*ABSTRACT*

*Yendy Budyanto / 25150328/2019 / Effects of Work-Life Balance and Workload on Employee’s Performance at PT Yaombe Banyu Lestari / Advisor: Ponco Priyantono, SE., M.M.*

*Human resources are an important component in a company's business processes. Without human resources, the other resources cannot be managed properly, so it is necessary to achieve employee satisfaction. It is important for employees to pay attention to workload and work-life balance given to employees so that employees can continue to maintain performance. Performance resulting from employees who get a balance of personal life and work life usually has a much better level of performance.*

*Work-life balance is the extent to which individuals feel satisfied and involved equally in their roles in work and other lives outside of work. Workload or workload is the process of determining the number of hours worked by people used or needed to complete a job within a certain time, or in other words the workload analysis aims to determine how many employees and how many responsibilities or workload is best assigned to a person the employee. Performance is the result of quality and quantity of work achieved by an employee in carrying out their duties in accordance with the responsibilities given to him.*

*This study aims to determine how the effect of work-life balance and workload on employee performance at PT. Yaombe Banyu Lestari, the company is engaged in food and beverage. Data collection techniques by distributing questionnaires distributed to 53 respondents, the research method used was purposive sampling. Measuring instruments of this study are validity, reliability, percentage, average, likert scale, normality test, multicollinearity test, heteroscedasticity test, autocorrelation test, and multiple regression analysis. Software tools used are IBM SPSS 20.*

*The results showed that (1) work-life balance has a partial effect on performance. (2) workload has a partial effect on performance. (3) work-life balance and workload have a simultaneous effect on performance.*

*Keywords: Work-Life Balance, Workload, Performance*