

DAFTAR PUSTAKA

- Afiah, I. N. (2022). Analysis of the Influence of Mental Workload on Employee Performance with the Subjective Workload Assessment Technique (SWAT) Method at PT. Bumi Jasa Utama (Kalla Group). *journal of sustainable industrial engineering and management*, 1(1), 24-31.
- Aditya, Singh., Dimitrios, Dalaklis., Raphael, Baumler. (2023). 6. Revisiting the HNoMS Helge Ingstad and Sola TS collision: Discussing the contribution of human factors. *Maritime Technology and Research*, doi: 10.33175/mtr.2023.262199
- Amanah, S., Jauhari, R., & Sutja, A. (2023). Analisis Tingkat Stress Akademik pada Siswa Kelas VII SMP Negeri 19 Kota Jambi. *Jurnal Pendidikan Tambusai*, 7(1), 4578-4581.
- Antonios, Panagiotakopoulos. (2022). 1. Modeling of Causes and Consequences of Human Error in Mining Processes Design: A Qualitative Study. *Sustainability*, doi: 10.3390/su142114193
- Ardhaneswari, P. P. N., & Suwitra, I. W. C. (2025). Analisis Korelasi Pearson Dalam Menentukan Hubungan Harga dengan Volume Penjualan Wardah Matte Lip Cream Pada Platform E-Commerce Shopee. *Jurnal Bisnis, Manajemen dan Akuntansi*, 1(2), 85-92.
- Argüelles, R. P., Maza, J. A. G., Martín, F. M., & Bartolomé, M. (2021). Ship-to-ship dialogues and agreements for collision risk reduction. *The Journal of Navigation*, 74(5), 1039-1056.
- Astika, I. M. J., Bastari, A., & Suharyo, O. S. (2021). The analysis of personnel workload on navy hospital ships using the NASA-TLX method. *Global Journal of Engineering and Technology Advances*, 7(3), 190-202.
- Aylward, K., Weber, R., Lundh, M., MacKinnon, S. N., & Dahlman, J. (2022). Navigators' views of a collision avoidance decision support system for maritime navigation. *The Journal of Navigation*, 75(5), 1035-1048.
- Baig, M. Z., Lagdami, K., & Mejia Jr, M. Q. (2024). Enhancing maritime safety: A comprehensive review of challenges and opportunities in the domestic ferry sector. *Maritime Technology and Research*, 6(3), Manuscript-Manuscript.
- Bakker, A. B., & Demerouti, E. (2007). The job demands-resources model: State of the art. *Journal of managerial psychology*, 22(3), 309-328.
- Bastian, I., Diwianti, E. S., Larasati, R. T., & Suyono, A. M. (2024). ANALISIS LINGKUNGAN KERJA FISIK DAN MENTAL USAHA DEPOT AIR BIRU DENGAN METODE NASA TLX. *Scientica: Jurnal Ilmiah Sains dan Teknologi*, 2(9), 25-31.

Fatimah Putri Khairunissa, 2025

ANALISIS PENGARUH BEBAN KERJA MENTAL TERHADAP KECELAKAAN KAPAL LAUT MELALUI STRES KERJA

UPN Veteran Jakarta, Fakultas Teknik, S1 Teknik Industri

[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.ac.id]

- Brcko Satler, T., & Jurkovič, V. (2024, June). Solving maritime communication challenges with Digimar: A practical approach. In Maritime Transport Conference (No. 10). Universitat Politècnica de Catalunya. Iniciativa Digital Politècnica.
- Carrera-Arce, M., Bartusevičienė, I., & Divari, P. (2022). Healthy workplace onboard: insights gained from the COVID-19 impact on mental health and wellbeing of seafarers. *Work*, 73(1), 29-40.
- Darma, B. (2021). Statistika Penelitian Menggunakan SPSS (Uji Validitas, Uji Reliabilitas, Regresi Linier Sederhana, Regresi Linier Berganda, Uji t, Uji F, R2). Guepedia.
- Deuk-Jin, Park., Jeongbin, Yim., Hyeong-Sun, Yang., Chun-ki, Lee. (2020). Navigators' Errors in a Ship Collision via Simulation Experiment in South Korea. *Symmetry*, 12(4):529-. doi: 10.3390/SYM12040529
- Devlin, S. P., Moacdieh, N. M., Wickens, C. D., & Riggs, S. L. (2020). Transitions between low and high levels of mental workload can improve multitasking performance. *IIEE transactions on occupational ergonomics and human factors*, 8(2), 72-87.
- Dewi, N. F. (2020). Identifikasi risiko ergonomi dengan metode nordic body map terhadap perawat poli RS X. *Jurnal Sosial Humaniora Terapan*, 2(2), 15.
- Diniari, H. R. (2019). Analisis stres kerja akibat beban kerja mental pada pekerja pt. kerta rajasa raya. *Medical Technology and Public Health Journal*, 3(2), 133-140.
- Ekawati, H. (2024). Promoting Seafarers' Wellbeing: Addressing Psychosocial Risks in Indonesian Maritime Industry. *The International Science of Health Journal*, 2(2), 01-12.
- Enerstvedt, V., & Jia, H. (2023, December). Injuries at Sea: A Geo-Spatial Analysis of Marine Accidents. In 2023 IEEE International Conference on Industrial Engineering and Engineering Management (IEEM) (pp. 0823-0827). IEEE.
- Fan, S., Zhang, J., Blanco-Davis, E., Yang, Z., & Yan, X. (2020). Maritime accident prevention strategy formulation from a human factor perspective using Bayesian Networks and TOPSIS. *Ocean Engineering*, 210, 107544.
- Farouk, R. (2024). ANALISIS FAKTOR-FAKTOR YANG MEMPENGARUHI LOYALITAS PENGGUNA JASA MASKAPAI CITILINK DI INDONESIA DENGAN METODE SEM-PLS. *HUMANITIS: Jurnal Homaniora, Sosial dan Bisnis*, 2(8), 996-1006.
- Fikri, M. A. (2024). PENGARUH BEBAN KERJA DAN KUALITAS TIDUR TERHADAP PERFORMANSI AKADEMIK MAHASISWA FAKULTAS TEKNIK UPN" VETERAN" JAKARTA (Doctoral dissertation, Universitas Pembangunan Nasional Veteran Jakarta).

- Grech, M. R., Neal, A., Yeo, G., Humphreys, M., & Smith, S. (2009). An examination of the relationship between workload and fatigue within and across consecutive days of work: Is the relationship static or dynamic?. *Journal of occupational health psychology*, 14(3), 231.
- Hakiim, A., Suhendar, W., & Sari, D. A. (2018). Analisis beban kerja fisik dan mental menggunakan CVL dan NASA-TLX pada divisi produksi PT X. *Barometer*, 3(2), 142-146.
- Hasanspahić, N., Vujićić, S., Frančić, V., & Čampara, L. (2021). The role of the human factor in marine accidents. *Journal of Marine Science and Engineering*, 9(3), 261.
- Hasibuan, P. M. (2023). Analisis Pengaruh Stres Kerja dan Beban Kerja di Industri Perkapalan. *ARRAZI: Scientific Journal of Health*, 1(1), 43-51.
- Hasugian, S., Wahyuni, A. I. S., Rahmawati, M., & Arleiny, A. (2017). Pemetaan Karakteristik Kecelakaan Kapal di Perairan Indonesia Berdasarkan Investigasi KNKT. *Warta Penelitian Perhubungan*, 29(2), 229-240.
- Heikkilä, M., Himmanen, H., Soininen, O., Sonninen, S., & Heikkilä, J. (2024). Navigating the future: developing smart fairways for enhanced maritime safety and efficiency. *Journal of Marine Science and Engineering*, 12(2), 324.
- Hermawan, E. (2022). Pengaruh Lingkungan Kerja, Stres Kerja, dan Beban Kerja Terhadap Kinerja PT. Sakti Mobile Jakarta. *Jurnal Kajian Ilmiah*, 22(2), 173-180.
- Hermawati, R., & Suganjar, S. (2021). Beban Kerja dan Konflik Kerja Sebagai Penjelaras Terjadinya Stress Kerja Pelaut. *Majalah Ilmiah Bahari Jogja*, 19(1), 40-50.
- Idiapho, C. A., & Awwal, S. I. (2020). Investigative Analysis of Marine Tugboat Accident in Nigeria. A Case Study of Bayelsa, Delta and Rivers State. *Journal of Engineering Research and Reports*, 11(3), 30-45.
- Ir Julianus Hutabarat, M. S. I. E. (2021). *Dasar-dasar pengetahuan ergonomi*. Media Nusa Creative (MNC Publishing).
- Ishak, I. C., Azlan, M. F., Ismail, S. B., & Zainee, N. M. (2019). A study of human error factors on maritime accident rates in maritime industry. *Asian Academy of Management Journal*, 24, 17-32.
- Janna, N. M., & Herianto, H. (2021). Konsep uji validitas dan reliabilitas dengan menggunakan SPSS.
- Jensen, H. J., & Oldenburg, M. (2021). Objective and subjective measures to assess stress among seafarers. *International maritime health*, 72(1), 49-54.

- Jepisah, D. (2020). Faktor-Faktor Yang Mempengaruhi Ergonomi Ruang Filling Terhadap Akses Petugas Rekam Medis Di Rsud Siak Tahun 2018. *Menara Ilmu: Jurnal Penelitian dan Kajian Ilmiah*, 14(1).
- Jonglertmontree, W., Kaewboonchoo, O., Morioka, I., & Boonyamalik, P. (2022). Mental health problems and their related factors among seafarers: a scoping review. *BMC public health*, 22(1), 282.
- Jugović, A. (2021). The Impact of Maritime Passenger Traffic on the Development of Seaports and Their Surroundings. *Tourism Management and Sustainable Development*, 143-159.
- Kari, R., Gausdal, A. H., & Steinert, R. M. (2022). EEG based workload and stress assessment during remote ship operations.
- Kurniasih, D., Maharani, A., & Ashari, M. L. (2024). Human Factors Analysis and Classification System (HFACS) on Accidents Due to Tilting Ship. *Indonesian Journal of Innovation Multidisipliner Research*, 2(2), 234-242.
- Kyaw, A. Y. (2024). Application of Advanced Technology on Transport Ships as a Technological Revolution in the Maritime Industry. *Maritime Park: Journal of Maritime Technology and Society*, 67-71.
- Lapai, Y., Lahay, I. H., & Rauf, F. A. (2020). Analisis Beban Kerja Mental Pada Mekanik Menggunakan Metode SWAT dan Metode QNBM. *Jurnal Teknik*, 18(1), 17-22.
- Latt, N. Z. (2024). Mitigating the risk of ship accidents with an integrated approach to maritime safety management. *Maritime Park: Journal of Maritime Technology and Society*, 73-80.
- Latuheru, P. M. (2021). Ship Accident Assessment and Handling. *KnE Social Sciences*, 507-524.
- Lech, Kasyk., Anna, Wolnowska., K., Pleskacz. (2023). The Analysis of Social and Situational Systems as Components of Human Errors Resulting in Navigational Accidents. *Applied Sciences*, 13(11):6780-6780. doi: 10.3390/app13116780
- Ma, Y., Liu, Q., & Yang, L. (2023, August). Analysis of human factors affecting seafarers' cognitive load on maritime safety. In *2023 7th International Conference on Transportation Information and Safety (ICTIS)* (pp. 1889-1898). IEEE.
- Makbul, M. (2021). Metode pengumpulan data dan instrumen penelitian.
- Mappangara, A. S. C., Firmansyah, M. R., & Ananda, F. (2023, December). ANALISIS RISIKO KECELAKAAN ANGKUTAN PELAYARAN RAKYAT DI PERAIRAN GUGUS KEPULAUAN PANGKEP. In *Berkala Forum Studi Transportasi antar Perguruan Tinggi* (Vol. 1, No. 3, pp. 677-686).

- Masi, G., Amprimo, G., Ferraris, C., & Priano, L. (2023). Stress and workload assessment in aviation—A narrative review. *Sensors*, 23(7), 3556.
- Masniar, M., Histiari, A. R., & Pangestu, D. A. B. (2022). Analisa Beban Kerja Mental Menggunakan Metode Nasa-Tlx Pada Bagian Operator. *Metode: Jurnal Teknik Industri*, 8(1), 11-20.
- Mehmet, Kaptan., Özkan, Uğurlu., Jin, Wang. (2021). 6. The effect of nonconformities encountered in the use of technology on the occurrence of collision, contact and grounding accidents. *Reliability Engineering & System Safety*, doi: 10.1016/J.RESS.2021.107886
- Monecke, A., & Leisch, F. (2012). semPLS: structural equation modeling using partial least squares. *Journal of statistical software*, 48, 1-32.
- Murray, S., Waterson, P., & Jun, G. T. (2017). Collisions at sea: A systems analysis of casual factors and countermeasures.
- Nermin, Hasanspahić., Srđan, Vujičić., Vlado, Frančić., Leo, Čampara. (2021). The Role of the Human Factor in Marine Accidents. *Journal of Marine Science and Engineering*, 9(3):261-. doi: 10.3390/JMSE9030261
- Nilsson, R., Gärling, T., & Lützhöft, M. (2009). An experimental simulation study of advanced decision support system for ship navigation. *Transportation research part F: traffic psychology and behaviour*, 12(3), 188-197.
- Niv, Yaron, and Yossi Tal. "The Human Factor: Human Errors in Medicine." *Patient Safety and Risk Management in Medicine: From Theory to Practice*. Cham: Springer Nature Switzerland, 2024. 41-58.
- Paulina, M, Latuheru. (2021). Ship Accident Assessment and Handling. *KnE Social Sciences*, 507–524-507–524. doi: 10.18502/KSS.V5I1.8311
- Pavlo, Nosov., A., P., Ben., V., N., Matejchuk., M., S., Safonov. (2019). 3. Identification of “human error” negative manifestation in maritime transport. *Radio Electronics, Computer Science, Control*, doi: 10.15588/1607-3274-2018-4-20
- Peiru, Chen., Zhipeng, Zhang., Yujie, Huang., Lei, Dai., Hao, Hu. (2022). 3. Risk assessment of marine accidents with Fuzzy Bayesian Networks and causal analysis. *Ocean & Coastal Management*, doi: 10.1016/j.ocecoaman.2022.106323
- PG, A., Thayill, J., Shetty, P., & VP, A. Deep Relaxation Technique Improves Sleep Quality and Reduces Stress in Healthy Volunteers during Fasting Therapy.
- Pietrzykowski, Z., & Uriasz, J. (2009). 8 Knowledge representation in a ship’s navigational decision support system. In *Marine Navigation and Safety of Sea Transportation* (pp. 71-76). CRC Press.

- Pilatis, A. N., Pagonis, D. N., Serris, M., Peppas, S., & Kaltsas, G. (2024). A Statistical Analysis of Ship Accidents (1990–2020) Focusing on Collision, Grounding, Hull Failure, and Resulting Hull Damage. *Journal of Marine Science and Engineering*, 12(1), 122.
- Pilatis, A. N., Pagonis, D. N., Serris, M., Peppas, S., & Kaltsas, G. (2024). A Statistical Analysis of Ship Accidents (1990–2020) Focusing on Collision, Grounding, Hull Failure, and Resulting Hull Damage. *Journal of Marine Science and Engineering*, 12(1), 122.
- PRADITA, V., & SARI, P. N. (2023). PENGARUH STRESS KERJA, BEBAN KERJA, DAN KEPUASAN KERJA TERHADAP TURNOVER INTENTION PADA KARYAWAN CV KURNIA MANUNGGA TEKNIK GROBOGAN (Doctoral dissertation, UIN Surakarta).
- Prasetyawan, S. T., Ahmad, I., Setyawati, A., & Zainal, M. (2024). Safety behavior model based on safety competence, culture, and awareness. *JPPi (Jurnal Penelitian Pendidikan Indonesia)*, 10(1), 622-634.
- Priyoto. 2014. *Konsep Manajemen Stress*. Yogyakarta: Nuha Medika;.
- Ptáček, R., Vňuková, M., & Raboch, J. (2017). Work-related stress and mental health-can work lead to mental disorders?. *Casopis lekaru ceskych*, 156(2), 81-87.
- Purwanto, A., & Sudargini, Y. (2021). Partial least squares structural equation modeling (PLS-SEM) analysis for social and management research: a literature review. *Journal of Industrial Engineering & Management Research*, 2(4), 114-123.
- PUTRI, L. K. MENTAL WORKLOAD ASSESSMENT IN TELEWORKERS USING NASA-TLX AND SWAT METHODS BY CONSIDERING INDIVIDUAL DIFFERENCES (CASE STUDY: BAHASA. AI).
- Qomusuddin, I. F., Ramdhani, R. F., & Romlah, S. (2021). Mental Workload Analysis Of Private Islamic Religious Universities Operators With Nasa-tlx Method. *Jurnal Teknologika*, 11(2), 57-70.
- Rahman, R. A., Suryanto, S., Prabowo, A. R., Yaningsih, I., Ehlers, S., & Braun, M. (2024). Assessment of ship collision risk based on the recorded accident cases: Structural damage and environmental recovery. In *E3S Web of Conferences* (Vol. 563, p. 03087). EDP Sciences.
- Rasyidah, Q. A. Y. (2019). Hubungan Tingkat Stres dan Burnout Syndrome dengan Kualitas Tidur pada Mahasiswa Profesi Ners Fakultas Keperawatan Universitas Airlangga (Doctoral dissertation, UNIVERSITAS AIRLANGGA).
- Ray, T. N., Altarejos, I. V., & Thomsen, C. J. (2023). A Mixed-Methods Examination of the Effects of Organizational and Incident Stressors on the Mental Health of Navy Corpsmen. *Military Behavioral Health*, 11(3), 133-145.

- Saputra, A. D. (2021). Studi kecelakaan kapal di Indonesia dari tahun 2003-2019 berdasarkan data investigasi Komite Nasional Keselamatan Transportasi. *Warta Penelitian Perhubungan*, 33(2), 87-94.
- Sartika, D. (2023). *Stres Kerja*.
- Septiansyah, A. T., Fitriani, R., & Nugraha, B. (2021). Mental work load analysis melalui national aeronautics and space administration (NASA)-task load index (TLX). *J. Sains dan Teknol. J. Keilmuan dan Apl. Teknol. Ind*, 21(2), 282.
- Shuaibin, Yang. (2024). Study on Key Biological Indicators of Diabetes Based on Statistical Tests. *Journal of clinical and nursing research*, doi: 10.26689/jcnr.v8i7.7881
- Sijabat, R., & Hermawati, R. (2021). Studi Beban Kerja dan Stress Kerja Berdampak Burnout Pada Pekerja Pelaut Berkebangsaan Indonesia. *Jurnal Sains Dan Teknologi Maritim*, 22(1), 75-92.
- Singh, A., Dalaklis, D., & Baumler, R. (2023). Revisiting the HNoMS Helge Ingstad and Sola TS collision: Discussing the contribution of human factors. *Maritime Technology and Research*, 5(3), 262199-262199.
- Singh, A., Dalaklis, D., & Baumler, R. (2023). Revisiting the HNoMS Helge Ingstad and Sola TS collision: Discussing the contribution of human factors. *Maritime Technology and Research*, 5(3), 262199-262199.
- Sukadiyanto, S. (2010). Stress dan cara menguranginya. *Jurnal Cakrawala Pendidikan*, 1(1).
- Swarjana, I. K., & SKM, M. (2022). *Populasi-sampel, teknik sampling & bias dalam penelitian*. Penerbit Andi.
- Szafran-Dobrowolska, J., Grubman-Nowak, M., Renke, M., & Jeżewska, M. (2023). The psychosocial burden and stress coping strategies among seafarers. *International maritime health*, 74(2), 122-128.
- Tika, K. (2022). *Panduan penentuan skoring kriteria kuesioner (skala pengukuran)*.
- Türkistanlı, T. T., & Kuleyin, B. (2019). Training Situational Awareness and Decision Making for Preventing Collisions at Sea: A Theoretical Background. *Mersin University Journal of Maritime Faculty*, 1(1), 10-16.
- University of Massachusetts. (2023). *Campus Risk Assessment Tool: Likelihood and Impact*.
- Usmadi, U. (2020). Pengujian persyaratan analisis (Uji homogenitas dan uji normalitas). *Inovasi Pendidikan*, 7(1).
- Utomo, A. P. D., Siregar, D. V., Manurung, E. F., Sitinjak, J. H. M., & Hidayat, W. (2024). *ANALISIS RISIKO DAN MITIGASI PENCEMARAN LAUT*

- AKIBAT KECELAKAAN KAPAL DI ALUR PELAYARAN. *Jurnal Ilmiah Manajemen, Ekonomi, & Akuntansi (MEA)*, 8(2), 1855-1873.
- Wang, X., Wang, F., Zhang, Z., & Wang, K. (2023, August). Research on human factors of ship grounding accident based on HFACS. In *2023 7th International Conference on Transportation Information and Safety (ICTIS)* (pp. 1-4). IEEE.
- Wartono, T. (2017). Pengaruh stres kerja terhadap kinerja karyawan. *Jurnal Ilmiah Prodi Manajemen Universitas Pamulang*, 4(2), 41-55.
- Wiharjanto, D. E. N. (2015). Pengaruh pajanan bising intermittent pesawat udara terhadap stres kerja pada karyawan Bandara Adi Sumarmo Boyolali.
- Yam, J. H., & Taufik, R. (2021). Hipotesis Penelitian Kuantitatif. *Perspektif: Jurnal Ilmu Administrasi*, 3(2), 96-102.
- Yoo, S. L., & Jung, C. Y. (2018). Statistical Analysis of Ship Collision Accidents by Day and Night Times. *Journal of the Korean Society of Marine Environment & Safety*, 24(3), 339-345.
- Žagar, D., Svetina, M., Košir, A., & Dimc, F. (2020). Human factor in navigation: overview of cognitive load measurement during simulated navigational tasks. *Journal of Marine Science and Engineering*, 8(10), 775.
- Zhao, L., Sunilkumar, S. R. T., Wu, B., Li, G., & Zhang, H. (2022). Toward an online decision support system to improve collision risk assessment at sea. *IEEE Intelligent Transportation Systems Magazine*, 15(2), 137-148