

## **ABSTRACT**

**Bayu Wisambodo.** *The Effect of Workload and Work Stress on Employee Performance at the West Java Regional Development Planning Agency, under the direction of Dr. Ina Ratnamasih, S.E., M.Si as the Advisor.*

*This study aims to determine the effect of workload and work stress on employee performance either partially or simultaneously at the West Java Regional Planning Board. The method used is descriptive and verification research method with the number of samples in this study were 67 respondents. Data collection techniques used are interviews and distributing questionnaires.*

*The data analysis method used is multiple linear regression, multiple correlation and coefficient of determination to explain the relationship and influence between the independent and dependent variables. The results showed that the workload, work stress and employee performance at the Regional Development Planning Agency of West Java can be said to be quite light, the work stress is quite low, and the performance is quite good. Workload and work stress have a very strong influence on employee performance that is equal to 62.9%. The influence of a very strong variable is workload with a coefficient of 40.1%. While work stress is 22.8%, workload has a negative effect on performance, as well as work stress has a negative effect on performance.*

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