

***THE INFLUENCE OF TELEWORKING, WORK LIFE
BALANCE, AND WORK STRESS ON EMPLOYEE
PERFORMANCE
(CASE STUDY AT PT SRIWIJAYA AIR TANGERANG)***

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Abstract

This research is quantitative research that aims to determine the effect of teleworking, work life balance, and work stress on employee performance. This study used 93 employees of PT Sriwijaya Air Tangerang, using a simple random sampling technique. The analysis technique used is path analysis and the data is processed using SmartPLS 3.0. The results of the test obtained: (1) teleworking has a positive and significant effect on the performance of employees of PT Sriwijaya Air Tangerang, (2) work life balance has a positive and significant effect on the performance of employees of PT Sriwijaya Air Tangerang, and (3) work stress has a significant effect on performance employees of PT Sriwijaya Air Tangerang, (2) work life balance has a negative and significant effect on the performance of employees of PT Sriwijaya Air Tangerang.

Keyword: *Teleworking, Work Life Balance, Job Stress, Employee Performance*

PENGARUH *TELEWORKING*, *WORK LIFE BALANCE*, DAN STRES KERJA TERHADAP KINERJA KARYAWAN (STUDI KASUS DI PT SRIWIJAYA AIR TANGERANG)

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Abstrak

Penelitian ini merupakan penelitian kuantitatif yang bertujuan untuk mengetahui pengaruh *teleworking*, *work life balance*, dan stress kerja terhadap kinerja karyawan. Penelitian ini menggunakan karyawan PT Sriwijaya Air Tangerang sebanyak 93 orang, dengan Teknik *simple random sampling*. Teknik analisis yang digunakan adalah *path analysis* dan data diolah menggunakan *SmartPLS 3.0*. Hasil dari pengujian diperoleh: (1) *teleworking* berpengaruh secara positif dan signifikan terhadap kinerja karyawan PT Sriwijaya Air Tangerang, (2) *work life balance* berpengaruh secara positif dan signifikan terhadap kinerja karyawan PT Sriwijaya Air Tangerang, dan (3) stress kerja signifikan terhadap kinerja karyawan PT Sriwijaya Air Tangerang, (2) *work life balance* berpengaruh secara negatif dan signifikan terhadap kinerja karyawan PT Sriwijaya Air Tangerang.

Kata Kunci: *Teleworking*, *Work Life Balance*, Stres Kerja, Kinerja Karyawan