

ABSTRAK

Penelitian ini bertujuan untuk menganalisis pengaruh beban kerja dan stres kerja terhadap kinerja karyawan dalam kondisi pandemi *Covid-19*. Populasi dalam penelitian ini adalah 141 karyawan PT Intiland Development Tbk divisi Pengelola Gedung. Sampel pada penelitian ini sebanyak 59 karyawan PT Intiland Development Tbk divisi Pengelola Gedung dihitung berdasarkan rumus Slovin. Metode penarikan sampel menggunakan *Proportionate Stratified Random Sampling*. Metode pengumpulan data menggunakan metode deskriptif asosiatif dengan pendekatan kuantitatif, dan instrumen penelitian adalah kuesioner. Metode analisis data menggunakan (*Statistical Product and Service Solutions*) SPSS 25. Penelitian ini membuktikan bahwa beban kerja berpengaruh positif dan signifikan terhadap kinerja karyawan dalam kondisi pandemi *Covid-19*. Stres Kerja berpengaruh positif dan signifikan terhadap kinerja karyawan dalam kondisi pandemi *Covid-19*.

Kata Kunci: Beban Kerja, Stres Kerja, Kinerja Karyawan



ABSTRACT

This study aims to analyze the effect of workload and work stress on employee performance during the Covid-19 pandemic. The population in this study were 141 employees of PT Intiland Development Tbk Building Management Division. The sample in this study was 59 employees of PT Intiland Development Tbk Building Management division calculated based on the Slovin formula. Sampling method using Proportionate Stratified Random Sampling. The data collection method used descriptive associative method with a quantitative approach, and the research instrument was a questionnaire. The data analysis method uses (Statistical Product and Service Solutions) SPSS 25. This study proves that workload has a positive and significant effect on employee performance in the Covid-19 pandemic condition. Work stress has a positive and significant effect on employee performance in the Covid-19 pandemic condition.

Keywords: Workload, Work Stress, Employee Performance

