

***THE INFLUENCE OF INTERNAL LOCUS OF CONTROL AND SELF-EFFICACY TO  
STAFF'S WORK STRESS***

***(A Case Study at BMT AGawe MAKMUR)***

***ABSTRACT***

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*This research aimed to find out the level of internal locus of control and self-efficacy influence to staff's work stress at BMT Agawe Makmur. This research used quantitative method with primary and secondary data that were collected through questionnaire. There were 60 respondents involved. The sampling technique used was simple random sampling. The data was analyzed using simple linier regression.*

*The result showed that: 1) the variable internal locus of control negatively and significantly influential to the staff's work stress with significance value 0.000. 2) The variable self-efficacy negatively and significantly influential to work stress with significance value 0.001.*

***Keywords: internal locus of control, self-efficacy, work stress***