

CHAPTER VI

CONCLUSION AND RECOMMENDATION

6.1 CONCLUSION

After conducting the study, it can be conclude that:

1. Based on the result of amplitude RMS graphic on Frontal (F3 and F4) and Parietal (P3 and P4) lobes by autodidact and non-autodidact in the late morning and afternoon condition, it showed that Beta wave always had the highest amplitude compare to Theta and Alpha wave in the beginning time of learning the Physics. Then, in the certain minute, there was a change of amplitude where amplitude of Theta and/or Alpha wave increased and higher than amplitude of Beta wave.
2. Mental fatigue while studying Physics with
 - a. Autodidact learning method in the late morning is started at the 54.25th minutes with average score of study is 67.5 of 100.
 - b. Autodidact learning method in the afternoon is started at the 29.25th minutes with average score of study is 52.5 of 100.
 - c. Non-autodidact learning method in the late morning is started at the 65.75th minutes with average score of study is 52.5 of 100.

- d. Non-autodidact learning method in the afternoon is started at the 28.5th minutes with average score of study is 40 of 100.

Thus, it can be concluded that the autodidact learning method in the late morning is better in learning the Physics subject.

6.2 RECOMMENDATION

The suggestion that can be given from the results of this research for the company and further researches are:

1. Student could study the Physics by autodidact in the late morning for less than 54.25 minutes, autodidact in the afternoon for less than 29.25 minutes, non-autodidact in the late morning for less than 65.75 minutes, and non-autodidact in the afternoon for less than 28.5 minutes to prevent getting mental fatigue.
2. School could put the Physics subject in the late morning for the school's schedule to get better performance in teaching and learning activities.
3. It is better for student to study using autodidact learning type for better quantity and quality of learning activities.
4. The future study needs to be improved by expanding the comparative study to another learning method and condition. Considering other place outside Bantul for research sample data is also suggested to be investigated.