

## **ABSTRACT**

*Activitie student activities can cause fatigue to lose learning as well as complaints of mental and physical burden in hybrid lectures. Complaints arise during lectures which have an impact on lecture productivity, as well as students' mental and physical conditions. This study aims for hybrid lectures to run optimally, with NASA-TLX to measure mental load and SOFI to measure physical load. The results showed that the load with a value of 66, 36 was included in the category, the highest dimension was temporal demands, while time demands made students prioritize the available time to attend lectures. Linear regression explains that the P-Value 0.00 indicates a mental load that affects physical, by minimizing work delays and maintaining sleep patterns until late at night when completing tasks. The results of the physical load showed that the value of 3.9 was included in the moderate category with sleep dimensions, a sense of not being able to be excessive with regular exercise so that one has a good physique and a supportive environment to feel comfortable and not lazy.*

**Keywords:** *Workload, Hybrid, NASA-TLX, Linear Regression, SOFI.*