

ABSTRACT

This research aimed to understand: (1) The influence of physical stress on employee performance, (2) The influence of workload on employee performance, (3) The effect of physical stress and workload on employee performance. The research used a quantitative approach. The sample of this research was all the population of the employee in PT. MegahLestari Packindo with the total population was 38 employees. The data collection technique used was a questionnaire. The data analysis was done by using multiple regression analysis. The result of this research shows that: (1) physical stress has a negative and significant effect on employee performance but not real. (2) workload has a negative and significant effect on employee performance. (3) physical stress and workload together affect the performance of employees.

Keywords : physical stress, workload, employee performance



ABSTRAK

Penelitian ini bertujuan untuk mengetahui : (1) Pengaruh stres fisik terhadap kinerja karyawan, (2) Pengaruh beban kerja terhadap kinerja karyawan, (3) Pengaruh stres fisik dan beban kerja terhadap kinerja karyawan. Penelitian menggunakan pendekatan kuantitatif. Sampel pada penelitian adalah seluruh populasi karyawan di PT. MegahLestari Packindo yang berjumlah 38 orang. Pengumpulan data menggunakan kuesioner sedangkan analisis data menggunakan analisis regresi berganda. Berdasarkan hasil penelitian menunjukkan : (1) Stres Fisik berpengaruh negatif dan signifikan terhadap kinerja karyawan namun tidak nyata. (2) Beban Kerja berpengaruh negatif dan signifikan terhadap kinerja karyawan. (3) Stres Fisik dan Beban Kerja secara bersama-sama memiliki pengaruh terhadap kinerja karyawan .

Kata Kunci : Stres Fisik, Beban Kerja, Kinerja Karyawan.

