

**ANALISIS BEBAN KERJA FISILOGIS DAN BEBAN KERJA
PSIKOLOGIS PADA OPERATOR WET PROCESS
PT. KALBE MORINAGA INDONESIA
DENGAN MENGGUNAKAN METODE LANGSUNG, TIDAK
LANGSUNG, DAN NASA-TLX**

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ABSTRAK

PT. Kalbe Morinaga Indonesia adalah perusahaan yang bergerak pada bidang industri. PT. Kalbe Morinaga Indonesia sudah sepatutnya selalu mengevaluasi kinerja para pekerja untuk mengetahui bagaimana beban kerja fisiologis dan psikologis pekerjanya. Karena beban kerja fisiologis maupun psikologis erat kaitannya dengan hasil kinerja operator. Penelitian ini bertujuan untuk mengetahui beban kerja fisiologis pada operator dengan menganalisis %CVL serta Total Metabolisme dan untuk mengetahui beban kerja psikologis dengan NASATLX. Penelitian ini dilakukan pada SK. Fat Blend, Sk. Eduktor dan Sk. Compounding. Dari hasil perhitungan fisiologis didapatkan pada ketiga ststiuon kerja masuk dalam kategori beban kerja sangat berat dan di perlukan perbaikan. Dimana pada Sk. Fat Blend mendapat 1262 Kkal/jam, 47,57% CVL , pada Sk. Eduktor mendapat 866 Kkal/jam, 37,95% CVL , dan pada Sk. Compounding mendapat 828 Kkal/jam,39,7%CVL. Untuk hasil perhitungan psikologis didapatkan beban kerja pada Sk. Fat Blend, Sk. Eduktor, dan Sk. Compounding tergolong kategori tinggi karena berada pada range 54,66-88,33.

Kata kunci: *Beban kerja, %CVL, Total Metabolisme, NASA-TLX*

**PHYSIOLOGICAL AND PSYCHOLOGICAL WORK STRESS
ON WET PROCESS OPERATORS OF
PT. KALBE MORINAGA INDONESIA
THROUGH THE USE OF DIRECT AND INDIRECT METHOD,
AND ALSO NASA-TLX ANALYSIS.**

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ABSTRACT

PT. Kalbe Morinaga Indonesia is a company engaging in the industrial field. They regularly evaluate the performance of their workers in order to understand the physiological and psychological work stress of their workers. Furthermore, such evaluation is considered a necessity for physiological and psychological work stress can more likely impact the operators performance results. This research is aimed to figure out the physiological work stress of the operators by analyzing % CVL and the amount of Metabolism. Besides, the other objective is to understand the psychological work stress using NASATLX analysis. The research was conducted on Work Stations (Ws), Ws.Fat Blend, Ws. Eduktor and Ws. Compounding Based on the measurement of physiological factors on three work stations, it is found that the works stress is categorized very heavy and thus need improvements. Further, metabolism calculation research has revealed that workers of Ws. Fat Blend had rates of 1262 Kcal / hour & 47.57 % CVL, the workers of Ws. Eduktor had rates of 866 Kcal / hour & 37.95 % CVL, the workers of Ws. Compounding had rates of 828 Kcal / hour & 39.7 % CVL. In conclusion, the calculation of psychological factors showed that the work stress of the workers of Ws. Fat Blend, Ws. Eduktor, and Ws. Compounding is categorized high because of the average metabolism rate is 54.66 to 88.33.

Keywords: Work Stress, % CVL, Metabolism Amount, NASA - TLX