**ABSTRAK**

**PENGARUH BEBAN KERJA DAN STRES KERJA TERHADAP TINGKAT *TURNOVER INTENTION* KARYAWAN PT INDOMARCO PRISMATAMA CABANG LAMPUNG**

**Oleh:**

**M Redo Sentosa**

Penelitian ini bertujuan untuk mengetahui adakah pengaruh Beban Kerja dan Stres Kerja terhadap tingkat *Turnover Intention* karyawan PT Indomarco Prismatama Cabang Lampung. Jumlah sampel yang digunakan pada penelitian ini sebanyak 82 responden. Pengujian hipotesis dalam penelitian ini menggunakan Uji F ( Uji Simultan ). Berdasarkan hasil analisis data, maka diperoleh Fhitung sebesar 19,264 sedangkan nilai Ftabel sebesar 3,11. Dengan demikian Fhitung > Ftabel maka HO ditolak, dan Ha diterima. Sedangkan dilihat dari probabilitas hitung adalah 0,00 yaitu < 0,05 maka keputusannya juga Ho ditolak dan Ha diterima. Dengan kata lain ada pengaruh yang signifikan antara Beban kerja (X1) dan Stres Kerja (X2) terhadap *Turnover Intention* (Y)Karyawan PT Indomarco Prismatama.

**Kata Kunci : Beban Kerja, Stres Kerja, *Turnover Intention.***

**ABSTRACT**

**THE EFFECT OF WORKLOAD AND WORK STRESS ON LEVEL OF TURNOVER INTENTION OF EMPLOYEES IN PT. INDOMARCO PRISMATAMA LAMPUNG**

**By:**

**M. Redo Sentosa**

The purpose of this study was to determine the effect of Workload and Work Stress on the level of Turnover Intention of employees in PT. Indomarco Prismatama Lampung. The number of samples were 82 respondents. Testing the hypothesis in this study used the F Test (Simultaneous Test). the result of this study found that the F Count was 19.264 and the F table value was 3.11. Thus, F count > F table meant that HO was rejected, and Ha was accepted. Meanwhile, the probability of 0.00 was < 0.05 meant that the decision was also Ho rejected and Ha was accepted. It concluded that there was a significant effect between workload (X1) and work stress (X2) on employee turnover intention (Y) in PT. Indomarco Prismatama.

**Keywords: Workload, Work Stress, Turnover Intention**