

ABSTRAK

Penyebab beban kerja mental yang dirasakan dosen UBP Karawang karena rasio dosen dengan mahasiswa belum ideal, dosen pun harus melaksanakan Pendidikan, Penelitian, dan Pengabdian Kepada Masyarakat (PKM), Tugas Penunjang Dosen (TPD) dan Tugas Tambahan Dosen (TTD). Penelitian ini bertujuan untuk mengetahui permasalahan yang terjadi pada dosen dengan cara mengukur beban kerja mental menggunakan metode *Subjective Workload Assessment Technique* (SWAT), ada dua tahap dalam pengerjaannya yaitu *scale development* dan *event scoring* lalu menilai tiga dimensi beban kerja yaitu *Time*, *Effort*, *Stress*. Berdasarkan hasil, Fakultas Ekonomi Bisnis (FEB), Fakultas Hukum (FH), Fakultas Keguruan dan Ilmu Pendidikan (FKIP), Fakultas Ilmu Komputer (FIK) dominan beban kerja yang dirasakan (*Effort*), Fakultas Farmasi (FF), Fakultas Teknik (FT) dominan beban kerja yang dirasakan (*Time*), Fakultas Psikologi (FP) dominan beban kerja yang dirasakan (*Stress*). Hasil aktivitas dosen adalah: (FEB: Penelitian 96,49%, Pendidikan 87,22%, TTD 78,95%, PKM, TPD 71,93%), (FF: Pendidikan, Penelitian 80,95%, TPD 76,19%, PKM, TTD 71,43%), (FH: Pendidikan, Penelitian, PKM 83,33%, TTD 75,00%, TPD 66,67%), (FKIP: Pendidikan, Penelitian 93,33%, TPD 70,00%, PKM 66,67%, TTD 60,00%), (FP: Pendidikan, Penelitian 100,00%, PKM, TTD 91,67%, TPD 75,00%), (FT: Penelitian 100,00%, Pendidikan 96,97%, TTD 93,94%, TPD 81,82%, PKM 78,79%), (FIK: Penelitian, TTD 97,22%, TPD 94,44%, Pendidikan 88,89%, PKM 69,44%).

Kata Kunci: beban kerja mental, dosen, *subjective workload assessment technique* (swat)

KARAWANG

ABSTRACT

The cause of the mental workload felt by UBP Karawang lecturers is that the ratio of lecturers to students is not ideal, lecturers also have to carry out Education, research, and Community Service (PKM), Lecturer Support Tasks (TPD), and Lecturer Additional Tasks (TTD). This study aims to find out the problems that occur in lecturers by measuring mental workload using the Subjective Workload Assessment Technique (SWAT) method. There are two stages in the process, namely scale development and event scoring, and then assessing the three dimensions of workload, namely Time, Effort, and stress. Based on the results, the Faculty of Business Economics (FEB), Faculty of Law (FH), Faculty of Teacher Training and Education (FKIP), and Faculty of Computer Science (FIK) are dominant in perceived workload (Effort), the Faculty of Pharmacy (FF), the Faculty of Engineering (FT), and the Faculty of Psychology (FP) are dominant in perceived workload (Stress). The results of lecturer activities are: (FEB: Research 96.49%, Education 87.22%, TTD 78.95%, PKM, TPD 71.93%), (FF: Education, Research 80.95%, TPD 76.19%, PKM, TTD 71.43%), (FH: Education, Research, PKM 83.33%, TTD 75.00%, TPD 6.67%), (FKIP: Education, Research 93.33%, TPD 70.00%, PKM 66.67%, TTD 60.00%), (FP: Education, Research 100.00%, PKM, TTD 91.67%, TPD 75.00%), (FT: Research 100.00%, Education 96.97%, TTD 93.94%, TPD 81.82%, PKM 78.79%), (FIK: Research, TTD 97.22%, TPD 94.44%, Education 88.89%, PKM 69.44%).

Keyword: *mental workload, lecturer, subjective workload assessment technique (swat)*