

**PENGARUH STRES KERJA DAN LINGKUNGAN KERJA TERHADAP
KINERJA KARYAWAN DI PT. MAKMUR ALAM LESTARI
KECaMATAN. GRINGSING KABUPATEN BATANG**

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ABSTRAK

Tujuan penelitian ini yaitu untuk menganalisis pengaruh stres kerja terhadap kinerja karyawan, pengaruh lingkungan kerja fisik terhadap kinerja karyawan, pengaruh lingkungan kerja non fisik terhadap kinerja karyawan dan pengaruh stres kerja, lingkungan kerja fisik dan lingkungan kerja non fisik terhadap kinerja karyawan di PT. Makmur Alam Lestari. Populasi yaitu seluruh karyawan PT. Makmur Alam Lestari yang berjumlah 549 karyawan. Sampel dalam penelitian ini adalah adalah 85 karyawan, penentuan jumlah sampel ini memakai rumus slovin. Teknik analisis data regresi. Hasil analisis yang dilakukan, disimpulkan bahwa Terdapat pengaruh negatif dan signifikan antara stres kerja terhadap kinerja karyawan di PT. Makmur Alam Lestari. Terdapat pengaruh positif dan signifikan antara Lingkungan kerja fisik terhadap kinerja karyawan di PT. Makmur Alam Lestari. Terdapat pengaruh positif dan signifikan antara Lingkungan kerja non fisik terhadap kinerja karyawan di PT. Makmur Alam Lestari. Terdapat pengaruh antara stres kerja lingkungan kerja fisik dan Lingkungan kerja non fisik terhadap kinerja karyawan di PT. Makmur Alam Lestari.

Kata Kunci : Stres Kerja, Lingkungan Kerja Dan Kinerja Karyawan.

**THE EFFECT OF WORK STRESS AND WORK ENVIRONMENT ON
EMPLOYEE PERFORMANCE AT PT. MAKMUR ALAM LESTARI
KECAMATAN GRINGSING KABUPATEN BATANG**

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ABSTRACT

The purpose of this study is to analyze the effect of work stress on employee performance, the influence of the physical work environment on employee performance, the influence of non-physical work environment on employee performance and the effect of work stress, physical work environment and the non-physical work environment on employee performance in PT . Makmur Alam Lestari . The population is all employees of PT . Makmur Alam Lestari amounting to 549 employees. The sample in this study was 85 employees, the determination of the sample size using the formula Slovin. Regression data analysis techniques. The results of the analysis conducted, it was concluded that the influences of negative and significant correlation between job stress on employee performance in PT. Makmur Alam Lestari. There is positive and significant correlation between the physical work environment on employee performance in PT. Makmur Alam Lestari. There is positive and significant correlation between the non-physical work environment on employee performance in PT. Makmur Alam Lestari. There is influence between job stress and physical work environment non-physical work environment on employee performance in PT. Makmur Alam Lestari.

Keyword : Job Stress, Work Environment and Employee Performance.