

ABSTRACT

Human resources are an important factor in an organization or company. In order for management activities to run well, companies need employees who have a high level of performance to find out how the company's goals can be successful.

This study was conducted at PT. Dunkindo Lestari Central Jakarta with work stress as an independent variable and performance as the dependent variable. The purpose of this study is to know and analyze how the level of employee performance, the level of work stress, and to know the magnitude of the effect of work stress on employee performance at PT. Dunkindo Lestari Central Jakarta.

This study uses quantitative methods with descriptive and causal research types. Data analysis techniques used in this study are simple linear regression analysis, partial hypothesis testing (T test) and the coefficient of determination (R^2). Sampling is done by the method of Simple Random Sampling with the number of respondents as many as 50 people.

Employee assessment of work stress levels is in fairly high category and employee ratings of performance are in the high category. Based on the results of hypothesis testing, work stress has a positive and significant effect on employee performance at PT. Dunkindo Lestari Central Jakarta. From the results of the the coefficient of determination it can be concluded that work stress has an effect on employee performance of 13.9% while the remaining 86.1% is influenced by other variables not examined in this study.

Keywords: *Human Resource Management, Job Stress, Employee Performance*