CHAPTER VI

CONCLUSION

6.1. Conclusion

The conclusion taken based on the result and analysis of the study are:

1. The average wrist muscle contraction among the study experiments is 7.120 %MVC in 0˚ neutral posture, 8.853 %MVC in 10˚ extension, 9.651 %MVC in 20˚ extension, 17.731 %MVC in 30˚ extension, 22.814 %MVC in 40˚ extension, 11.501 %MVC in 10˚ flexion, 16.851 %MVC in 20˚ flexion, 22.885 %MVC in 30˚ flexion, 29.864 %MVC in 40˚ flexion, 10.025 %MVC in 10˚ ulnar, 16.710 %MVC in 20˚ ulnar, 24.372 %MVC in 30˚ ulnar, 11.697 %MVC in 10˚ radial, 14.783 %MVC in 20˚ radial, and 23.896 %MVC in 30˚ radial in *Flexor Digitorum Superficialis*. In *Abductor Pollicis Brevis,* the muscle contraction are 7.613 %MVC in 0˚ neutral wrist posture, 9.682 %MVC in 10˚ extension, 10.702 %MVC in 20˚ extension, 20.147 %MVC in 30˚ extension, 26.247 %MVC in 40˚ extension, 10.507 %MVC in 10˚ flexion, 16.497 %MVC in 20˚ flexion, 20.987 %MVC in 30˚ flexion, 30.163 %MVC in 40˚ flexion, 10.172 %MVC in 10˚ ulnar, 17.402 %MVC in 20˚ ulnar, 23.750 %MVC in 30˚ ulnar, 13.603 %MVC in 10˚ radial, 20.245 %MVC in 20˚ radial, and 24.892 %MVC in 30˚ radial.
2. The maximum angle of wrist posture in typing activity is found no greater than 30˚ for extension, 20˚ for flexion, 20˚ for ulnar, and 10˚ for radial.

6.2. Recommendation

The result of this study could become the guideline for developing an ergonomic workstation for Indonesian's worker. Further study could be conducted in terms of determining the duration where the maximum wrist posture in both extension, flexion, ulnar, and radial are started to show fatigue. Further research with considering additional variables, such as body mass index and ethnics also suggested in order to advance this study.