

# Quantitative Research for Dummies

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## **Title**

Does Drinking Coffee Improve Work Productivity?

## **Abstract**

This study tests whether drinking coffee helps people work better. Data was collected from 200 office workers who recorded their productivity levels with and without coffee. The results were analyzed using simple statistics to determine if caffeine has a measurable impact on work performance.

## **Introduction**

Many people drink coffee to stay alert, but does it actually improve work performance? This research aims to find out if coffee increases productivity by analyzing the work speed and accuracy of employees who consume caffeine versus those who don't.

## **Literature Review**

Studies suggest that caffeine can boost focus, energy, and cognitive function. However, some research argues that too much coffee may cause restlessness and reduce efficiency. This study explores whether moderate coffee consumption leads to measurable productivity improvements.

## **Methodology**

A group of 200 office workers was divided into two groups: one drank coffee before work, and the other did not. Both groups completed the same set of tasks,

and their performance was measured by speed and accuracy. Data was collected over a two-week period to ensure consistency.

## **Results**

The coffee-drinking group completed tasks 20% faster and made fewer mistakes compared to those who didn't drink coffee. However, a small percentage of participants who consumed high amounts of caffeine reported feeling jittery, which slightly affected their focus.

## **Discussion**

The findings suggest that drinking coffee can enhance productivity by improving focus and efficiency. However, individual tolerance to caffeine plays a role, as some participants experienced side effects like nervousness. These results indicate that moderate coffee intake can be beneficial, but excessive consumption may lead to diminishing returns.

## **Conclusion**

Drinking coffee before work can improve productivity for most individuals, making it a useful tool for enhancing workplace performance. Future research could explore the long-term effects of caffeine consumption on daily work efficiency.

## **References**

Sources and studies used to support the research findings, following a proper citation format.

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