

ABSTRACT

Human resource is one of the resources that has an important role in achieving organizational goals. Organizations that are able to manage human resources well, their human resources will be able to complete their job demands properly. Organizations need to pay attention to the balance between the personal life and work of their employees. This is one way to manage human resources properly because work and personal life are things that cannot be separated. In managing and balancing the work-life balance, organizations need to know and manage the stress levels of their employees. Stress is an unpleasant psychological process that occurs in response to environmental stress.

The purpose of this study to analyze how stress levels, work-life balance levels in the company and how the effect of work stress on work-life balance in employees of the South Jakarta Indonesian Bureau of Logistics (Perum BULOG). Data collection methods in this study were obtained by distributing questionnaires which had 24 statements with a 6-point Likert scale. The sampling method used in this study is nonprobability sampling. In explaining the results of the research, the data analysis technique used is descriptive analysis and simple linear regression analysis.

The results of this study indicate that the level of work stress of the employees of Perum BULOG South Jakarta is in the medium tends to be low category and the level of work-life balance is in the high category. This study also shows that work stress has a significant negative effect on the work-life balance of employees of Perum BULOG South Jakarta. The coefficient of determination (R^2) shows a value of 0.339. This means that the work stress variable has an influence on the work-life balance of 33.9% and the rest is influenced by other variables not examined in this study.

Keywords: Human Resource, Stress, Work-Life Balance