BAB V
KESIMPULAN DAN SARAN

Bab ini akan menjelaskan mengenai kesimpulan dan saran terkait penelitian yang dilakukan. Kesimpulan akan menjawab tujuan penelitian yang dilaksanakan. Saran akan berisikan beberapa hal penting disampaikan agar penelitian selanjutnya lebih baik. Kesimpulan dan saran ini dibuat agar pembaca mengetahui apa hasil dari penelitian yang telah dilakukan.

V.1 Kesimpulan

Pada bagian ini akan dijelaskan mengenai kesimpulan yang berdasarkan hasil penelitian dan pengolahan data yang dilakukan. Kesimpulan ini merupakan jawaban dari tujuan dilakukannya penelitian. Berikut ini merupakan kesimpulan berdasarkan hasil penelitian yang didapatkan.

1. Pada penelitian ini, terdapat beberapa variabel indepeden yang berpengaruh dan beberapa yang tidak berpengaruh. Variabel jenis kelamin tidak mempengaruhi tingkat kinerja pekerjaan perakitan repetitif pembuatan senter pada penelitian ini. Hal ini diduga disebabkan karena jenis pekerjaan repetitif yang cukup sederhana sehingga tidak secara signifikan mempengaruhi proses kognitif pada partisipan dengan berjenis kelamin berbeda. Variabel realitas tidak berpengaruh terhadap hasil tingkat stres tetapi berpengaruh rata-rata waktu penyelesaian. Namun, variabel realitas mempengaruhi waktu penyelesaian (*main effect*). Selain itu, terdapat interaksi faktor jenis kelamin dan realitas pada waktu penyelesaian. Interaksi ini diduga diakibatkan oleh perbedaan kemampuan kognitif pada perempuan dan laki-laki. Penemuan ini dapat dijadikan sebagai bahan pertimbangan untuk penelitian yang lebih lanjut.
2. Rekomendasi yang dapat diberikan berdasarkan dengan hasil penelitian yang dilakukan adalah untuk melakukan pelatihan pekerjaan perakitan repetitif perakitan senter pada realitas *real world* ataupun *virtual reality* dengan mempertimbangkan ketersediaan sumber daya (terutama biaya) yang dimiliki serta kesesuaian pekerjaan terhadap lingkungan virtual.

Perlu diperhatikan waktu *set up* dari setiap realitas, karakteristik pekerjaan serta komponen penyusun agar dapat menentukan realitas yang terbaik untuk digunakan dalam pelatihan.

V.2 Saran

Berdasarkan penelitian yang dilakukan, terdapat beberapa saran yang dapat diberikan. Saran ini diharapkan dapat bahan pertimbangan untuk penelitian selanjutnya. Berikut ini merupakan saran yang dapat diberikan berdasarkan penelitian yang sudah dilakukan.

1. Pembatasan waktu latihan pada *virtual reality* sebaiknya dilakukan sesuai dengan rekomendasi yang sudah diberikan oleh Oculus LLC, untuk menghindari terjadinya *cybersickness*.
2. Pada penelitian yang lainnya, dapat dipertimbangkan juga variabel tambahan, yaitu *visual latency*. Hal ini dilakukan untuk melihat pengaruh dari *visual latency* terhadap kecepatan respons dari partisipan dalam *virtual reality*. Selain itu, Lalu, dapat dipertimbangkan juga aspek lainnya mengenai *head mounted display* dari *virtual* seperti *field-of-view*.
3. Pada penelitian selanjutnya, dapat dilakukan pembuatan lingkungan virtual yang semakin mirip dengan lingkungan pada dunia nyata. Baik dari kualitas *render* objek dan lingkungan sampai cara partisipan dapat berinteraksi dengan objek di dalam lingkungan virtual. Lalu, dapat dipertimbangkan aspek kognitif seperti rotasi mental. Selain itu, jika masih mempertimbangkan variabel kewaspadaan, sebaiknya durasi tidur serta konsumsi kafein dari partisipan dikontrol oleh peneliti. Hal ini dilakukan untuk mengurangi efek yang tidak diinginkan dari durasi tidur serta konsumsi kafein terhadap tingkat kewaspadaan partisipan.
4. Menggunakan partisipan yang berlatar belakang pekerja pada industri manufaktur. Pekerja ini sebaiknya sudah sering mengerjakkan pekerjaan repetitif.

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