

## **ABSTRACT**

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There are frequently obstacles to performance at the Auto2000 Jombang company. Since it is crucial to understand that performance can be influenced by a variety of factors, such as workload and work stress, a study titled The Effect of Workload and Work Stress on Employee Performance at Auto2000 Jombang was conducted. The purpose of this study is to 1) determine the effect of workload on performance. 2) to determine the impact of job stress on performance. A quantitative approach is used in this type of research. This study's population consisted of up to 30 employees from the Marketing section of Auto2000 Jombang. Saturated sampling was used in the research sample (census). A questionnaire was used to collect data, and multiple linear regression analysis was used to analyze it. According to the study's findings, Performance can decrease employee performance at Auto2000 Jombang and work stress can decrease employee performance at Auto2000 Jombang.

***Keywords: Performance, Workload, Work Stress***