

ABSTRACT

Cahaya Perabot UKM is a business engaged in the production of wardrobe furniture, located on Jl. Aru No. 29 RT 03/RW V Lubuk Begalung-Padang. Cahaya Furniture UKM has problems in the production process, where demand is not fulfilled due to the high level of workload. Based on the problem, the purpose of this study was to determine the physical and mental workload experienced by employees in the production department at Cahaya Furniture UKM using the Work Load Analysis (WLA) method, and the Defense Research Agency Workload Scale (DRAWS) method. Using the Work Load Analysis (WLA) method, it is known that the highest physical workload was obtained by workers in the cutting section with a result of 146.63%, and the lowest workload was in the workers in the carving and refining section with a result of 116.04%. From the calculation results it is known that the workload exceeds 100%, meaning that the workload is too high. Furthermore, using the Defense Research Agency Workload Scale (DRAWS) method, it is known that the results of issuing a total score of workload on the cutting section are 62.7895%, the planing section and painting are 64.6295%, the assembly section is 66.312%, the planing section and smoothing of 61.795%. The results of the workload with an average value of 69.5381%, the Overload category (high perceived burden). Based on the results of spending on work categories, it was found that the highest mental workload was found in the Time Pressure variable with a value of 106.775% (Overload) and the lowest mental workload work category was found in the Central Demand variable with a value of 59.662% (Optimal Load).

Keywords : Workload, WLA, DRAWS

ABSTRAK

UKM Cahaya Perabot merupakan usaha yang bergerak di bidang mebel produksi lemari yang berlokasi di Jl. Aru No. 29 RT 03/RW V Lubuk Begalung-Padang. UKM Cahaya Perabot memiliki kendala dalam proses produksi, dimana permintaan tidak terpenuhi akibat tingginya tingkat beban kerja. Berdasarkan permasalahan tujuan penelitian ini adalah untuk mengetahui beban kerja fisik dan mental yang dialami oleh karyawan bagian produksi di UKM Cahaya Perabot menggunakan metode *Work Load Analysis* (WLA), dan metode *Defence Research Agency Workload Scale* (DRAWS). Penggunaan metode *Work Load Analysis* (WLA), diketahui bahwa beban kerja fisik tertinggi didapat oleh pekerja bagian pemotongan dengan hasil sebesar 146,63%, dan beban kerja terendah pada pekerja bagian serut dan penghalusan dengan hasil sebesar 116,04%. Dari hasil perhitungan diketahui beban pekerja melebihi 100%, artinya beban pekerja terlalu tinggi. Selanjutnya menggunakan metode *Defence Research Agency Workload Scale* (DRAWS), diketahui bahwa hasil penentuan *total score* beban kerja pada bagian pemotongan sebesar 62,7895%, bagian ketam dan pengecatan nilai sebesar 64,6295%, bagian perakitan sebesar 66,312%, bagian serut dan penghalusan sebesar 61,795%. Hasil beban kerja dengan nilai rata-rata sebesar 69,5381%, kategori *Overload* (beban yang dirasakan tinggi). Berdasarkan hasil penentuan kategori kerja didapatkan hasil bahwa beban kerja mental tertinggi terdapat pada variabel *Time Pressure* dengan nilai sebesar 106,775% (*Overload*) dan kategori kerja beban kerja mental paling rendah terdapat pada variabel *Central Demand* dengan nilai sebesar 59,662% (*Optimal Load*).

Kata kunci : Beban Kerja, WLA, DRAWS