For fully-controlled rectifier

Average output voltage when there is line inductance is equal to:

$$V_d = 0.9 \times V_s \times cos(\alpha) - \frac{2wL_sI_d}{\pi}$$
$$V_d = R \times I_d$$

We want I_d to be 40 A, hence;

$$V_d = 4 \times 40 = 160 V$$

$$160 = 0.9 \times 230 \times cos(\alpha) - 4 \times 50 \times 0.5 \times 10^{-3} \times 40$$

$$\alpha = 37.6 \ degrees$$

For half-controlled rectifier

Average output voltage when there is line inductance is equal to:

$$V_d = 0.45 \times V_s \times (1 + \cos(\alpha)) - \frac{2wL_sI_d}{\pi}$$
$$V_d = R \times I_d$$

We want I_d to be 40 A, hence ;

$$V_d = 4 \times 40 = 160 \ V$$

 $160 = 0.45 \times 230 \times (1 + cos(\alpha)) - 4 \times 50 \times 0.5 \times 10^{-3} \times 40$
 $\alpha = 54.22 \ degrees$