

## **ABSTRAK**

Penelitian ini bertujuan untuk mengetahui pengaruh beban kerja terhadap stress kerja pada guru yang mengajar di SD Plus 2 Al-Muhajirin Purwakarta. Sebanyak 50 responden. Teknik analisis data dilakukan dengan menggunakan regresi linier berganda. Hasil penelitian menunjukkan bahwa beban kerja berpengaruh negative terhadap stress kerja guru di SD Plus 2 Al-Muhajirin Purwakarta. Baik secara simultan maupun secara parsial Beban Kerja dan Stress Kerja berpengaruh signifikan terhadap Kinerja Guru di SD Plus 2 AL-Muhajirin Purwakarta, dengan total kontribusi sebesar 72,1% yang di dominasi oleh Stress Kerja, sedangkan sisanya sebesar 27,9% merupakan kontribusi dari variabel lain yang tidak diteliti diluar penelitian.

Kata kunci: Beban Kerja, Stress Kerja, Kinerja Guru

## **ABSTRACT**

*This study aims to determine the effect of workload on work stress on teachers who teach at SD Plus 2 Al-Muhajirin Purwakarta. A total of 50 respondents. The data analysis technique was carried out using multiple linear regression. The results showed that workload had no effect on teacher work stress at SD Plus 2 Al-Muhajirin Purwakarta. Both simultaneously and partially workload and work stress have a significant effect on teacher performance at SD Plus 2 AL-Muhajirin Purwakarta, with a total contribution of 72.1% which is dominated by work stress, while the remaining 27.9% is a contribution from other variables not examined outside the study.*

**Key Word : Workload, Working Stress, Teacher Performance**