

Vidyasagar University



A Project report
On

A comparison study of alcoholic and non-alcoholic energy
drink and its health impact on 20-30 years old persons



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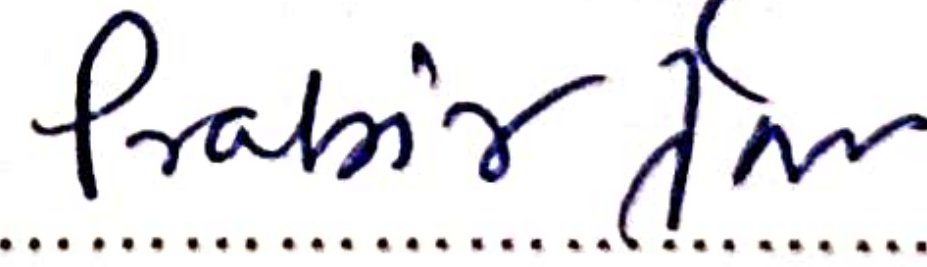
TO WHOM IT MAY CONCERN

This is to certify that Dipika Giri (Roll:1125129; No.: 220161; Reg.No.: VU221291067 of Session:2022-2023) a student of B.Sc.5th semester, Dept.ofNutrition, under Vidyasagar University, PaschimMedinipur, has completed herproject work under my guidance on the topics" A study between alcoholic and non-alcoholic energy drink consumption and its health impact within 20-30 years old person."

for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for herperformance. Sheis energetic and up to date in herwork; I wish success in herlife.

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ABSTRACT

The increasing popularity of energy drinks, both alcoholic and non-alcoholic, has raised significant concerns about their health impacts, especially among young adults aged 20-30. This study aims to investigate and compare the health effects of alcoholic and non-alcoholic energy drink consumption in this age group, focusing on physical, cognitive, and psychological outcomes. Specifically, the research will evaluate energy levels, sleep disturbances, heart rate variability, cognitive performance, mood fluctuations, and the potential long-term health risks associated with regular consumption of both types of drinks.

A mixed-methods approach will be employed, combining quantitative measures (such as heart rate, blood pressure, and cognitive performance tests) with qualitative data (surveys on mood, stress, and well-being). Participants will be divided into two groups: one consuming alcoholic energy drinks and the other consuming non-alcoholic energy drinks. The study will span six months to assess both short-term and long-term health effects.

The findings from this research are expected to offer valuable insights into the relative health risks of alcoholic versus non-alcoholic energy drinks, which can inform public health strategies, policy recommendations, and individual lifestyle choices. The goal is to raise awareness among young adults about the potential adverse health effects of energy drinks, encouraging healthier decision-making.

Keywords:

Energy drinks, alcoholic energy drinks, non-alcoholic energy drinks, young adults, health impact, cognitive performance, physical health, psychological well-being, sleep disturbances, heart rate variability, mood fluctuations, long-term health risks, mixed-methods study.

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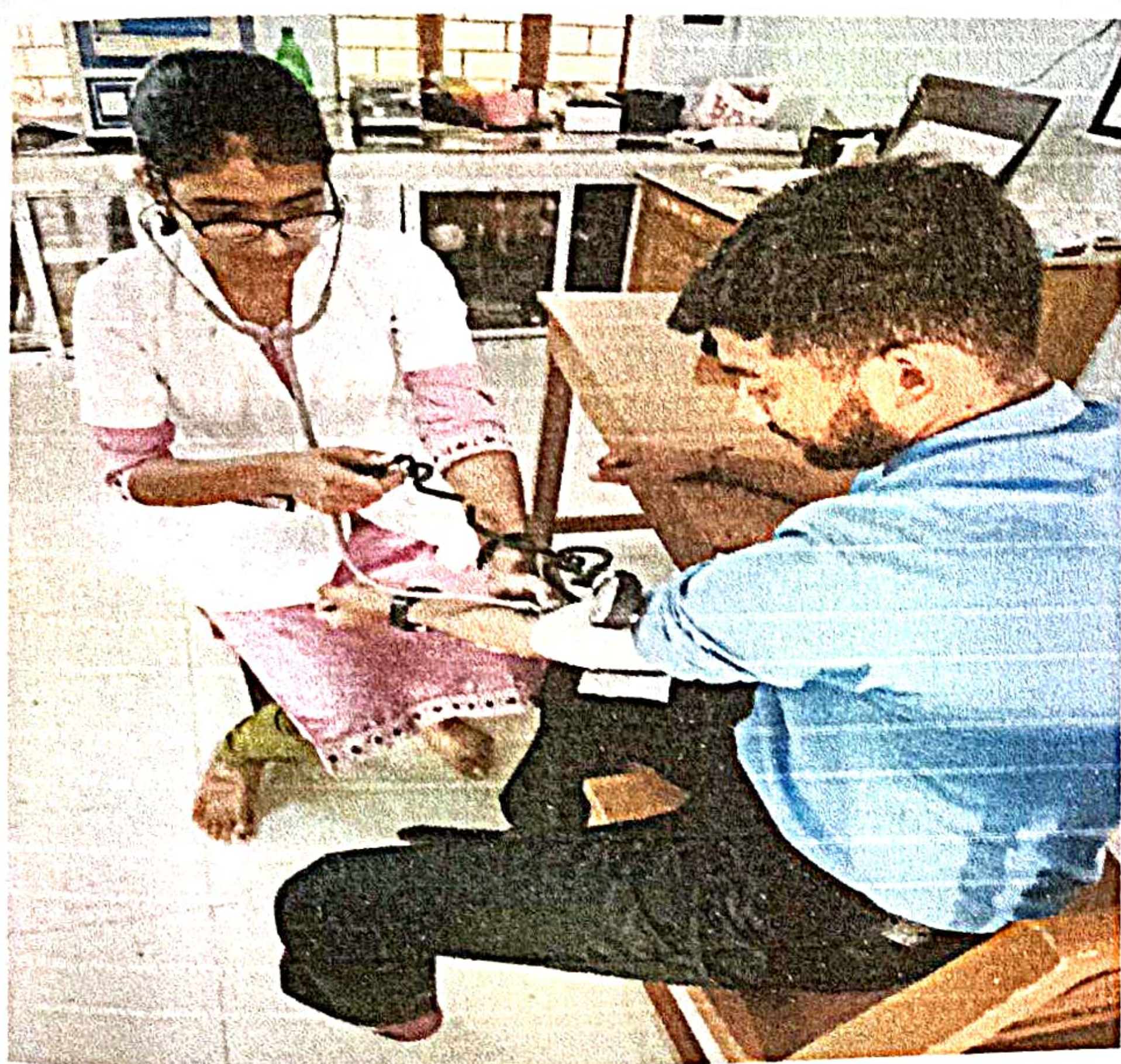


Plate 1: Different activities during survey of non -alcoholic persons of Bhagwanpur-II Block area



Plate 4: Different activities during survey of alcoholic persons of Bhagwanpur-II Block area