

ABSTRACT

Human resources are an important asset in a company to achieve company success. Employees must have high performance in accordance with the target or company quality standards. One of the factors that can affect employee performance, namely job stress, work stress itself is a pattern of emotional conditions that occur in response to demands from within and from outside the organization. In other words, work stress has a relationship with employees' negative feelings about their job. Every employee at PT Telkom Property must be faced with work pressure that can cause work stress on employees. The purpose of this study is to determine how work stress is on employees at PT Telkom Property, and how is the effect of job stress on employee performance at PT Telkom Property.

This research uses quantitative methods, the type of research used is descriptive and causal research with a sample of 100 respondents and the data analysis technique used is simple linear regression analysis.

The conclusion of this study shows that job stress variables have a significant effect on employee performance at PT Telkom Property Jakarta area II Jabodetabek partially.

Keywords: *Job Stress, Employee Performance*