

THE PATTERN OF CONSUMPTION OF ENERGY DRINKS BY STUDENTS.

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Description

Aim: The aim of this study was to identify the consumption patterns of energy drinks among university students who are involved in the sports associations of the central states of Bouira, TiziOuzou, Boumerdès and Béjaia. **Methods:** A total number of 32 students (20 males and 12 females) were qualified for the ZONAL championship after qualifying between colleges and universities. We distributed a questionnaire which contained a set of questions divided into three axes: the quality of beverages and liquids consumed, promotion and advertising for the consumption of energy drinks, some information and beliefs related to the benefits and disadvantages of some drinks. **Results:** The most important results were as follows: Promotion and misleading advertising increases the attractiveness of athletes to consume energy drinks. The existence of information and misconceptions among students of sports related to ...