

ABSTRAK

Raras Swastika Sistyo Maharani. 2025. Pengaruh *Work Life Balance*, *Happiness On Work*, Dan *Emotional Stability* Terhadap Kinerja Barista Coffeeshop Di Kota Madiun. Skripsi Program Studi Manajemen, Fakultas Ekonomi dan Bisnis, Universitas PGRI Madiun. Pembimbing (I) Dr. Karuniawati Hasanah, S.E., M.M. Pembimbing (II) Metikasmike, S.E., M.M.

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh *work life balance*, *happiness on work*, dan *emotional stability* terhadap kinerja barista Coffeeshop di Kota Madiun. Metode penelitian yang digunakan dalam penelitian ini adalah kuantitatif dengan menggunakan sampel sebanyak 96 responden, dengan menggunakan bantuan software SPSS25. Hasil penelitian menunjukkan bahwa (1) Secara parsial variabel *work life balance* (X_1) memiliki pengaruh yang positif dan signifikan terhadap kinerja barista, secara parsial variabel *happiness on work* (X_2) memiliki pengaruh yang positif dan signifikan terhadap kinerja barista, secara parsial variabel *emotional stability* (X_3) memiliki pengaruh yang positif dan signifikan terhadap kinerja barista, secara simultan variabel *work life balance*, *happiness on work*, dan *emotional stability* berpengaruh positif dan signifikan terhadap kinerja barista coffeeshop di Kota Madiun.

Kata Kunci: *work life balance*, *happiness on work*, dan *emotional stability*, kinerja

ABSTRACT

Raras Swastika Sistyo Maharani. 2025. The Influence of Work Life Balance, Happiness at Work, and Emotional Stability on the Performance of Coffeeshop Baristas in Madiun City. Management Study Program Thesis, Faculty of Economics and Business, PGRI Madiun University. Mentor (I) Dr. Karuniawati Hasanah, S.E., M.M. Mentor (II)

The aim of this research is to determine the influence of work life balance, happiness on work, and emotional stability on the performance of Coffeeshop baristas in Madiun City. The research method used in this research is quantitative using a sample of 96 respondents, using SPSS25 software. The research results show that (1) partially the work life balance variable (X1) has a positive and significant influence on barista performance, partially the happiness on work variable (X2) has a positive and significant influence on barista performance, partially the emotional stability variable (X3) has a positive and significant influence on the performance of baristas, simultaneously the variables work life balance, happiness on work, and emotional stability have a positive and significant influence on the performance of coffeeshop baristas in Madiun City.

Keywords: *work life balance, happiness at work, and emotional stability, performance*