

ABSTRACT

Online motorcycle taxi drivers are inseparable from mental activities such as waiting for orders, concentrating on driving, chasing points, using applications, and competing with other online motorcycle taxi application services. These activities can cause a problem in mental workload and work fatigue due to working more than eight hours per day so that the body's condition will decrease. Working more than eight hours per day has become part of meeting economic needs and market demands, but this work system can trigger changes in circadian rhythms. To find out the level of mental workload on 64 online motorcycle taxi driver respondents in Purwokerto City, a measurement was carried out using the RSME (Mental Effort Rating Scale) method. Based on the results of the linear regression calculations that were carried out, it can be seen that the four work time correlation tests, the categories of work time, accidents, and age are only one that are interconnected, namely the relationship between mental workload and accidents. While the relationship between working time and mental workload has no significant effect. From the results of data analysis, the direction of the relationship between the two independent variables is positive, meaning that the longer the working time will increase work fatigue which will result in accidents for online motorcycle taxi drivers. It can be concluded that circadian rhythms may not have a strong enough effect on these variables.

Keywords: Mental Workload, RSME, Online Motorcycle Bike Drivers, Circadian Rhythm

