ABSTRACT

Based on the conditions during the Covid-19 pandemic, SLB teachers experienced increasing obstacles due to the online learning process. SLB teachers complain that they do not control the compliance of their students. In addition, some students who do not have gadgets and quotas are the main obstacles for online learning. The demands of the main tasks and functions of SLB teachers to educate children become the workload of the teachers themselves. Physical workload can be measured using the Heart Rate method. Mental workload can be measured using the NASA-TLX method. SLB B teachers have 15 teachers and SLB C teachers have 15 teachers. Through this method, the results obtained from the Heart Rate of SLB B teachers getting an average CVL for elementary school teachers of 43.38 (needed improvement), junior high school teachers of 36.23 (needed improvement), high school teachers of 36.32 (needed improvement). Meanwhile, SLB C-C1 got an average CVL for elementary school teachers of 28.18 (no need for improvement), junior high school teachers of 26.41 (no need for improvement) and 33.87 for high school teachers (needed for improvement). Based on the results of the mental load calculation using NASA-TLX, there is a final weighted workload score for elementary school teachers of 55.15, junior high school teachers 52.92, high school teachers 49.47. While SLB C-C1 SD teachers are 64.50, SMP teachers are 58.83, SMA teachers are 65.33.

Keywords: Workload, Special school teachers, CVL, NASA-TLX