

## ABSTRACT

### THE INFLUENCE OF WORKLOAD AND WORK STRESS ON PERFORMANCE EMPLOYEES AT PT. NEYVA PUTRI SRIWIJAYA IN PALEMBANG

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This study aims to determine the effect of Workload and Work Stress on Employee Performance at PT. Neyva Putri Sriwijaya in Palembang. The type of research used in this study was quantitative. The data sources used were primary data and secondary data. The data collection method was carried out by field studies using questionnaire instruments. The population in this study were employees of PT. Neyva Putri Sriwijaya in Palembang amounted to 41 people. The sampling technique used purposive sampling with a sample size of 30 employees of PT. Neyva Putri Sriwijaya in Palembang. Data analysis used multiple linear regression. The results of this study showed that Workload affected Employee Performance, Work Stress affected Employee Performance, and Workload and Work Stress affected Employee Performance at PT. Neyva Putri Sriwijaya in Palembang.

**Keywords:** Workload, Work Stress, Employee Performance

