# THE INFLUENCE OF PSYCHOLOGICAL WELL-BEING AND STRESS ON WORK ACHIEVEMENT'S EMPLOYEES OF THE CENTRAL INDONESIAN MINISTRY OF EDUCATION CULTURE, RESEARCH, AND TECHNOLOGY DURING POST PANDEMIC COVID-19

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## ABSTRACT

*This study aims to see the effect of psychological well-being and stress on work achievement of employees of the Central Indonesian Ministry of Education, Culture, Research and Technology. This study uses a quantitative approach with a regression model. The sampling technique used purposive sampling. A total of 82 respondents from the research sample met the criteria of (1) being an employee of the human resources bureau of the Central Indonesian Ministry of Education, Culture, Research and Technology, (2) A civil servant, (3) Working for more than 3 years. Data processing was performed using IBM SPSS 22. Data analysis was carried out with the aim of testing the hypothesis using simple linear regression and multiple linear regression. The results showed that (1) there is a positive and significant influence of psychological well-being on work achievement, (2) there is a negative and no significant effect of stress on work achievement, (3) there is a positive and significant effect of psychological well-being and stress on work achievement.*

***Keywords****: psychological well-being, stress, work achievement*

# PENGARUH *PSYCHOLOGICAL WELL-BEING* DAN STRES TERHADAP PRESTASI KERJA PEGAWAI KEMENTERIAN PENDIDIKAN DAN KEBUDAYAAN RISET DAN TEKNOLOGI INDONESIA PUSAT PADA PASCA PANDEMI COVID-19

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## ABSTRAK

Penelitian ini bertujuan untuk melihat pengaruh antara variabel *psychological well-being* dan stres terhadap prestasi kerja pegawai Kementerian Pendidikan Kebudayaan Riset dan Teknologi Indonesia Pusat. Penelitian ini menggunakan pendekatan kuantitatif dengan model regresi. Teknik pengambilan sampel menggunakan *purposive sampling*. Total dari sampel penelitian 82 responden yang memiliki kriteria (1) merupakan seorang pegawai biro sumber daya manusia Kementerian Pendidikan Kebudayaan Riset dan Teknologi Indonesia Pusat, (2) Seorang pegawai negeri sipil, (3) Bekerja lebih dari 3 tahun. Pengolahan data dilakukan dengan mengunakan IBM SPSS 22. Analisis data yang dilakukan bertujuan untuk menguji hipotesis menggunakan regresi linear sederhana dan regresi linear berganda. Hasil penelitian menunjukkan bahwa (1) terdapat pengaruh positif dan signifikan *psychological well-being* terhadap prestasi kerja, (2) terdapat pengaruh negatif yang tidak signifikan stres terhadap prestasi kerja, (3) terdapat pengaruh positif dan signifikan *psychological well-being* dan stress terhadap prestasi kerja.

**Kata kunci: *psychological well-being*, stres, prestasi kerja**