

## LAMPIRAN

## Lampiran 1 Instrumen Penelitian

| No                                 | Pernyataan Unsur Penelitian                                                                                                 | STS | TS | N | S | SS |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----|----|---|---|----|
|                                    |                                                                                                                             | 1   | 2  | 3 | 4 | 5  |
| <b>Variabel X1 Beban Kerja</b>     |                                                                                                                             |     |    |   |   |    |
| 1                                  | Saya harus menyelesaikan banyak tugas dalam waktu yang bersamaan                                                            |     |    |   |   |    |
| 2                                  | Pekerjaan saya menuntut konsentrasi tinggi secara terus menerus sehingga menguras tenaga saya                               |     |    |   |   |    |
| 3                                  | Saya sering mengerjakan beberapa tugas secara bersamaan dalam waktu yang sama                                               |     |    |   |   |    |
| 4                                  | Waktu yang diberikan untuk menyelesaikan pekerjaan sering kali tidak mencukupi                                              |     |    |   |   |    |
| 5                                  | Saya sering bekerja melebihi jam kerja yang telah ditentukan                                                                |     |    |   |   |    |
| 6                                  | Saya merasa jadwal pekerjaan yang diberikan terlalu padat                                                                   |     |    |   |   |    |
| 7                                  | Target pekerjaan yang diberikan kepada saya cukup tinggi                                                                    |     |    |   |   |    |
| 8                                  | Saya merasa tertekan untuk mencapai target pekerjaan yang ditetapkan Perusahaan                                             |     |    |   |   |    |
| 9                                  | Saya merasa terbebani dengan jumlah pekerjaan yang harus diselesaikan setiap hari                                           |     |    |   |   |    |
| <b>Variabel X2 Dukungan Sosial</b> |                                                                                                                             |     |    |   |   |    |
| 10                                 | Atasan saya bersedia meluangkan waktu untuk mendengarkan keluhan terkait kendala pekerjaan yang saya hadapi                 |     |    |   |   |    |
| 11                                 | Saya merasa rekan kerja memiliki rasa empati dan saling peduli Ketika ada anggota tim yang sedang mengalami masalah pribadi |     |    |   |   |    |
| 12                                 | Saya merasa mendapat dukungan dan kepedulian dari lingkungan kerja saya                                                     |     |    |   |   |    |
| 13                                 | Atasan memberikan apresiasi Ketika saya berhasil menyelesaikan tugas dengan baik                                            |     |    |   |   |    |
| 14                                 | Rekan kerja memberikan semangat Ketika saya menghadapi masalah pekerjaan                                                    |     |    |   |   |    |
| 15                                 | Hasil kerja keras saya diakui dan dihargai oleh rekan kerja maupun pimpinan                                                 |     |    |   |   |    |
| 16                                 | Ketika saya berhalangan atau beban kerja menumpuk, rekan kerja bersedia membantu menyelesaikan Sebagian tugas saya          |     |    |   |   |    |
| 17                                 | Perusahaan menyediakan peralatan kerja yang memadai dan mempermudah saya dalam mencapai target produksi                     |     |    |   |   |    |
| 18                                 | Saya memperoleh bantuan yang cukup Ketika mengalami kesulitan dalam menyelesaikan tugas                                     |     |    |   |   |    |
| 19                                 | Saya mendapat masukan atau saran yang membangun dari rekan kerja untuk memperbaiki kualitas kerja saya                      |     |    |   |   |    |
| 20                                 | Saya memperoleh saran atau petunjuk yang jelas dari lingkungan kerja untuk menyelesaikan tugas dengan baik                  |     |    |   |   |    |
| 21                                 | Rekan kerja sering membagi informasi atau pengalaman yang membantu saya menghindari kesalahan dalam bekerja                 |     |    |   |   |    |
| <b>Variabel Y Stres Kerja</b>      |                                                                                                                             |     |    |   |   |    |

| No | Pernyataan Unsur Penelitian                                                                                   | STS | TS | N | S | SS |
|----|---------------------------------------------------------------------------------------------------------------|-----|----|---|---|----|
|    |                                                                                                               | 1   | 2  | 3 | 4 | 5  |
| 22 | Saya sering merasa pusing atau sakit kepala akibat tekanan pekerjaan yang berlebihan                          |     |    |   |   |    |
| 23 | Saya sering merasa sulit tidur atau kualitas tidur saya terganggu karena memikirkan beban pekerjaan           |     |    |   |   |    |
| 24 | Saya sering merasa Lelah atau kehabisan energi setelah bekerja                                                |     |    |   |   |    |
| 25 | Muncul perasaan jenuh atau tidak bersemangat untuk memulai rutinitas pekerjaan dipagi hari                    |     |    |   |   |    |
| 26 | Saya mudah merasa tertekan atau khawatir terhadap pekerjaan yang saya lakukan                                 |     |    |   |   |    |
| 27 | Saya merasa tubuh saya mudah Lelah saat bekerja                                                               |     |    |   |   |    |
| 28 | Tekanan kerja yang tinggi membuat saya cenderung bekerja dengan terburu-buru sehingga ketelitian saya menurun |     |    |   |   |    |

## Lampiran 2 Output SPSS

|       |                     | Correlations |        |        |        |        |        |        |        |        |        |
|-------|---------------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
|       |                     | X1.1         | X1.2   | X1.3   | X1.4   | X1.5   | X1.6   | X1.7   | X1.8   | X1.9   | TOTAL  |
| X1.1  | Pearson Correlation | 1            | .119   | .352*  | .337*  | .108   | .226   | .114   | .009   | .384*  | .549** |
|       | Sig. (2-tailed)     |              | .475   | .030   | .039   | .517   | .172   | .497   | .956   | .017   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     |
| X1.2  | Pearson Correlation | .119         | 1      | .568** | .234   | .131   | .364*  | .361*  | .027   | .101   | .579** |
|       | Sig. (2-tailed)     | .475         |        | <.001  | .158   | .432   | .025   | .026   | .870   | .547   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     |
| X1.3  | Pearson Correlation | .352*        | .568** | 1      | .057   | .320   | .475** | .137   | .110   | .034   | .609** |
|       | Sig. (2-tailed)     | .030         | <.001  |        | .734   | .050   | .003   | .412   | .510   | .837   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     |
| X1.4  | Pearson Correlation | .337*        | .234   | .057   | 1      | .267   | .092   | .492** | .439** | .367*  | .673** |
|       | Sig. (2-tailed)     | .039         | .158   | .734   |        | .105   | .584   | .002   | .006   | .023   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     |
| X1.5  | Pearson Correlation | .108         | .131   | .320   | .267   | 1      | .231   | .174   | .031   | .125   | .496** |
|       | Sig. (2-tailed)     | .517         | .432   | .050   | .105   |        | .163   | .296   | .852   | .454   | .002   |
|       | N                   | 38           | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     |
| X1.6  | Pearson Correlation | .226         | .364*  | .475** | .092   | .231   | 1      | .310   | .008   | .146   | .572** |
|       | Sig. (2-tailed)     | .172         | .025   | .003   | .584   | .163   |        | .058   | .960   | .382   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     |
| X1.7  | Pearson Correlation | .114         | .361*  | .137   | .492** | .174   | .310   | 1      | .278   | -.042  | .549** |
|       | Sig. (2-tailed)     | .497         | .026   | .412   | .002   | .296   | .058   |        | .091   | .804   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     |
| X1.8  | Pearson Correlation | .009         | .027   | .110   | .439** | .031   | .008   | .278   | 1      | .161   | .417** |
|       | Sig. (2-tailed)     | .956         | .870   | .510   | .006   | .852   | .960   | .091   |        | .335   | .009   |
|       | N                   | 38           | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     |
| X1.9  | Pearson Correlation | .384*        | .101   | .034   | .367*  | .125   | .146   | -.042  | .161   | 1      | .483** |
|       | Sig. (2-tailed)     | .017         | .547   | .837   | .023   | .454   | .382   | .804   | .335   |        | .002   |
|       | N                   | 38           | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     |
| TOTAL | Pearson Correlation | .549**       | .579** | .609** | .673** | .496** | .572** | .549** | .417** | .483** | 1      |
|       | Sig. (2-tailed)     | <.001        | <.001  | <.001  | <.001  | .002   | <.001  | <.001  | .009   | .002   |        |
|       | N                   | 38           | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     | 38     |

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\*. Correlation is significant at the 0.01 level (2-tailed).

## Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .703             | 9          |

### Correlations

|       |                     | X2.1   | X2.2   | X2.3  | X2.4   | X2.5   | X2.6   | X2.7   | X2.8   | X2.9  | X2.10  | X2.11  | X2.12  | TOTAL  |
|-------|---------------------|--------|--------|-------|--------|--------|--------|--------|--------|-------|--------|--------|--------|--------|
| X2.1  | Pearson Correlation | 1      | .551** | .229  | .673** | -.190  | .426** | .323*  | .343*  | .165  | .545** | .358*  | .689** | .810** |
|       | Sig. (2-tailed)     |        | <.001  | .167  | <.001  | .254   | .008   | .048   | .035   | .321  | <.001  | .028   | <.001  | <.001  |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.2  | Pearson Correlation | .551** | 1      | .080  | .223   | .132   | .294   | .511** | .336*  | .166  | .683** | -.013  | .417** | .692** |
|       | Sig. (2-tailed)     | <.001  |        | .635  | .179   | .430   | .073   | .001   | .039   | .319  | <.001  | .936   | .009   | <.001  |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.3  | Pearson Correlation | .229   | .080   | 1     | .345*  | .140   | -.049  | .194   | .056   | -.034 | -.056  | .386*  | .304   | .374*  |
|       | Sig. (2-tailed)     | .167   | .635   |       | .034   | .402   | .769   | .243   | .738   | .840  | .737   | .017   | .063   | .021   |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.4  | Pearson Correlation | .673** | .223   | .345* | 1      | .029   | .567** | .402*  | .271   | .091  | .312   | .131   | .499** | .717** |
|       | Sig. (2-tailed)     | <.001  | .179   | .034  |        | .861   | <.001  | .012   | .100   | .587  | .057   | .435   | .001   | <.001  |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.5  | Pearson Correlation | -.190  | .132   | .140  | .029   | 1      | .087   | .213   | .251   | -.231 | -.024  | -.392* | -.170  | .120   |
|       | Sig. (2-tailed)     | .254   | .430   | .402  | .861   |        | .606   | .200   | .129   | .162  | .886   | .015   | .307   | .474   |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.6  | Pearson Correlation | .426** | .294   | -.049 | .567** | .087   | 1      | .486** | .324*  | -.075 | .512** | .008   | .367*  | .639** |
|       | Sig. (2-tailed)     | .008   | .073   | .769  | <.001  | .606   |        | .002   | .047   | .654  | .001   | .963   | .024   | <.001  |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.7  | Pearson Correlation | .323*  | .511** | .194  | .402*  | .213   | .486** | 1      | .425** | -.074 | .538** | -.080  | .310   | .664** |
|       | Sig. (2-tailed)     | .048   | .001   | .243  | .012   | .200   | .002   |        | .008   | .659  | <.001  | .635   | .058   | <.001  |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.8  | Pearson Correlation | .343*  | .336*  | .056  | .271   | .251   | .324*  | .425** | 1      | -.014 | .286   | -.089  | .163   | .515** |
|       | Sig. (2-tailed)     | .035   | .039   | .738  | .100   | .129   | .047   | .008   |        | .932  | .082   | .594   | .327   | <.001  |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.9  | Pearson Correlation | .165   | .166   | -.034 | .091   | -.231  | -.075  | -.074  | -.014  | 1     | .152   | .410*  | -.121  | .200   |
|       | Sig. (2-tailed)     | .321   | .319   | .840  | .587   | .162   | .654   | .659   | .932   |       | .361   | .011   | .470   | .229   |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.10 | Pearson Correlation | .545** | .683** | -.056 | .312   | -.024  | .512** | .538** | .286   | .152  | 1      | .100   | .401*  | .710** |
|       | Sig. (2-tailed)     | <.001  | <.001  | .737  | .057   | .886   | .001   | <.001  | .082   | .361  |        | .549   | .013   | <.001  |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.11 | Pearson Correlation | .358*  | -.013  | .386* | .131   | -.392* | .008   | -.080  | -.089  | .410* | .100   | 1      | .257   | .297   |
|       | Sig. (2-tailed)     | .028   | .936   | .017  | .435   | .015   | .963   | .635   | .594   | .011  | .549   |        | .120   | .070   |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| X2.12 | Pearson Correlation | .689** | .417** | .304  | .499** | -.170  | .367*  | .310   | .163   | -.121 | .401*  | .257   | 1      | .662** |
|       | Sig. (2-tailed)     | <.001  | .009   | .063  | .001   | .307   | .024   | .058   | .327   | .470  | .013   | .120   |        | <.001  |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |
| TOTAL | Pearson Correlation | .810** | .692** | .374* | .717** | .120   | .639** | .664** | .515** | .200  | .710** | .297   | .662** | 1      |
|       | Sig. (2-tailed)     | <.001  | <.001  | .021  | <.001  | .474   | <.001  | <.001  | <.001  | .229  | <.001  | .070   | <.001  |        |
|       | N                   | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     |

\*\*. Correlation is significant at the 0.01 level (2-tailed).

\*. Correlation is significant at the 0.05 level (2-tailed).

## Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .787             | 12         |

|       |                     | Correlations |        |        |        |       |        |        |        |        |        |
|-------|---------------------|--------------|--------|--------|--------|-------|--------|--------|--------|--------|--------|
|       |                     | Y1           | Y2     | Y3     | Y4     | Y5    | Y6     | Y7     | Y8     | Y9     | TOTAL  |
| Y1    | Pearson Correlation | 1            | .659** | .437** | .208   | -.003 | .405*  | .292   | .454** | .343*  | .706** |
|       | Sig. (2-tailed)     |              | <.001  | .006   | .210   | .987  | .012   | .075   | .004   | .035   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     |
| Y2    | Pearson Correlation | .659**       | 1      | .456** | .247   | .264  | .575** | .402*  | .323*  | .502** | .800** |
|       | Sig. (2-tailed)     | <.001        |        | .004   | .136   | .109  | <.001  | .012   | .048   | .001   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     |
| Y3    | Pearson Correlation | .437**       | .456** | 1      | .429** | .360* | .327*  | .159   | .128   | .486** | .650** |
|       | Sig. (2-tailed)     | .006         | .004   |        | .007   | .027  | .045   | .342   | .444   | .002   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     |
| Y4    | Pearson Correlation | .208         | .247   | .429** | 1      | .078  | .560** | .211   | .096   | .681** | .608** |
|       | Sig. (2-tailed)     | .210         | .136   | .007   |        | .642  | <.001  | .204   | .568   | <.001  | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     |
| Y5    | Pearson Correlation | -.003        | .264   | .360*  | .078   | 1     | .151   | -.095  | .047   | .400*  | .348*  |
|       | Sig. (2-tailed)     | .987         | .109   | .027   | .642   |       | .366   | .573   | .779   | .013   | .032   |
|       | N                   | 38           | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     |
| Y6    | Pearson Correlation | .405*        | .575** | .327*  | .560** | .151  | 1      | .294   | .161   | .545** | .721** |
|       | Sig. (2-tailed)     | .012         | <.001  | .045   | <.001  | .366  |        | .073   | .333   | <.001  | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     |
| Y7    | Pearson Correlation | .292         | .402*  | .159   | .211   | -.095 | .294   | 1      | .347*  | .195   | .519** |
|       | Sig. (2-tailed)     | .075         | .012   | .342   | .204   | .573  | .073   |        | .033   | .240   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     |
| Y8    | Pearson Correlation | .454**       | .323*  | .128   | .096   | .047  | .161   | .347*  | 1      | .153   | .516** |
|       | Sig. (2-tailed)     | .004         | .048   | .444   | .568   | .779  | .333   | .033   |        | .359   | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     |
| Y9    | Pearson Correlation | .343*        | .502** | .486** | .681** | .400* | .545** | .195   | .153   | 1      | .736** |
|       | Sig. (2-tailed)     | .035         | .001   | .002   | <.001  | .013  | <.001  | .240   | .359   |        | <.001  |
|       | N                   | 38           | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     |
| TOTAL | Pearson Correlation | .706**       | .800** | .650** | .608** | .348* | .721** | .519** | .516** | .736** | 1      |
|       | Sig. (2-tailed)     | <.001        | <.001  | <.001  | <.001  | .032  | <.001  | <.001  | <.001  | <.001  |        |
|       | N                   | 38           | 38     | 38     | 38     | 38    | 38     | 38     | 38     | 38     | 38     |

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

## Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .802             | 9          |

## ANOVA<sup>a</sup>

| Model |            | Sum of Squares | df | Mean Square | F      | Sig.               |
|-------|------------|----------------|----|-------------|--------|--------------------|
| 1     | Regression | 794.308        | 2  | 397.154     | 26.909 | <.001 <sup>b</sup> |
|       | Residual   | 516.561        | 35 | 14.759      |        |                    |
|       | Total      | 1310.868       | 37 |             |        |                    |

a. Dependent Variable: Y

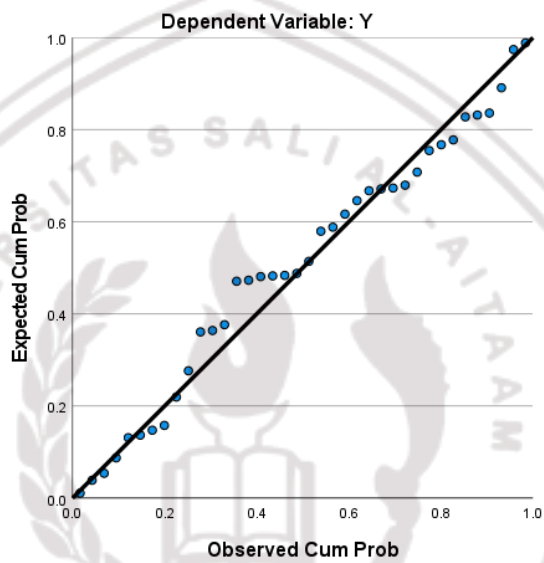
b. Predictors: (Constant), X2, X1

### Coefficients<sup>a</sup>

| Model |            | Unstandardized Coefficients |            | Standardized Coefficients | t     | Sig.  |
|-------|------------|-----------------------------|------------|---------------------------|-------|-------|
|       |            | B                           | Std. Error | Beta                      |       |       |
| 1     | (Constant) | 2.148                       | 4.479      |                           | .480  | .635  |
|       | X1         | .944                        | .142       | .772                      | 6.636 | <.001 |
|       | X2         | .015                        | .108       | .016                      | .141  | .889  |

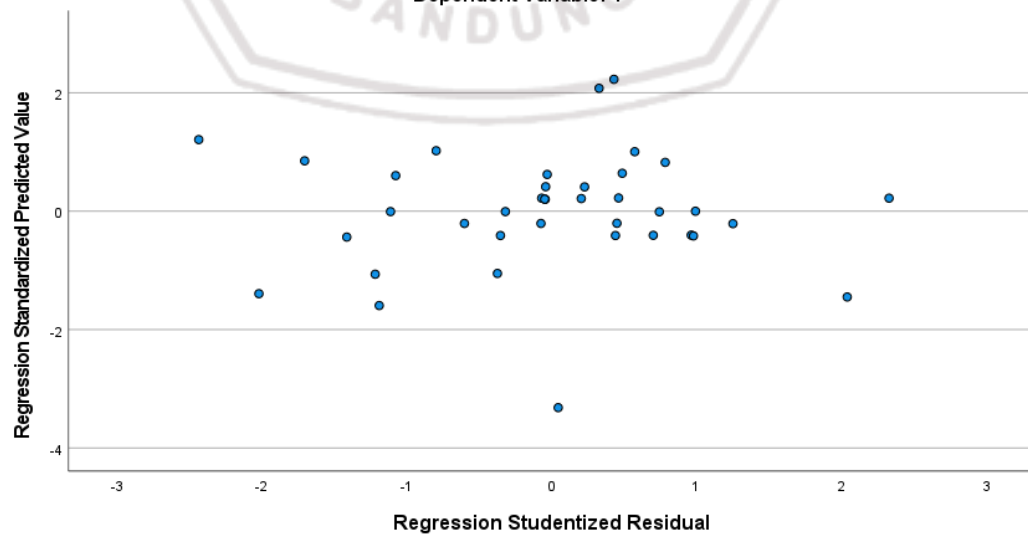
a. Dependent Variable: Y

Normal P-P Plot of Regression Standardized Residual



Scatterplot

Dependent Variable: Y



### One-Sample Kolmogorov-Smirnov Test

|                                          |                                     | Unstandardized Residual |
|------------------------------------------|-------------------------------------|-------------------------|
| N                                        |                                     | 38                      |
| Normal Parameters <sup>a,b</sup>         | Mean                                | .0000000                |
|                                          | Std. Deviation                      | 3.73645613              |
| Most Extreme Differences                 | Absolute                            | .128                    |
|                                          | Positive                            | .078                    |
|                                          | Negative                            | -.128                   |
| Test Statistic                           |                                     | .128                    |
| Asymp. Sig. (2-tailed) <sup>c</sup>      |                                     | .119                    |
| Monte Carlo Sig. (2-tailed) <sup>d</sup> | Sig.                                | .119                    |
|                                          | 99% Confidence Interval Lower Bound | .111                    |
|                                          | Upper Bound                         | .127                    |

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. Lilliefors' method based on 10000 Monte Carlo samples with starting seed 2000000.

### ANOVA<sup>a</sup>

| Model |            | Sum of Squares | df | Mean Square | F      | Sig.               |
|-------|------------|----------------|----|-------------|--------|--------------------|
| 1     | Regression | 794.308        | 2  | 397.154     | 26.909 | <.001 <sup>b</sup> |
|       | Residual   | 516.561        | 35 | 14.759      |        |                    |
|       | Total      | 1310.868       | 37 |             |        |                    |

a. Dependent Variable: Stres Kerja

b. Predictors: (Constant), Dukungan Sosial, Beban Kerja

### Coefficients<sup>a</sup>

|       |                 | Collinearity Statistics |       |
|-------|-----------------|-------------------------|-------|
| Model |                 | Tolerance               | VIF   |
| 1     | Beban Kerja     | .833                    | 1.201 |
|       | Dukungan Sosial | .833                    | 1.201 |

a. Dependent Variable: Stres Kerja

### Model Summary

| Model | R                 | R Square | Adjusted R Square | Std. Error of the Estimate |
|-------|-------------------|----------|-------------------|----------------------------|
| 1     | .778 <sup>a</sup> | .606     | .583              | 3.84173                    |

a. Predictors: (Constant), Dukungan Sosial, Beban Kerja

### Descriptive Statistics

|                 | Mean    | Std. Deviation | N  |
|-----------------|---------|----------------|----|
| Stres Kerja     | 28.2368 | 5.95222        | 38 |
| Beban Kerja     | 27.0000 | 4.86577        | 38 |
| Dukungan Sosial | 39.8158 | 6.42569        | 38 |

### Model Summary<sup>b</sup>

| Model | R                 | R Square | Adjusted R Square | Std. Error of the Estimate | Durbin-Watson |
|-------|-------------------|----------|-------------------|----------------------------|---------------|
| 1     | .778 <sup>a</sup> | .606     | .583              | 3.84173                    | 1.531         |

a. Predictors: (Constant), Dukungan Sosial, Beban Kerja

b. Dependent Variable: Stres Kerja

### Descriptive Statistics

|                    | N  | Minimum | Maximum | Mean    | Std. Deviation |
|--------------------|----|---------|---------|---------|----------------|
| Beban Kerja        | 38 | 11.00   | 38.00   | 27.0000 | 4.86577        |
| Dukungan Sosial    | 38 | 22.00   | 52.00   | 39.8158 | 6.42569        |
| Stres Kerja        | 38 | 13.00   | 40.00   | 28.2368 | 5.95222        |
| Valid N (listwise) | 38 |         |         |         |                |

### Lampiran 3 Dokumentasi Lokasi Penelitian



## Lampiran 4 Kartu Bimbingan



# UNIVERSITAS SALI AL-AIT AAM

Surat Keputusan Nomor : 541/E/O/2021 Tanggal 7 Desember 2021

Program Studi :

Akuntansi Perpajakan Program Sarjana Terapan - Akuntansi Lembaga Keuangan Syariah Program Sarjana Terapan - Bisnis Digital  
 Program Sarjana Terapan - Kebidanan Program Diploma Tiga Menuju Kebidanan Program Sarjana - Hukum Program Sarjana  
 Ilmu Komunikasi Program Sarjana - Perencanaan Wilayah dan Kota Program Sarjana - Agroteknologi Program Sarjana  
 Manajemen Program Sarjana - Pendidikan Biologi Program Sarjana - Teknik Industri Program Sarjana  
 Kewirausahaan Program Sarjana - Pendidikan Kependidikan Olahraga Program Sarjana

Jl. Aceng Sali Al-Aitam No.1 Ciganitri Telp. 022-8750 4223 Bojongsong Kabupaten Bandung

Form. 3

### KARTU BIMBINGAN SKRIPSI / TUGAS AKHIR

Nama : Wanda Nur Okiapiani

NIM : 2261201126

Program Studi : Manajemen

Judul Skripsi : Pengaruh Beban Kerja dan Dukungan Sosial terhadap stres kerja

Pembimbing : Rika Nurisaman S.E.,M.M

| No. | Tanggal                | Materi / Saran / Perbaikan                                       | Paraf Pembimbing   |
|-----|------------------------|------------------------------------------------------------------|--------------------|
| 1   | Senin<br>9 Maret 2024  | Konsultasi Judul Skripsi                                         | <i>[Signature]</i> |
| 2   | Jumat<br>13 Maret 2024 | Revisi Bab I                                                     | <i>[Signature]</i> |
| 3   | Rabu<br>18 Maret 2024  | Revisi Bab 1                                                     | <i>[Signature]</i> |
| 4   | Selasa<br>7 April 2024 | Revisi Latar belakang                                            | <i>[Signature]</i> |
| 5   | Jumat<br>10 April 2024 | Revisi Identifikasi, Rumusan, Tujuan masalah                     | <i>[Signature]</i> |
| 6   | 15/4/2024              | Penambahan grand teori Bab 2 kerangka Berfikir<br>dilanjut Bab 3 | <i>[Signature]</i> |
| 7   | 02/5/2024              | Bab 3 ok, siap SEMPRO                                            | <i>[Signature]</i> |
| 8   | 01/07/2024             | Konsultasi Pembuatan Kuesioner                                   |                    |
| 9   | 9/7/24                 | Bab IV & V ok, siap sidang                                       | <i>[Signature]</i> |
| 10  |                        |                                                                  |                    |
| 11  |                        |                                                                  |                    |
| 12  |                        |                                                                  |                    |
| 13  |                        |                                                                  |                    |
| 14  |                        |                                                                  |                    |

Catatan:

- Kartu bimbingan dibawa saat bimbingan
- Kartu bimbingan diisi oleh Dosen Pembimbing

Kab. Bandung ...../20....  
 Pembimbing.....

| Pelaksanaan Ujian    | Tanggal |
|----------------------|---------|
| Seminar Proposal     |         |
| Sidang Akhir Skripsi |         |
| Yudisium Kelulusan   |         |

(.....)

## Lampiran 5 Surat Pengantar Penelitian



**UNIVERSITAS SALI AL-AITAAM**  
**FAKULTAS EKONOMI DAN BISNIS**  
**PROGRAM STUDI MANAJEMEN**

Jl. Aceng Sali Al-Aitaam No. 1 Ciganitri, Bojongsoang, Kab. Bandung  
Tlp : 022-8750 0756 Hp : 0812 1472 8863, 0896 7013 8689, email : prodimanajemen.unisal@gmail.com

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Nomor : 021/MJM/TA/II/2026  
Lamp : -  
Perihal : Pengantar Penelitian Tugas Akhir (Skripsi)

Kepada Yth,  
Bapak/Ibu Pimpinan  
CV. Putra Karisma Kencana  
Jl. Terusan kopo soreang, kp. Babakan sekar wangi  
RW 12 RT 02, desa sekar wangi

Dengan hormat,

Sehubungan dengan pelaksanaan **Tri Dharma Perguruan Tinggi**, khususnya bidang pendidikan dan penelitian, bersama ini kami menerangkan bahwa mahasiswa berikut:

Nama : Wanda Nur Oktapiani  
NIM : 2261201126  
Program Studi : Manajemen  
Fakultas : Ekonomi dan Bisnis  
Universitas : Universitas Sali Al-Aitaam

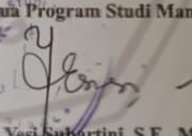
adalah benar mahasiswa aktif dan sedang menyusun **Tugas Akhir (Skripsi)** sebagai salah satu syarat untuk menyelesaikan studi pada Program Studi Manajemen.

Adapun judul penelitian yang diajukan adalah: "**Pengaruh Tekanan Pekerjaan dan Dukungan Sosial terhadap Stres Kerja Karyawan (Studi CV. Putra Karisma Kencana)**".

Sehubungan dengan hal tersebut, kami mohon kiranya Bapak/Ibu berkenan memberikan izin dan kesempatan kepada mahasiswa yang bersangkutan untuk melaksanakan kegiatan penelitian di CV. Putra Karisma Kencana, sesuai dengan ketentuan dan kebijakan yang berlaku di instansi Bapak/Ibu.

Demikian surat pengantar ini kami sampaikan. Atas perhatian dan kerja sama yang baik, kami ucapkan terima kasih.

Bandung, 28 Februari 2026  
Ketua Program Studi Manajemen

  
Yesi Subartini, S.E., M.M.  
NIDN. 0427078703

Tembusan:

1. Rektor dan Wakil Rektor I, II dan III Universitas Sali Al-Aitaam
2. Dekan Fakultas Ekonomi dan Bisnis Universitas Sali Al-Aitaam

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PRODI MANAJEMEN

1