

## **ABSTRAK**

### **PENGARUH STRES KERJA DAN LINGKUNGAN KERJA NON FISIK TERHADAP KINERJA GURU SMK MA'ARIF NU 1 PURBOLINGGO LAMPUNG TIMUR**

**Oleh :**

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Penelitian ini bertujuan untuk mengetahui pengaruh Stres Kerja dan Lingkungan Kerja Non Fisik terhadap Kinerja Guru SMK Ma'arif NU 1 Purbolinggo Lampung Timur. Populasi dalam penelitian ini adalah guru SMK Ma'arif NU 1 Purbolinggo dan sampel sebanyak 42 guru. Analisis yang digunakan meliputi uji instrumen data uji validitas, dan uji reliabilitas. Teknik pengumpulan data yaitu observasi, kuesioner. Teknik analisis data berupa uji linearitas, uji normalitas, uji multikolinieritas dan analisis regresi linier berganda. Uji hipotesis menggunakan uji-T dan uji-F. Hasil penelitian ini terdapat pengaruh positif Stres Kerja terhadap Kinerja guru, Lingkungan Kerja Non Fisik berpengaruh positif terhadap Kinerja Guru, Stres Kerja dan Lingkungan Kerja Non Fisik berpengaruh positif terhadap Kinerja Guru SMK Ma'arif NU 1 Purbolinggo.

**Kata Kunci:** Stres kerja, Lingkungan Kerja Non Fisik dan Kinerja Guru.

## **ABSTRACT**

### **THE EFFECT OF WORK STRESS AND NON PHYSICAL WORK ENVIRONMENT ON TEACHER PERFORMANCE at MA'ARIF NU 1 PURBOLINGGO TEACHERS, EAST LAMPUNG**

**By**

**Sinta Yunita Sari**

The purpose of this study was to find the effect of work stress and non-physical work environment on teacher performance at SMK Ma'arif NU 1 Purbolinggo, East Lampung. The population in this study was the teachers of SMK Ma'arif NU 1 Purbolinggo, and the number of the sample was 42 teachers. The instrument analysis used validity test and test reliability. The data collection techniques used observation and questionnaires. The data analysis methods used linearity test, normality test, multicollinearity test and multiple linear regression analysis. The hypothesis testing used t-test and F-test. The result of this study found that the job stress had a positive effect on the teacher performance, the non-physical work environment had a positive effect on the teacher performance, the work stress and the non-physical work environment had a positive effect on the teacher performance at SMK Ma'arif NU 1 Purbolinggo.

**Keywords:** Work Stress, Non-Physical Work Environment and Teacher Performance.