

## ABSTRACT

Human Resources became one of the great assets of a company in order to achieve organizational goals. In an effort to improve the first quality of human resources by PT Pos Indonesia (Persero) Regional V Bandung is to conduct a training program. The training focused on work execution and implementation of specific tasks, the desired outcome of the training is the acquisition and improvement of skills in the organization. This study aims to determine the impact of training on employee performance in PT Pos Indonesia (Persero) Regional V Bandung.

This study used multiple linear regression analysis. This type of research is quantitative research. The sampling technique used sampling saturated with the number of respondents 90 peoples. Partially visible independent variables that affect the employee's performance is variable Participant. While variable goals, objectives, trainers, materials and methods do not have a significant influence on employee performance. This is because it is less maximal training programs are implemented, causing these five variables did not influence significantly in the training program of PT Pos Indonesia (Persero) Regional V Bandung. Training partial amount of influence on employee performance that is the goal of 3.7%, the target of 3.9%, the trainer of 7.7%, material at 12.3%, the method is 1.6% and 14.5% of participants.

*Keywords: Human Resource Management, Training, Performance.*