

ABSTRACT

This research was conducted to determine the effect of work life balance and work stress on employee performance at PT Telkom Witel Bandung. The purpose of this study was to determine how work life balance and work stress on employee performance at PT Telkom Witel Bandung, and how the effect of work life balance and work stress on the company.

This research uses quantitative methods with descriptive causality research. Sampling was done by probability random sampling method with a sample size of 55 people. Data analysis technique used was descriptive analysis and multiple linear regression analysis.

Based on the results of simultaneous hypothesis testing, work life balance and work stress have a simultaneous influence on employee performance, while partially work life balance has a significant effect on employee performance and work stress does not significantly influence employee performance at PT Telkom Witel Bandung. Based on the results of the coefficient of determination, it is found that the work life balance and work stress of PT Telkom Witel Bandung are able to explain the performance of the remaining 59.2% by 40.8% influenced by other variables not examined in this study.

Keywords: Work Life Balance, Work Stress, Employee Performance