

ABSTRAK

**PENGARUH BEBAN KERJA, STRES KERJA DAN DISIPLIN KERJA
TERHADAP KINERJA MAHASISWA
FAKULTAS BISNIS DAN EKONOMI UNIVERSITAS SANATA DHARMA
YANG BEKERJA**

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Penelitian ini bertujuan mengetahui: (1) pengaruh beban kerja, stres kerja dan disiplin kerja secara simultan terhadap kinerja mahasiswa Fakultas Bisnis dan Ekonomi Universitas Sanata Dharma yang Bekerja, (2) pengaruh beban kerja terhadap kinerja mahasiswa Fakultas Bisnis dan Ekonomi Universitas Sanata Dharma yang Bekerja, (3) pengaruh stres kerja terhadap kinerja mahasiswa Fakultas Bisnis dan Ekonomi Universitas Sanata Dharma yang Bekerja, (4) pengaruh disiplin kerja terhadap kinerja mahasiswa Fakultas Bisnis dan Ekonomi Universitas Sanata Dharma yang Bekerja. Populasi dalam penelitian ini adalah mahasiswa yang sedang bekerja atau pernah bekerja saat sudah kuliah. Teknik pengambilan sampel menggunakan *non probability sampling* dengan metode *purposive sampling*. Uji instrument penelitian menggunakan uji validitas dan reliabilitas. Teknik analisis data pada penelitian ini menggunakan Teknik Statistik Deskriptif, uji asumsi klasik, analisis regresi linier berganda, uji hipotesis dan koefisien determinasi dengan menggunakan aplikasi SPSS 24 dengan data diperoleh dengan menyebarkan kuesioner kepada 96 responden dalam bentuk *link*. Hasil penelitian ini menunjukkan: (1) beban kerja, stres kerja dan disiplin kerja secara simultan berpengaruh terhadap kinerja mahasiswa Fakultas Bisnis dan Ekonomi Universitas Sanata Dharma yang Bekerja, (2) beban kerja secara parsial berpengaruh terhadap kinerja mahasiswa Fakultas Bisnis dan Ekonomi Universitas Sanata Dharma yang Bekerja, (3) Stres kerja secara parsial berpengaruh terhadap kinerja mahasiswa Fakultas Bisnis dan Ekonomi Universitas Sanata Dharma yang Bekerja, (4) disiplin kerja secara parsial berpengaruh terhadap kinerja mahasiswa Fakultas Bisnis dan Ekonomi Universitas Sanata Dharma yang Bekerja.

Kata Kunci: beban kerja, stres kerja, disiplin kerja, kinerja mahasiswa

ABSTRACT

**THE INFLUENCE OF WORKLOAD, WORK STRESS AND WORK
DISCIPLINE ON THE PERFORMANCE OF STUDENTS OF THE
FACULTY OF BUSINESS AND ECONOMICS SANATA DHARMA
UNIVERSITY WHO WORK**

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This study aims to determine: (1) the simultaneous effect of workload, work stress, and work discipline on the performance of working students of the Faculty of Business and Economics, Sanata Dharma University; (2) the effect of workload on the performance of working students of the Faculty of Business and Economics, Sanata Dharma University; (3) the effect of work stress on the performance of working students of the Faculty of Business and Economics, Sanata Dharma University; and (4) the effect of work discipline on the performance of working students of the Faculty of Business and Economics, Sanata Dharma University. The population for this study consists of students who are currently working or have worked while pursuing their studies. A non-probability sampling technique—specifically purposive sampling—was employed. The research instruments were tested using validity and reliability tests. Data analysis techniques included descriptive statistics, classical assumption tests, multiple linear regression analysis, hypothesis testing, and the coefficient of determination, utilizing SPSS 24 software; The data were collected by distributing questionnaires via a link to 96 respondents. The results indicate that: (1) workload, work stress, and work discipline simultaneously affect the performance of working students of the Faculty of Business and Economics, Sanata Dharma University; (2) workload has a partial effect on the performance of working students of the Faculty of Business and Economics, Sanata Dharma University; (3) work stress has a partial effect on the performance of working students of the Faculty of Business and Economics, Sanata Dharma University; and (4) work discipline has a partial effect on the performance of working students of the Faculty of Business and Economics, Sanata Dharma University.

Keywords: workload, work stress, work discipline, student performanc