

CHAPTER V

CONCLUSION AND SUGGESTION

As a concluding chapter, this chapter will illustrate the conclusions of this study by discussing the findings of the previous chapter's analysis. In this chapter will be presented also the limitations of this study that can be used as research opportunities in the future. The business impact of this study will be alluded to at the end of the chapter.

5.1 Conclusion

Active Learning method has been proven to be beneficial in many field of learning. In the field of cooking, learning how to cook using the method of active learning is proven to be more effective than using the method of passive learning. Students who are exposed to hands on cooking classes shows a healthier shift in their wiseness towards choosing healthy food. 13 out of 38 students in one of the Active Learning class started to bring their own homemade lunches a month after the intervention. Active Learning also has a positive impact towards the student's self esteem. Making them more confident therefore mentally more stable (Atherton et al., 2016; Clark & Gakuru, 2014; Gloppen, David-Ferdon, & Bates, 2010; Skenderis, 2015; Stankov, 2013; Stankov & Lee, 2014)

Unlike other results on previous researches, in this experiment the students who are exposed to active learning does not experience a significant difference in behavior in the context of self-efficacy compared to the students who are exposed to Passive Learning. This is due to the lack of mastery experience that

is the main source of self-efficacy due to the limitation of time that this experiment has.

5.2. Implications for Research and Practices

Referring to the literature review and research results obtained from this experiment, the researcher gives some suggestions for the implementation and the next researcher:

5.2.1. Recommendation for Schools

In various studies including this experiment, Active Learning in the form of Hands On Cooking Classes has succeeded to positively influence students on their food choice wiseness and self-esteem. To have good wiseness on choosing their food not only will bring benefit to their physical health but also give impact to their academic success (Alves-Martins, Peixoto, Gouveia-Pereira, Amaral, & Pedro, 2002). Healthy children are more likely to have better school attendance and a better ability to learn. In the US, participation in the Department of Agriculture's School Breakfast Program has been connected to higher scholarly evaluations and better test scores, bringing down the non-attendance probability and enhanced intellectual execution. The school should emphasize the approach of constructivism and make the students the main focus of the class. Increasing the student's role in the teaching and learning activity in the classroom. But in order to succeed in orchestrating such program, the school does not only need to focus in the student's ability but also in the teacher's readiness in switching spotlights with the students.

5.2.2. Recommendation for Future Research

The limitations of this study provide an opportunity for further research.

The limitation of time and resources forbids the writer to extend the experiment's duration and to give the samples more chance to gain mastery experience. In the future research, the writer can extend the experiment period and enhance the quantity of the interventions so that the samples can gain more chance in experiencing mastery experience which is the main resource on building one's efficacy. With so can be confirmed whether the variable of time and quantity have a great effect in the formation of one's self efficacy. To add more depths to the research, tracking participants for a longer time interval can also give insight to the writer on how the intervention affects the samples in the long run. In this experiment, the writer did not assess gender as a variable. The future research can include gender in their assessment, testing if there any difference in how each gender reacts to the impulses that are being given.

Findings from this research may not directly linked to the short term business impact. Cooking education through active learning has been proven to be more effective in delivering health related wiseness therefore contributes to cosumer's long term health. The wiser the consumer in choosing healthier food actually helps to maintain their longevity as consumers in the long run. While in short term the impact is not felt directly for business, but in the long run this will be felt strongly on the social economic aspect, especially for the economy. Meaning, the longer a person lives the longer they will contribute as consumers in their lifetime. Therefore, extending the customer lifetime value of a business.

Although its seems simple and unimportant, wiseness in choosing which food to consume is very important for one's future health. The incompetency on choosing healthier food options can lead to various diseases in the future.

Someone's health is also linked to their economical welfare. In developing countries such as Indonesia, a family member's illness could be the source of the family's economic collapse. Poor health can contribute to economic problems for families. If seen nationally, the more individuals who are sick, the more families will experience an economic meltdown due to the need for treatment. In the end, the increasing number of sick people will affect the national economic stability. This argument is aligned with the survey result conducted by the Economist Intelligence Unit in the United States in their 2015 report 'Financing the future Choices and challenges in global health' which state that "*the health of a population has positive effects on a country's economy.*".

In the context of work productivity, healthy workers are more productive because they are more likely to have fewer absence rate. That statement is supported by the Gallup in their business journal which states that the implication of health towards economy in the United States is very significant. Gallup explained that an overweight person has more healthcare budget needs compared to a non-overweight person with a difference of Rp 5,103,000 a year. As for obese people, requires an extra of Rp 21.330.000 each year compared to a non-obese person. But an overweight or obese person's ability keeping the consistency in their absence during work is not align to their need of extra health related budget. They are more likely to miss attending work in an estimated 450m additional days of work a year which cost a lost in office productivity.

In the long term, having healthy and stable consumers will do good for the general economic. Good quality consumer will contribute better towards the system, therefore creating a healthier ecosystem for future businesses.