

***ANALYSIS OF MENTAL WORKLOAD USING THE NASA - TLX
METHOD ON INDUSTRIAL ENGINEERING LECTURERS AT
THE TELKOM INSTITUTE OF TECHNOLOGY SURABAYA***

ABSTRACT

Mental workload is a general problem that occurs in every activity, especially work-related, this burden can affect individuals or groups with varying impacts. This impact can be in the form of career performance, physical and psychological health. Every activity cannot be separated from mental workload, but this becomes a problem if the mental workload parameters exceed certain limits. Therefore, this research discusses mental workload based on objective calculations to increase the accuracy of data and analysis results. The subjects in this research were 9 lecturers. This research aims to determine the mental workload classification of industrial engineering lecturers at the Telkom University. The method used is NASA - TLX. The research results include a classification of low or high mental workload on lecturers and appropriate recommendations for reducing the mental workload on Industrial Engineering lecturers at the Telkom University.

Keywords: *workload, Job, Mental, NASA-TLX, Lecturers*