

ABSTRACT

This research began with the discovery of problems with employee performance. The problem seen in this research is employee performance caused by work stress, training and position promotions. This research aims to find out how much influence work stress, training and position promotions have on the performance of PT. Pos Indonesia (Persero) Asia Afrika Bandung Branch, either partially or simultaneously. The research method used was descriptive and verification with a sample size of 50 respondents. The data collection techniques used were observation, interviews, and distributing questionnaires. The analytical method used is the Method of Successive Internal (MSI), multiple linear regression analysis, multiple correlation, coefficient of determination. The results of the research show that there is a significant influence between work stress, training, and promotion on the performance of PT. Pos Indonesia (Persero) Asia Afrika Bandung Branch simultaneously reached 30,8%. Partially, the effect of work stress on employee performance is 7,2% and the effect of promotion on employee performance is 14,8%. So it can be concluded that job promotions have a greater influence on the performance of PT. Pos Indonesia (Persero) Asia Afrika Bandung Branch.

Keywords : Job Stress, Training, Promotion and Employee Performance