



Table of contents

TITLE PAGE	ii
APPROVEMENT PAGE.....	iii
DECLARATION OF AUTHENTICITY.....	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS.....	viii
LIST OF TABLES	x
LIST OF FIGURES	xi
LIST OF APPENDIX	xii
LIST OF FORMULA	xiii
ABSTRACT.....	xiv
CHAPTER I.....	1
INTRODUCTION	1
1.1 Background	1
1.2 Problems	4
1.3 Limitation.....	4
1.4 Objectives	5
1.5 Benefits	5
CHAPTER II.....	6
STUDY LITERATURE.....	6
2.1 Ergonomics	6
2.2 Workload.....	7
2.3 Physiological Workload.....	9
2.4 Heart rate.....	10
2.5 Energy Consumption	12
2.6 Body Temperature	14
2.7 Pain Assessment Methods.....	15
2.8 Performance	16
2.9 Normality Test	18
2.10 Hypothesis Test.....	20
CHAPTER III	23
RESEARCH METHOD.....	23
3.1 Object and subject of the research	23



3.2	Time and places of the research.....	23
3.3	Required data.....	23
3.4	Method of data collection.....	24
3.5	Research stage.....	25
3.6	Flowchart.....	32
CHAPTER IV.....		34
RESULTS AND DISCUSSION.....		34
4.1	Participants.....	34
4.2	Workload Analysis.....	35
4.2.1	Heart Rate.....	35
4.2.2	Energy Consumption.....	39
4.2.3	Body Temperature.....	42
4.2.4	Body Pain Rating.....	45
4.3	Perfomance Analysis.....	51
CHAPTER V.....		57
CONCLUSION AND RECOMMENDATION.....		57
5.1	Conclusion.....	57
5.2	Recommendation.....	57
REFERENCES.....		58
Appendix.....		61