

Effect Of Work Life Balance and Work Stress On Employee Performance (Study At Bank BJB Branch Tasikmalaya)

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Abstract

This research is motivated by the current business developments that require companies to become superior and competitive companies, with this, companies must carry out various strategies to achieve their goals. One important aspect that needs to be considered by the company is quality human resources because it is a determinant of the company's success in achieving its goals. This study aims to determine how the effect of work life balance and work stress on the performance of employees of Bank BJB Tasikmalaya Branch.

This research uses quantitative method with descriptive research type. Sampling was done by using probability sampling method purposive random sampling, with a total sample of 52 people. The data analysis technique used is descriptive analysis and multiple linear regression analysis.

The results of hypothesis testing simultaneously, work life balance and work stress have a simultaneous effect on employee performance, while partially work life balance has a significant effect on employee performance and work stress has no effect on employee performance. The magnitude of the effect of work life balance and work stress on employee performance at Bank BJB Tasikmalaya Branch is 66.8%, while the remaining 33.2% is influenced by other variables not examined in this study.

Keywords: Employee Performance, Work Stress, Work Life Balance

Biographies

Fylia Pebiyanti is a student at Business Administration Program at Telkom University, Bandung, Indonesia.

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