

DAFTAR ISI

LEMBAR PENGESAHAN	ii
LEMBAR PERNYATAAN ORISINALITAS	iii
KATA PENGANTAR.....	iv
ABSTRAK	vi
ABSTRACT	vii
DAFTAR ISI.....	viii
DAFTAR GAMBAR.....	xi
DAFTAR TABEL	xii
BAB I.....	1
PENDAHULUAN.....	1
1.1 Latar Belakang	1
1.2 Rumusan Masalah	8
1.3 Tujuan Penelitian.....	8
1.4 Manfaat Penelitian.....	8
1.5 Batasan Penelitian	8
1.6 Sistematika Penelitian	9
BAB II	11
LANDASAN TEORI.....	11
II.1 Proyek	11
II.2 Manajemen Proyek	11
II.3 Kinerja	12
II.4 Beban kerja	12
II.5 Analisis Beban Kerja	13
II.6 Metode Beban Kerja	14
II.6.1 <i>NATIONAL AERONAUTICS AND SPACE ADMINISTRATION-TASK LOAD INDEX (NASA-TLX)</i>	14
II.6.2 <i>Subjective Workload Assessment Technique (SWAT)</i>	17
II.6.3 <i>Rating Scale Mental Effort (RSME)</i>	18
II.6.4 <i>Workload Profile</i>	18
II.7 Perhitungan Kebutuhan Tenaga Kerja.....	19
II.8 Penelitian Terdahulu	21
II.8.1 <i>The mental workload analysis of safety workers in an Indonesian oil mining industry.</i>	23

II.8.2 <i>Assessing Task Mental Workload in Construction Projects: A Novel Electroencephalography Approach</i>	23
II.8.3 <i>Impacts of physical and mental workload interaction on human attentional resources performance</i>	24
II.8.4 Analisa beban kerja mental dengan metode nasa tlx pada operator kargo di pt.dharma bandar mandala (PT.DBM)	24
II.8.5 <i>Measuring Mental Workload With Low-Cost and Wearable Sensors: Insights Into the Accuracy, Obtrusiveness, and Research Usability of Three Instruments</i>	24
II.9 Alasan Pemilihan Metode.....	25
BAB III.....	27
METODOLOGI PENELITIAN	27
III.1 Model konseptual	27
III.2 Sistematika Pemecahan Masalah.....	28
III.3 Populasi dan Sampel	29
III.4 Pengambilan data	29
III.4.1 Pengambilan data Studi pendahuluan.....	30
III.5 Pengolahan Data.....	31
III.6 Analisis dan usulan.....	32
III.7 Kesimpulan dan saran.....	32
BAB IV	33
PENGUMPULAN DAN PENGOLAHAN DATA.....	33
IV.1 Objek Penelitian	33
IV.2 <i>Job Description</i> Pengawas Lapangan	33
IV.3 Pengolahan Data NASA-TLX.....	34
IV.3.1 Hasil Rekap Kuesioner NASA-TLX	34
IV.3.2 Hasil Perhitungan <i>Weight Work Load</i> (WWL).....	37
IV.3.3 Hasil Perhitungan Skor Beban Kerja.....	38
IV.3.4 Hasil Pengkategorian Skor Beban Kerja	39
IV.4 Perhitungan usulan kebutuhan jumlah pekerja berdasarkan NASA-TLX	39
IV.4.1 Usulan penambahan 1 pekerja.....	40
IV.4.2 Usulan penambahan 2 pekerja.....	40
IV.4.3 Usulan penambahan 3 pekerja.....	41
BAB V.....	42
ANALISIS.....	42
V.1 Analisis Beban Kerja NASA-TLX.....	42
V. 2 Analisis dan usulan penamabahan tenaga kerja	44

BAB VI	47
KESIMPULAN DAN SARAN	47
VI.1 Kesimpulan	47
VI.2 Saran.....	47
VI.2.1 Saran bagi perusahaan	47
VI.2.2 Saran bagi penelitian selanjutnya	48
DAFTAR PUSTAKA	49
LAMPIRAN	53