

ABSTRACT

Sambel Hejo Sambel Dadak is a Sundanese restaurant with a mission to deliver a Sundanese delicacy to their customers, but behind the delicacy there's problem that stress exist among the employees of Sambel Hejo Sambel Dadak phenomenon evidenced from the scope result and found that absenteeism occurred.

Therefore the author conducted this research study that aims to examine of how much influence of *physical work environment* and *non physical work environment* towards *stress* among employees of Sambel Hejo Sambel Dadak, this research study will be conducted in *Quantitative* method approach using *multiple regression analysis* to find the correlation between the variable.

The data of this study will be analyzed using statistical *descriptive analysis*, through *multiple regression analysis* using method of classical assumptions, through collecting 171 respondents using non probability simple random sampling.

Based on the results of the study, it was found that the physical work environment and non-physical work environment conditions of the Sambel Hejo Sambel Dadak restaurant were in the Good category, but the stress level experienced by the workers was at a high level. The results of multiple linear regression analysis, it shows that there is a significant and positive influence partially and simultaneously from the Work environment Physically and non-Physically towards Employee stress in Sambel Hejo Sambel Dadak.

The results of this study are expected to be an evaluation material for management at the Sambel Hejo Sambel Dadak to pay more attention to the physical and non-physical working environment conditions while also being a solution to reduce the stress level. Efforts that can be made by the management are to improve the quality of the existing air circulation system in the work environment, creating a more harmonious and unified relationship between employees.

Keywords : Physical Work Environment, Non Physical Work Environment, Work Stress, Food and Beverages Company.