated administration of caffeine induces either sensitization or tolerance of locomotor stimulation depending on the environmental context. *Pharmacological Reports*, 64(1), 70-77. [https://doi.org/10.1016/s1734-1140\(12\)70732-6](https://doi.org/10.1016/s1734-1140(12)70732-6)
- Zavela, K., Barnett, J., Smedi, K., Istvan, J., & Matarazzo, J. (1990). Concurrent use of cigarettes, alcohol, and coffee1. *Journal of Applied Social Psychology*, 20(10), 835-845. <https://doi.org/10.1111/j.1559-1816.1990.tb00382.x>
- Zhang, Y., Lee, E., Cowan, L., Fabsitz, R., & Howard, B. (2011). Coffee consumption and the incidence of type 2 diabetes in men and women with normal glucose tolerance: the strong heart study. *Nutrition Metabolism and Cardiovascular Diseases*, 21(6), 418-423. <https://doi.org/10.1016/j.numecd.2009.10.020>
- Zhao, Y., Wu, K., Zheng, J., Zuo, R., & Li, D. (2014). Association of coffee drinking with all-cause mortality: a systematic review and meta-analysis. *Public Health Nutrition*, 18(7), 1282-1291. <https://doi.org/10.1017/s1368980014001438>
- Zhu, J., Xu, W., Sun, Q., Geng, J., Yu, Y., & Zhao, Z. (2022). Effect of coffee consumption on postoperative ileus after colorectal

surgery: a meta-analysis of randomized controlled trials. *Gastroenterology Research and Practice*, 2022, 1-10. <https://doi.org/10.1155/2022/8029600>

Калинников, Л. (2023). Kant's philosophy as the development of the intentions of enlightenment. *SHS Web of Conferences*, 161, 02001. <https://doi.org/10.1051/shsconf/202316102001>

BIOGRAFI PENULIS



Ns. Arif Rohman Mansur, S.Kep., M.Kep

Penulis lahir di Jepara pada 28 Agustus 1987, anak kelima dari lima bersaudara. Penulis meraih gelar Sarjana (S.Kep) dan Pendidikan Keperawatan Profesional (Ns) serta Magister Keperawatan dari Program Studi Ilmu Keperawatan (PSIK) Fakultas Kedokteran Universitas Gadjah Mada (UGM) masing-masing pada tahun 2009, 2010, dan 2015. Penulis telah berkarya sebagai Dosen di Departemen Ilmu Kesehatan Anak dan Maternitas, Fakultas Keperawatan Universitas Andalas. Selain menjadi dosen, beliau juga aktif menulis buku, artikel di media massa dan jurnal, mengelola Jurnal Pengabdian Masyarakat (Warta Pengabdian Andalas). Salah satu motto penulis adalah **"Berani Menulis, terus maju dan belajar hingga akhir hayat."**



Ns. Mutia Farlina, M.Kep., Sp.Kep.An

Mutia Farlina, Ns., M.Kep., merupakan dosen di Departemen Anak dan Maternitas, Fakultas Keperawatan Universitas Andalas yang menekuni bidang keperawatan pediatrik, khususnya perawatan anak dengan kondisi akut, kronis, serta anak berkebutuhan khusus. Ia menyelesaikan pendidikan Sarjana Keperawatan di Universitas Andalas dan Magister Keperawatan di Universitas Indonesia. Selain menjalankan tridarma perguruan tinggi, ia juga aktif menulis buku, salah satunya *Growth and Development of Preschool-Aged Children* terbitan CV. Eureka Media Aksara. Fokus minatnya meliputi komunikasi terapeutik, promosi kesehatan, serta edukasi anak dan remaja. Motto penulis adalah "Siapa yang bersungguh-sungguh pasti akan mendapat."



Sandrina Indah Paraswati

Penulis kedua lahir di Kulon Progo pada 27 Februari 2004. Ia adalah mahasiswa S1 keperawatan di Universitas Airlangga (UNAIR), tempat ia memulai studinya pada tahun 2022. Sepanjang karier akademisnya, ia telah terlibat dalam penelitian ilmiah, menulis, dan berpartisipasi aktif dalam berbagai kompetisi akademik. Pada Juli 2024, ia mengikuti program pertukaran pelajar di Jepang, mendapatkan pengalaman internasional yang berharga dalam praktik keperawatan. Selain itu, ia saat ini sedang magang di Nurse Labour Market App, menerapkan pengetahuannya secara profesional. Ia juga bekerja paruh waktu sebagai Asisten Dosen Riset, untuk terus mengembangkan keterampilan riset dan akademisnya. Berpegang pada mottonya, "Masa depan Anda diciptakan oleh apa yang Anda lakukan hari ini," ia tetap berkomitmen untuk terus belajar dan berkembang.