

**PENGARUH BEBAN KERJA, STRES KERJA DAN *WORK FAMILY CONFLICT* TERHADAP *BURNOUT* PADA KARYAWAN PEREMPUAN  
PT BANK NAGARI CABANG UTAMA PADANG**

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**ABSTRAK**

Penelitian ini menguji hubungan antara pengaruh Beban Kerja, Stres Kerja dan *Work Family Conflict* terhadap *Burnout* pada Karyawan Perempuan PT Bank Nagari Cabang Utama Padang. Penelitian ini termasuk jenis penelitian kuantitatif, populasi dalam penelitian ini adalah karyawan Perempuan PT Bank Nagari Cabang Utama Padang. Jumlah sampel dalam penelitian ini adalah sebanyak 43 sampel dengan teknik *purposive sampling*.

Hasil penelitian ini menunjukkan bahwa hipotesis 1 Beban Kerja, *Work Family Conflict* berpengaruh positif terhadap *Burnout*. Hipotesis 2 Stres Kerja berpengaruh negatif terhadap *Burnout*. Nilai koefisien regresi pada Beban Kerja sebesar 1,293 bertanda positif, nilai t statistik 6,37 dan nilai signifikan 0,000, keputusan hipotesis diterima. Nilai koefisien regresi pada Stres Kerja sebesar -0,500 bertanda negatif, nilai t statistik 1,006 dan nilai signifikan 0,320 keputusan ditolak.

**Kata kunci : Beban Kerja, Stres Kerja, Work Family Conflict, Burnout**

**THE EFFECT OF WORK LOAD, WORK STRESS AND  
WORK FAMILY CONFLICT ON BURNOUTS IN WOMEN  
EMPLOYEES PT BANK NAGARI CABANG UTAMA  
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**ABSTRACT**

*This study examines the relationship between the effect of Workload, Work Stress and Work Family Conflict on Burnout for Female Employees of PT Bank Nagari, Padang Main Branch. This research is a quantitative research type, the population in this study were female employees of PT Bank Nagari, Main Branch of Padang. The number of samples in this study were 43 samples with purposive sampling technique.*

*The results of this study indicate that hypothesis 1 Workload, Work Family Conflict has a positive effect on Burnout. Hypothesis 2 Job stress has a negative effect on Burnout. The regression coefficient value on the Workload of 1.293 is positive, the t statistical value is 6.37 and the significant value is 0.000, the hypothesis is accepted. The regression coefficient value on Job Stress is - 0,500 which is negative, the t statistical value is 1.006 and the significant value is 0.320 the decision is rejected.*

**Keywords:** *Workload, Work Stress, Work Family Conflict, Burnout*