

## ABSTRAK

Ragam kendala proses pembelajaran daring siswa dampak dari covid-19 dirasa murid, orang tua dan guru. Meliburkan sekolah dari jenjang TK, SD, SMP dan SMA langkah ini diambil pemerintah Indonesia untuk mengantisipasi penyebaran virus Covid-19 di lingkungan lembaga pendidikan. Sebagai gantinya, pembelajaran yang biasanya dilakukan di sekolah diubah menjadi di rumah secara daring (dalam jaringan). Siswa tetap mengerjakan semua tugas sekolah meski berada di rumah, orang tua menjadi peran penting untuk mengawasi proses belajar daring anak selama berada di rumah. Tentunya menjadikan beban mental tambahan bagi orang tua siswa untuk menghadapi proses pembelajaran daring anak. Untuk mengetahui besarnya beban mental orang tua siswa menghadapi proses pembelajaran daring anak usia sekolah dasar, dilakukan pengukuran dengan metode NASA TLX (*National Aeronautics and Space Administration Task Load Index*). Metode ini mengukur 6 dimensi ukuran beban kerja yaitu *Mental Demand*, *Physical Demand*, *Temporal Demand*, *Performance*, *Effort* dan *Frustration Level*. Hipotesis dengan metode NASA TLX menemukan bahwa beban proses pembelajaran daring anak tertinggi terjadi pada *mental demand* dan indikator *physical demand* merupakan indikator yang dominan mempengaruhi beban mental orang tua siswa.

**Kata Kunci :** pembelajaran daring, orang tua, NASA TLX.

## ABSTRACT

*The various obstacles to the student's online learning process, the impact of Covid-19, are felt by students, parents and teachers. The government of Indonesia took this step to close schools from kindergarten, elementary, junior high and high school to anticipate the spread of the Covid-19 virus in educational institutions. Instead, learning that is usually done at school is transformed into at home online (online). Students still do all school work even at home, parents play an important role in overseeing the online learning process of children while at home. Of course, it makes an additional mental burden for parents of students to face the child's online learning process. To find out the amount of mental load of students' parents facing the online learning process of elementary school children, measurements were made using the NASA TLX (National Aeronautics and Space Administration Task Load Index) method. This method measures 6 dimensions of workload size, namely Mental Demand, Physical Demand, Temporal Demand, Performance, Effort and Frustration Level. The hypothesis with the NASA TLX method finds that the highest load on children's online learning processes occurs in mental demand and physical demand indicators are the dominant indicators affecting the mental load of students' parents.*

**Keywords:** online learning, parents, NASA TLX