

**Social Media Exposure and Coffee Intake among Student Nurses
at a Private University in Iloilo City**

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Imee Claire Lizada

Trixie Anne Losañes

Leny Grace Madayag

Esther Shiela Magno

Rosheil Magro

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**SOCIAL MEDIA EXPOSURE AND COFFEE INTAKE AMONG NURSING
STUDENTS AT A PRIVATE UNIVERSITY**

Imee Claire L. Lizada, Trixie Anne L. Losanes, Leny Grace B. Madayag, Esther
Shiela C. Magno, Rosheil C. Magro

ABSTRACT

The usage of caffeine is rising all the time, especially among young people and teens. Although there is a long-standing risk of caffeine addiction, many people still enjoy their coffee. The study aimed to determine Social Media Exposure and Coffee Intake Among Student Nurses at a Private University in Iloilo City. After gathering and interpreting the data, the findings show that coffee consumption patterns may be influenced by social media usage, with frequent social media users likely to consume more coffee. Age, sex, connectivity, and data all seem to have an impact on the complex relationship that exists between coffee consumption and social media use. The overall results of the study highlight the need for multidisciplinary strategies to address the complex interaction between coffee consumption and social media use for health promotion programs aimed at encouraging student nurses at university campuses to moderate their coffee intake.

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