

ABSTRACT

Lifestyles and habits in urban areas, including Malang City, often include coffee activities for students. Malang City, which is also known for its large amount of college students, is a suitable place to open a business in the Food and Beverage (FnB) sector. Coffee drinks have evolved from simple preparations with a strong and bitter taste, to more varied drinks with the addition of sweeteners, flavors, creamer and milk. This is very popular among early adults, although it can increase the total energy content. Regular and periodic consumption of coffee drinks can cause weight gain due to the high sugar content in it. This research is quantitative research using the bivariate analysis method Spearman's Rank test with a sample of 88 students who are consumers at a coffee shop in Klojen District, Malang City. In general, the analysis results showed that there was a correlation between the type of coffee drink consumed and nutritional status, which was reflected in the Body Mass Index (BMI) of respondents with a correlation value of 0.301 and a sig. (2-tailed) value of 0.003.

Key Words: Coffee, students, body mass index, spearman's rank correlation.