

ABSTRACT

The phenomenon of overstudy among final year students at Telkom University Purwokerto is a significant problem, characterized by the large number of students who are unable to complete their studies on time. Factors such as unbalanced learning motivation and excessive mental workload are thought to be the main causes, with impacts in the form of reduced learning effectiveness, mental fatigue and increased risk of burnout. This topic is important because graduating on time is an indicator of academic success, both for the student and the institution. The gap between academic demands and students' ability to manage mental load requires strategies to support mental well-being and learning effectiveness.

This research uses quantitative methods by collecting data through learning motivation questionnaires and the NASA-TLX method to measure mental workload. Correlation analysis was used to determine the relationship between the two variables, involving 85 overstudy student respondents. The research results show that the majority of overstudy students have high learning motivation (71.76%) even though they face a significant mental workload. Further analysis shows a relationship between learning motivation and mental workload, with a regression coefficient value of 0.464.

This research provides recommendations in the form of institutional strategies, such as academic support, stress management training, and flexible policies, to help students achieve graduation on time while maintaining their mental well-being.

Keywords: *overstudy, learning motivation, mental workload, final year students, NASA-TLX method*