

## **ABSTRACT**

*Human resources are the mainstay of an organization in achieving its goals. This research was conducted at the Kantor Pos Cimahi Tengah. This study aims to determine how the influence and description of the level of work stress, occupational safety and health on the quality of work life of employees at Kantor Pos Cimahi Tengah.*

*The method used in this research is descriptive and causal quantitative methods. Sampling was done using probability sampling method, simple random sampling, with a sample size of 20 people. The data analysis technique of this research is descriptive analysis and multiple regression analysis. Data collection techniques are through observation, interviews, questionnaires, and literature study.*

*Based on the results of simultaneous hypothesis testing, it shows that work stress, occupational safety and health have a positive and significant effect on the quality of work life of the employees of the Kantor Pos Cimahi Tengah. Whereas partially the Work Stress variable ( $X_1$ ) has a significant effect on the Quality of Work Life ( $Y$ ), while for the Occupational Health and Safety ( $X_2$ ) variable, partially there is no significant effect on the Quality of Work Life ( $Y$ ). The result of the calculation of the coefficient of determination of this study is 69.4%, indicating that work stress, occupational safety and health have an effect on the quality of work life of employees, while the remaining 30.6% is influenced by other factors.*

**Keywords:** *Human Resources, Work Stress, Occupational Health and Safety, Quality of Work Life*