

**Lampiran 16**  
**Kategorisasi Hipotetik Skala Beban Kerja**

### Perhitungan Skor Hipotetik Skala Beban Kerja

$$\begin{aligned}
 \text{Mean} &= \frac{(\sum \text{aitem} \cdot \text{skor max}) + (\sum \text{aitem} \cdot \text{skor min})}{2} \\
 &= \frac{(12 \cdot 4) + (12 \cdot 1)}{2} \\
 &= \frac{48 + 12}{2} \\
 &= \frac{60}{2} \\
 &= 30
 \end{aligned}$$

$$\begin{aligned}
 \text{Standar Deviasi} &= \frac{(\sum \text{aitem} \cdot \text{skor max}) - (\sum \text{aitem} \cdot \text{skor min})}{6} \\
 &= \frac{(12 \cdot 4) - (12 \cdot 1)}{6} \\
 &= \frac{48 - 12}{6} \\
 &= \frac{36}{6} \\
 &= 6
 \end{aligned}$$

### Kategorisasi Hipotetik Skala Beban Kerja

No	Kategori	Rumus Norma
1	Sangat rendah	$X < \mu - 1,8\sigma$ $X < 30 - 1,8 (6)$ $X < 30 - 10,8$ $X < 19,2$
2	Rendah	$\mu - 1,8\sigma \leq X < \mu - 0,6\sigma$ $30 - 1,8 (6) \leq X < 30 - 0,6 (6)$ $30 - 10,8 \leq X < 30 - 3,6$ $19,2 \leq X < 26,4$
3	Sedang	$\mu - 0,6\sigma \leq X < \mu + 0,6\sigma$ $30 - 0,6 (6) \leq X < 30 + 0,6 (6)$ $30 - 3,6 \leq X < 30 + 3,6$ $26,4 \leq X < 33,6$
4	Tinggi	$\mu + 0,6\sigma \leq X < \mu + 1,8\sigma$ $30 + 0,6 (6) \leq X < 30 + 1,8 (6)$ $30 + 3,6 \leq X < 30 + 10,8$ $33,6 \leq X < 40,8$
5	Sangat Tinggi	$X > \mu + 1,8\sigma$ $X > 30 + 1,8 (6)$ $X > 30 + 10,8$ $X > 40,8$

### Hasil Pengkategorian

Subjek	Hasil	Kategori
S1	33	S
S2	22	R
S3	29	S
S4	27	S
S5	21	R
S6	30	S
S7	22	R
S8	19	SR
S9	26	R
S10	28	S
S11	33	S
S12	28	S
S13	33	S
S14	31	S
S15	23	R
S16	29	S
S17	28	S
S18	25	R
S19	24	R
S20	37	T
S21	26	R
S22	39	T
S23	21	R
S24	24	R
S25	28	S
S26	24	R
S27	24	R
S28	22	R
S29	28	S
S30	24	R
S31	18	SR
S32	26	R
S33	30	S
S34	39	T
S35	27	S
S36	34	T
S37	29	S
S38	25	R
S39	29	S

Subjek	Hasil	Kategori
S40	22	R
S41	26	R
S42	28	S
S43	29	S
S44	28	S
S45	24	R
S46	28	S
S47	25	R
S48	29	S
S49	30	S
S50	30	S
S51	24	R
S52	29	S
S53	30	S
S54	22	R
S55	29	S
S56	27	S
S57	36	T
S58	25	R
S59	17	SR
S60	24	R
S61	32	S
S62	33	S
S63	34	T
S64	32	S
S65	35	T
S66	27	S
S67	34	T
S68	39	T
S69	31	S
S70	36	T
S71	31	S
S72	37	T
S73	34	T
S74	36	T
S75	37	T
S76	36	T
S77	31	S
S78	33	S

**KETERANGAN:**

**SR** = Sangat Rendah

**R** = Rendah

**S** = Sedang

**T** = Tinggi

**ST** = Sangat Tinggi