ABSTRACT

Sinta Monika, with the title of the study: "The Workload And Stress Of Work On Performance Of Employees At* PT. Galamedia Bandung Perkasa*" under the guidance of Isniar Budiarti, SE., M.Si

Workload is the magnitude of the work that has to be shouldered by an Office within a certain period. Where the set time can not be used with best foot forward by employees can cause excessive workload with no time and also result from employees themselves. Employees often feel this job be a burden so that late entry Office or often absent due to the physical Office of entry is not reliable, so that their working time was reduced from a predefined time company. In addition to the burden that will be felt employees would also be experiencing high stress resulting from weather factors as well as employee work time doing work beyond the time of its work so that it will cause a decrease in performance on employees resulting from the employees themselves.

The purpose of this research is to know the Workload, work stress, Employee Performance, as well as influence the workload to stress the work on PT Bandung Galamedia Perkasa. *The methods used in this research is descriptive and analytical methods verifikatif. This research population numbered 106 respondents with a sample of 51 respondents. Data analysis using the method of path analysis with the help of spss 20.0 for windows.*

The results of path analysis concluded that a partially variable Workload significantly positive effect to stress of work. A variable Workload significantly negative effect on performance of employees. Work stress variables and also the negative effect significantly to Performance on PT Bandung Galamedia Perkasa.

Keywords: Workload, Work Stress, Employee Performance