ABSTRAK

M. Feri Machmudi. Penelitian ini bertujuan untuk membuktikan pengaruh *Work From Home* terhadap kinerja karyawan melalui variabel *Work-Life Balance* (WLB) di masa Covid-19 pada karyawan Yayasan Pendidikan Islam Jiwa Nala Surabaya.

Pendekatan dalam penelitian ini menggunakan *Expalnatory research* dengan metode pengumpulan data dan kuesioner dengan teknik penelitian sampel secara acak sederhana terdapat 60 responden. Teknik pengumpulan data satu dengan kuesioner, survey, angket, dan Observasi, sedangkan data yang diambil adalah data primer dan data sekunder, sedangkan teknik analisis data dengan menggunakan path analisis (analisis jalur).

Berdasarkan Uji Sobel didalam penelitian ini didapatkan hasil 2,71 (lebih besar dari 1,96), sehingga dari hasil hitung dapat disimpulkan untuk pengaruh *Work From Home* (WFH) terhadap kinerja melalui *Work-life Balance* (WLB) yaitu signifikan.

Kata Kunci : *Work From Home, Work-life Balance* dan Kinerja

ABSTRACT

M. Feri Machmudi. *This study aims to prove the effect of Work From Home on employee performance through the Work-Life Balance (WLB) variable during the Covid-19 period for employees of the Jiwa Nala Islamic Education Foundation Surabaya.*

The approach in this study uses expalnatory research with data collection methods and questionnaires with a simple random sample research technique there are 60 respondents. The data collection technique is one with questionnaires, surveys, questionnaires, and observations, while the data taken are primary data and secondary data, while the data analysis technique uses path analysis (path analysis).

Based on the Sobel test in this study, the result was 2.71 (greater than 1.96), so that from the calculation results it can be concluded that the effect of Work From Home (WFH) on performance through Work-life Balance (WLB) is significant.

Keywords: Work From Home, Work-life Balance and Performance