# ANALISIS BEBAN KERJA MENTAL KARYAWAN MENGGUNAKAN METODE *RATING SCALE MENTAL EFFORT* DIPT SURYA

# GLOBAL PRIMA YOGYAKARTA

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# Abstrak

Penelitian ini bertujuan untuk menganalisis beban kerja mental karyawan menggunakan Metode *Rating Scale Mental Effort* (RSME) pada PT Surya Global Prima Yogyakarta. Penelitian ini menggunakan metode deskriptif kuantitatif. Data primer bersumber dari hasil kuesioner persepsi karyawan. Teknik pengambilan sampel yang digunakan dalam penelitian ini menggunakan teknik sensus total sejumlah 22 responden. Berdasarkan hasil penelitian secara keseluruhan, variabel beban kerja memiliki rata-rata hitung sebesar 67,73 yang termasuk kategori usaha yang dilakukan agak besar. Berdasarkan indikator kesulitan kerja memiliki rata-rata hitung sebesar 69,32 yang termasuk kategori usaha yang dilakukan agak besar. Berdasarkan indikator performansi kerja memiliki rata-rata hitung sebesar 67,73 yang termasuk kategori usaha yang dilakukan agak besar. Berdasarkan indikator usaha mental kerja memiliki rata-rata hitung sebesar 70,45 yang termasuk kategori usaha yang dilakukan cukup besar. Berdasarkan indikator kegelisahan kerja memiliki rata-rata hitung 69,32 yang termasuk kategori usaha yang dilakukan agak besar. Berdasarkan indikator kelelahan kerja memiliki rata-rata hitung sebesar 70,91 yang termasuk kategori usaha yang dilakukan cukup besar.

**Kata Kunci:** Beban Kerja Mental, *Rating Scale Mental Effort*, Kelelahan Kerja



# *EMPLOYEE MENTAL WORKLOAD ANALYSIS USING RATING SCALE MENTAL EFFORT METHOD AT PT SURYA*

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# *Abstract*

*This research aimed to analyze employee mental workload using rating scale mental effort (RSME) method at PT Surya Global Prima Yogyakarta. This research used quantitative descriptive method. Primary data were sourced from the results of employee perception questionnaires. The sampling technique in this research used census technique of 22 respondents.* *Based on the results of the research as a whole, the workload variable has an average count of 67.73 which is included in the category of business carried out rather large. Based on the indicators of work difficulty, the average count is 69.32 which is included in the category of business carried out rather large. Based on work performance indicators, it has an average count of 67.73 which is included in the category of business carried out rather large. Based on the indicators of mental effort, it has an average count of 70.45 which is included in the category of business carried out quite large. Based on the work anxiety indicator, it has an average count of 69.32 which is included in the rather large business category. Based on the work fatigue indicator, it has an average count of 70.91 which is included in the category of business carried out quite large.*

***Keyword:*** *Mental Workload, Rating Scale Mental Effort, Work Fatigue*