

KINERJA KARYAWAN BERBASIS BEBAN KERJA DAN STRESS KERJA PADA HOTEL GRAND CEMPAKA RESORT & CONVENTION BOGOR

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Abstract

Background - This research aims to determine the simultaneous and partial influence of workload and work stress on employee performance at the Grand Cempaka Resort & Convention Hotel Bogor.

Purpose - This research aims to determine the simultaneous and partial influence of workload and work stress on employee performance at the Grand Cempaka Resort & Convention Hotel Bogor. The population in this study were employees of the Grand Cempaka Hotel.

methodology - The number of samples used was 60 respondents using the purposive sampling method. Data analysis used descriptive and verification methods, using the IBM SPSS version 25.00 program.

Findings - The research results show that workload has a negative and significant effect on employee performance, and work stress has a negative and significant effect on employee performance.

Originality - The number of samples used was 60 respondents using the purposive sampling method. Data analysis used descriptive and verification methods, using the IBM SPSS version 25.00 program. The research results show that workload has a negative and significant effect on employee performance, and work stress has a negative and significant effect on employee performance.

Keywords: Beban Kerja, Stres Kerja, Kinerja Karyawan.
