

Lampiran-1

Penggunaan Software Dalam mengukur Beban Kerja Mental

1. Masuk ke dalam tautan berikut ini:
<https://www.keithv.com/software/nasatlX/nasatlX.html>
2. Isi skala point pemberian rating sesuai dengan hasil yang di dapat dari penyebaran kuisioner berdasarkan metode pencil paper version. Untuk mempermudah maka dapat dilihat contoh pada gambar di bawah ini.

Task Questionnaire - Part 1

Click on each scale at the point that best indicates your experience of the task

The screenshot displays the NASA-TLX questionnaire interface. It consists of six horizontal scales, each with a slider and a description of the task. The scales are:

- Mental Demand:** How much mental and perceptual activity was required (e.g. thinking, deciding, calculating, remembering, looking, searching, etc)? Was the task easy or demanding, simple or complex, exacting or forgiving?
- Physical Demand:** How much physical activity was required (e.g. pushing, pulling, turning, controlling, activating, etc)? Was the task easy or demanding, slow or brisk, slack or strenuous, restful or laborious?
- Temporal Demand:** How much time pressure did you feel due to the rate of pace at which the tasks or task elements occurred? Was the pace slow and leisurely or rapid and frantic?
- Performance:** How successful do you think you were in accomplishing the goals of the task set by the experimenter (or yourself)? How satisfied were you with your performance in accomplishing these goals?
- Effort:** How hard did you have to work (mentally and physically) to accomplish your level of performance?
- Frustration:** How insecure, discouraged, irritated, stressed and annoyed versus secure, gratified, content, relaxed and complacent did you feel during the task?

At the bottom left, there is a button labeled "Continue >>".

Gambar Penggunaan Software NASA-TLX Pemberian Rating

3. Setelah selesai mengisi skala point pemberian rating. Tekan *continue* pada textbox yang terletak di bawah kiri layar, maka pengguna akan dibawa untuk melanjutkan ke bagian 2 yaitu bagian pembobotan tally berpasangan sejumlah 15 kali seperti yang terlihat pada gambar di bawah ini.

Task Questionnaire - Part 2

Click on the factor that represents the more important contributor to workload for the task

Performance

How successful do you think you were in accomplishing the goals of the task set by the experimenter (or yourself)? How satisfied were you with your performance in accomplishing these goals?

or

Frustration

How insecure, discouraged, irritated, stressed and annoyed versus secure, gratified, content, relaxed and complacent did you feel during the task?

Gambar Penggunaan Software NASA-TLX Pembobotan

4. Setelah mengisi pembobotan tally berpasangan yang berjumlah 15 kali, maka pengguna akan langsung mengetahui perhitungan dari data yang sebelumnya telah dimasukkan. Perhitungan tersebut akan terbagi menjadi 3 yaitu rating, tally dan weight/wwl. Dapat dilihat pada gambar di bawah ini.

	Rating Tally Weight		
Mental Demand	65	1	0.06666666666666667
Physical Demand	80	3	0.2
Temporal Demand	45	2	0.13333333333333333
Performance	70	4	0.26666666666666666
Effort	55	3	0.2
Frustration	40	2	0.13333333333333333
Overall = 61.333333333333336			

Gambar Penggunaan Software NASA-TLX Hasil