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GAMBARAN *EMPLOYEE WELL-BEING* PADA KARYAWAN PT. X DI JAKARTA DITINJAU DARI USIA DAN LAMA BEKERJA

(xi + 29 halaman: 1 gambar; 12 tabel; 1 lampiran)

ABSTRAK

Employee well-being atau yang bisa disebut dengan kesejahteraan pada karyawan merupakan salah satu aspek yang perlu diperhatikan di tempat kerja. *Employee well-being* mencakup aspek-aspek *life well-being*, *workplace well-being*, dan *psychological well-being*.

Penelitian ini bertujuan untuk melihat gambaran *employee well-being* pada karyawan di PT. X dan dilakukan dengan cara menyebarkan kuesioner yang berisikan 18 item yang diberikan kepada 35 karyawan. Berdasarkan hasil yang didapatkan, penelitian ini menunjukkan bahwa *employee well-being* dapat dipengaruhi oleh beberapa faktor salah satunya adalah masa kerja atau lamanya seseorang dipekerjakan oleh perusahaan tertentu.

ABSTRACT

Employee well-being is one aspect that needs to be considered in the workplace. Employee well-being includes aspects such as *life well-being*, *workplace well-being*, *employee well-being*. In the workplace, some of the terms used to refer to psychological well-being in employees are work related well-being or employee well-being.

This study aims to see the overview of employee well-being in employees at PT. X and was conducted by distributing a questionnaire contains 18 items given to 35 employees. Based on the results obtained, this study shows that employee well-being can be influenced by several factors, one of which is the length of service or the length of time a person is employed by a particular company.

Kata kunci: *Kesejahteraan, Kesehatan Mental, Employee Well-being.*

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