

ABSTRACT

The purpose of this research is to identify the relationship between of Self-Efficacy, Eustress, and Life Satisfaction. Information of this research is useful for employee who study at undergraduate of college students at Universitas Muhammadiyah Yogyakarta and organization (University) as a consideration base to improve Self-Efficacy, Eustress, and Life Satisfaction. The subject in this research is employee who study at undergraduate of college students at Universitas Muhammadiyah Yogyakarta. Convenience Sampling is the method that used in this research. The method to collect data is by spreading the questionnaire, and through this method, research gained 103 employee as respondent. The data is analyzed by Structural Equation Modelling (SEM).

The results of this research shows that the Self-Efficacy has a positive and significant effect on Eustress, Eustress has a positive and significant effect on Life Satisfaction, and Self-Efficacy has a negative and significant effect on Life Satisfaction.

Keywords : Self-Efficacy, Eustress, and Life Satisfaction.