

**PENGARUH KOPI ROBUSTA (*Coffea canephora*) TERHADAP DAYA  
TAHAN OTOT TUNGKAI PADA MAHASISWA FAKULTAS  
KEDOKTERAN UNIVERSITAS JENDERAL SOEDIRMAN**

**ABSTRAK**

**Latar Belakang:** Daya tahan otot merupakan salah satu aspek penting pada tubuh manusia. Contoh metode untuk mengukur daya tahan otot tungkai adalah *squat jump*. Masyarakat memiliki kebiasaan meminum kopi sebelum berolahraga. Contoh jenis kopi yang diminum oleh masyarakat sebelum berolahraga adalah kopi robusta (*Coffea canephora*). Pengaruh kopi terhadap daya tahan otot belum banyak diteliti. **Tujuan:** Mengetahui pengaruh kopi robusta (*Coffea canephora*) terhadap daya tahan otot tungkai pada mahasiswa Fakultas Kedokteran Universitas Jenderal Soedirman. **Metode:** Penelitian ini menggunakan metode penelitian *quasi experimental* dengan rancangan penelitian *pre and post test design without control*. Responden penelitian dipilih menggunakan metode *purposive sampling*. Penelitian ini membandingkan hasil *squat jump* yang dilakukan sebelum dan 60 menit sesudah meminum kopi robusta (*Coffea canephora*). **Hasil:** Hasil rata-rata *pretest squat jump* adalah 41.38 kali dan hasil rata-rata *post test squat jump* adalah 52.45 kali. Hasil analisis data menggunakan uji T berpasangan (*T-Paired Test*) terdapat perbedaan signifikan antara data hasil *squat jump* sebelum dan 60 menit sesudah meminum minuman kopi robusta dengan nilai  $p < 0.05$ . **Kesimpulan:** Meminum minuman kopi robusta (*Coffea canephora*) dengan dosis 7 gram 60 menit sebelum berolahraga dapat meningkatkan daya tahan otot tungkai pada mahasiswa Fakultas Kedokteran Universitas Jenderal Soedirman.

**Kata Kunci:** daya tahan otot, kopi robusta, *squat jump*

**THE EFFECT OF ROBUSTA COFFEE (*Coffea canephora*) TOWARD  
ENDURANCE OF LEG MUSCLE TO THE STUDENTS IN FACULTY OF  
MEDICINE UNIVERSITY OF JENDERAL SOEDIRMAN**

**ABSTRACT**

**Background:** Muscle endurance is one of the important aspects of the human body. Example of a method for measure the endurance of leg muscles is the squat jump. People have a habit to drink a coffee before exercise. Examples of the types of coffee that are drink by the people before exercise is robusta coffee (*Coffea canephora*). The effect of robusta coffee (*coffea canephora*) toward endurance isn't many research. **Objective:** Discovered the effect of robusta coffee (*coffea canephora*) toward endurance of leg muscles to the students in Faculty of Medicine University of Jenderal Soedirman. **Methods:** This studied used a quasi-experimental researched method with pre and post-test design without controlled. The researched subjects were selected using the purposive sampling method. This studied compared the results of the squat jump before and 60 minutes after drank robusta coffee (*coffea canephora*). **Result:** The average result of the pretest squat jump were 41.38 times and the average results of the post test squat jump were 52.45 times. The results of data analysis used T-Paired Test had a significant difference between the results of the squat jump before and 60 minutes after drank a robusta coffee with a value of  $p < 0.05$ . **Conclusion:** Drank a robusta coffee (*Coffea canephora*) with dose of 7 gram 60 minutes before exercise could increased the endurance of leg muscles to the students in Faculty of Medicine University of Jenderal Soedirman.

**Keywords:** Muscle endurance, robusta coffee, squat jump