

ABSTRACT

THE EFFECT OF WORK LIFE BALANCE AND SELF EFFICACY ON EMPLOYEE PERFORMANCE

*(Survey on Sales General Productive Employees of PT Bank Mandiri KCP HZ
Mustofa Tasikmalaya)*

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The purpose this research to analyze work life balance, self efficacy and performance in productive sales general employees of PT Bank Mandiri KCP HZ Mustofa Tasikmalaya, then analyze the effect of work life balance on employee performance and the effect of self efficacy on the performance of productive sales general employees of PT Bank Mandiri KCP HZ Mustofa Tasikmalaya. This study uses a quantitative approach with a survey method, involving 35 employees of the Productive Sales General Division. Data were analyzed using descriptive analysis and Multiple Linear Regression Analysis. The results of the study indicate that employees of the Productive Sales General division of PT Bank Mandiri KCP HZ Mustofa Tasikmalaya have a level of work life balance with good criteria, have a self efficacy attitude with high criteria, and have a level of performance with high criteria. The results of multiple linear regression analysis show that Work life balance has a significant effect on the performance of employees in the Productive Sales General division as well as Self efficacy which has a significant effect on the performance of employees in the Productive Sales General division of PT Bank Mandiri KCP HZ Mustofa Tasikmalaya.

Keywords: Work Life Balance, Self Efficacy, Employee Performance.

ABSTRAK**PENGARUH *WORK LIFE BALANCE* DAN *SELF EFFICACY*
TERHADAP KINERJA KARYAWAN**

(Survei pada Karyawan Bagian Sales General Produktif PT Bank Mandiri KCP
HZ Mustofa Tasikmalaya)

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Penelitian ini bertujuan untuk menganalisis *Work life balance*, *self efficacy* dan kinerja pada karyawan sales general produktif PT Bank Mandiri KCP HZ Mustofa Tasikmalaya, selanjutnya menganalisis pengaruh *work life balance* terhadap kinerja karyawan dan pengaruh *self efficacy* terhadap kinerja karyawan sales general produktif PT Bank Mandiri KCP HZ Mustofa Tasikmalaya. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei, melibatkan 35 karyawan Bagian *Sales General* Produktif. Data dianalisis menggunakan analisis deskriptif dan Analisis Regresi Linier Berganda. Hasil penelitian menunjukkan bahwa karyawan bagian *Sales General* Produktif PT Bank Mandiri KCP HZ Mustofa Tasikmalaya memiliki tingkat *work life balance* dengan kriteria baik, memiliki sikap *self efficacy* dengan kriteria tinggi, serta memiliki tingkat kinerja dengan kriteria tinggi, Hasil analisis regresi linier berganda menunjukkan *Work life balance* berpengaruh signifikan terhadap kinerja karyawan bagian *Sales General* Produktif begitu juga dengan *Self efficacy* yang berpengaruh signifikan terhadap kinerja karyawan bagian *Sales General* Produktif PT Bank Mandiri KCP HZ Mustofa Tasikmalaya.

Kata Kunci: *Work Life Balance*, *Self Efficacy*, Kinerja Karyawan.