

Analisis Beban Kerja Fisik dan Mental Menggunakan Metode Work Sampling dan NASA-TLX Sebagai Upaya Peningkatan Produktivitas Kerja di PT. Adi Satria Abadi

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Abstrak

PT. Adi Satria Abadi ialah perusahaan yang bergerak dibidang pengolahan kulit, dimana kulit mentah diolah menjadi kulit yang siap untuk menjadi sarung tangan. Dalam seharinya perusahaan harus memproduksi sekitar 900 – 1000 untuk sarung tangan standar tanpa variasi atau 700 – 800 pcs sarung tangan yang memiliki variasi lain. Dengan banyaknya jumlah sarung tangan yang harus diproduksi perharinya, tentu akan menjadi beban kerja bagi para karyawan. Oleh sebab itu penelitian ini ditujukan untuk menganalisis besaran beban kerja karyawan berdasarkan metode work sampling dan NASA-TLX, dan hasil penelitian mengatakan bahwa beban kerja berdasarkan pendekatan work sampling mendekati batas maksimal 100% yaitu 99% dan pada kuesioner NASA-TLX, beban kerja mental yang tergolong tinggi yaitu pekerja 1, pekerja 3, dan pekerja 10 serta yang menjadi faktor dominan adalah kebutuhan waktu.

Kata kunci: Beban Kerja Fisik, Beban Kerja Mental, Work Sampling, NASA-TLX

NASA-TLX as an Effort to Increase Work Productivity at PT. Adi Satria Abadi

ABSTRACT

PT. Adi Satria Abadi is a company engaged in leather processing, where raw leather is processed into leather ready to be made into gloves. In a day, the company has to produce around 900 – 1000 standard gloves without variation or 700 – 800 pcs of gloves with other variations. With the many gloves that must be made daily, this study aims to analyze the amount of employee workload based on the work sampling method and NASA-TLX. The study results say that the workload based on the work sampling approach is close to the maximum limit of 100% and 99%, and on the NASA-TLX questionnaire, mental workloads are classified as high. Worker one, worker three, and worker ten, and the dominant factor is the need for time.

Keywords: Physical Workload, Mental Workload, Work Sampling, NASA-TLX

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