

ABSTRACT

**THE EFFECT OF WORK LIFE BALANCE AND WORK STRESS
ON EMPLOYEE PERFORMANCE**

(A Study Reasearch on Salesman of PT. Tumbakmas Niagasakti Tasikmalaya)

By:

Mira Rukmadiyanti

203402241

Guide I: Ane Kurniawati

Guide II: Aquinaldo Sistanto Putra

This study aims to determine and determine the effect of work life balance and job stress on employee performance at salesmen of PT Tumbakmas Niagasakti Tasikmalaya. The research method used is a survey method, with a quantitative approach. As for the sampling technique used is the census method. The data collection technique used is primary data through questionnaire distribution. the data analysis tool used is path analysis. Based on the results of the study it is known that work life balance and job stress affect employee performance.

Keywords: Work Life Balance, Job Stress, Employee Performance