

## **ABSTRACT**

### ***The Effect of Workload and Work Environment on Work Stress at PT. Artha Mulia Sembada***

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*The purpose of this study was to determine the effect of workload and work environment on employee work stress. The research method used is quantitative method and this research is descriptive in nature. This research was conducted at PT. Artha Mulia Sembada. The variables used in this study are workload and work environment as independent variables, and work stress as the dependent variable. The results showed that partially workload had a positive and significant effect on employee work stress, as evidenced by the calculated  $t$  value which was greater than the  $t$  table value, namely  $10,375 > 1,995$ . Then the work environment also has not significant effect on employee work stress, as evidenced by the value of  $t$  count  $< t$  table, which is equal to  $1,046 < 1,995$ .*

**Keywords:** *Workload, Work Environment, Work Stress.*