

BAB V

KESIMPULAN DAN SARAN

Pada bab ini akan dibahas mengenai kesimpulan dari pengolahan data yang telah dilakukan. Selain itu, akan dibahas pula mengenai saran untuk penelitian selanjutnya berdasarkan hasil penelitian.

V.1 Kesimpulan

Berdasarkan hasil uji MANOVA yang telah dilakukan, maka dapat disimpulkan bahwa:

Kebiasaan minum kopi ($p\text{-value}=0,012$) dan durasi tidur ($p\text{-value}=0,021$) berpengaruh terhadap tingkat kantuk (*theta AF 7 relative*), dan performansi menjalankan simulator kereta yang meliputi *speeding error* dan persentase *wheel slip error* secara simultan pada kondisi jalan monoton.

V.2 Saran

Berdasarkan hasil penelitian, diperoleh beberapa saran yang dapat diberikan untuk penelitian selanjutnya. Saran yang dapat diberikan adalah sebagai berikut:

1. Memberikan variasi terhadap partisipan berjenis kelamin wanita untuk mengetahui apakah kebiasaan minum kopi akan mempengaruhi tingkat kantuk dan tingkat performansi menjalankan simulator kereta bagi wanita.
2. Mengukur kadar kafein yang diberikan pada setiap partisipan, sehingga dapat diketahui pengaruh dari kadar kafein tersebut terhadap tingkat kantuk dan performansi mengemudi simulator kereta api.
3. Mengukur kualitas tidur partisipan, sehingga dapat diketahui apakah kafein pada kopi juga dapat mempengaruhi efisiensi tidur dan tidak hanya durasi tidur.
4. Dapat menambah jumlah partisipan sehingga didapat hasil penelitian yang lebih akurat karena *power of statistics* juga akan lebih besar.
5. Aktivitas partisipan sebelum pengambilan data dapat dikontrol sehingga bias yang ditimbulkan pada hasil penelitian dapat di minimasi, mengingat

aktivitas sebelum pengambilan data sedikit banyaknya mempengaruhi performansi serta tingkat kantuk partisipan saat pengambilan data.

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