

ABSTRAK

PENGARUH DIGITAL LEADERSHIP, MENTAL HEALTH, DAN WORK LEISURE BALANCE TERHADAP KINERJA GURU DAN KARYAWAN YAYASAN YUWATI BHAKTI SUKABUMI

Annuncia Dominica Hilda Paskalia
Prodi Manajemen Fakultas Ekonomi
Universitas Sanata Dharma
Yogyakarta
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Penelitian ini bertujuan untuk mengetahui: (1) pengaruh *digital leadership* terhadap kinerja guru dan karyawan pada Yayasan Yuwati Bhakti Sukabumi. (2) pengaruh *mental health* terhadap kinerja guru dan karyawan pada Yayasan Yuwati Bhakti Sukabumi. (3) pengaruh *work leisure balance* terhadap kinerja guru dan karyawan pada Yayasan Yuwati Bhakti Sukabumi. Penelitian ini menggunakan teknik *non-probability sampling* dengan pendekatan sampling jenuh. Sampel pada penelitian ini berjumlah 56 guru dan karyawan Yayasan Yuwati Bhakti Sukabumi. Data didapatkan melalui kuesioner yang disebar menggunakan *google form*. Teknik analisis yang digunakan merupakan analisis regresi berganda dengan menggunakan bantuan aplikasi IBM SPSS versi 26. Hasil dari penelitian ini menunjukkan bahwa: (1) *digital leadership* tidak berpengaruh terhadap kinerja guru dan karyawan pada Yayasan Yuwati Bhakti Sukabumi. (2) *mental health* berpengaruh terhadap kinerja guru dan karyawan pada Yayasan Yuwati Bhakti Sukabumi. (3) *work leisure balance* berpengaruh terhadap kinerja guru dan karyawan pada Yayasan Yuwati Bhakti Sukabumi.

Kata kunci: *digital leadership*, kinerja guru dan karyawan, *mental health*, *work leisure balance*

ABSTRACT

THE EFFECT OF DIGITAL LEADERSHIP, MENTAL HEALTH, AND WORK LEISURE BALANCE ON THE PERFORMANCE OF TEACHERS AND EMPLOYEES OF THE YUWATI BHAKTI SUKABUMI FOUNDATION

Annuncia Dominica Hilda Paskalia
Management Study Program Faculty Economics
Sanata Dharma University
Yogyakarta
2025

This study aims to determine: (1) the effect of digital leadership on the performance of teachers and employees at the Yuwati Bhakti Sukabumi Foundation. (2) the effect of mental health on the performance of teachers and employees at the Yuwati Bhakti Sukabumi Foundation. (3) the effect of work-leisure balance on the performance of teachers and employees at the Yuwati Bhakti Sukabumi Foundation. This study employs non-probability sampling techniques with a saturated sampling approach. The sample consists of 56 teachers and staff at the Yuwati Bhakti Sukabumi Foundation. Data was collected through a questionnaire distributed via Google Forms. The analysis technique used is multiple regression analysis with the assistance of IBM SPSS version 26. The results of this study indicate that: (1) digital leadership does not influence the performance of teachers and employees at the Yuwati Bhakti Sukabumi Foundation. (2) mental health influences the performance of teachers and employees at the Yuwati Bhakti Sukabumi Foundation. (3) work-leisure balance influences the performance of teachers and employees at the Yuwati Bhakti Sukabumi Foundation.

Keywords: digital leadership, employee performance, mental health, work leisure balance