

## CHAPTER IV

### CONCLUSION

In the previous chapters, I have analyzed the problem of overcoming boredom in the workplace. Based on the analysis, I found that there are three causes and three effects of my problem. The first effect is I had monotonous and repetitive work as a librarian. The second cause is my daily tasks were not meaningful for me. The last cause is I had boredom proneness as my personality trait. There also three effects of my problem. The first effect is I had negative attitudes toward my job. Second, I could not focus on my work and started day-dreaming. The last effect is I had low job satisfaction and performance. There are three potential solutions of my problem. The first one is I will do interesting activities such as talking to my co-workers or visitors and looking around. Second, I will apply time management skills by setting goals in finishing my tasks. The last potential solution is I will apply proactiveness skills.

These are my potential solutions of my problem and I decided to use all of the three solutions because they are all useful for me to solve my boredom problem at work. Therefore, the combination of these three solutions will be effective in

overcoming the problem. If I only do interesting activities I might be distracted, thus I need to apply time-management skills to make sure that I will finish my task. If I only use the proactive skills without setting the goals, I might not accomplish my goals. Therefore, to overcome boredom I suggest using the three solution above.

To sum up, the problem of boredom is often encountered in the workplace. This problem might give negative impacts on work performance. Thus, I hope this term paper will help the readers deal with boredom in workplace.

