

## ABSTRAK

Devi Setiowati Rukmana, Pengaruh *Self Management* Terhadap Kepuasan Kerja Karyawan (Studi Kasus PT. Federal International Finance Cabang Pamekasan).  
Dibawah Bimbingan Dra. Hj.S. Anugrahini Irawati,MM dan Helmi Buyung Aulia S.,ST,SE.,MMT

Tujuan dalam penelitian ini adalah Mengetahui pengaruh *self management* yang berupa *Planning and goal setting*, *Access management*, *Catch up activities*, *emotion management* terhadap kepuasan kerja karyawan, Mengetahui diantara *planning and goal setting*, *acces management*, *catch up activities*, *emotional management*, mana yang berpengaruh dominan terhadap kepuasan kerja. Jenis data dalam penelitian ini adalah kuantitatif dengan Alat analisis menggunakan regresi linier berganda.

Hipotesis dalam penelitian ini adalah ada pengaruh positif antara *Planning and goal setting*, *Access management*, *Catch up activities*, *Emotion management* terhadap kepuasan kerja karyawan dan *Emotion management* berpengaruh dominan terhadap kepuasan kerja karyawan. Berdasarkan hasil pengujian menunjukkan bahwa semua hipotesis kecuali *planning and goal setting* dapat diterima.

Kesimpulan penelitian ini menunjukkan bahwa variabel *Planning and Goal Setting* (X1) mempunyai pengaruh signifikan terhadap Kepuasan Kerja Karyawan Karyawan PT Federal International Finance Pamekasan (Y) (nilai probabilitas t-hitung (0,000) < Level of Significant (0,05). Variabel *Access Management* (X2) mempunyai pengaruh signifikan terhadap Kepuasan Kerja PT Federal International Finance Pamekasan (Y) (nilai probabilitas t-hitung ) < Level (0,000) < Level of Significant (0,000). Variabel *Catch Up Activities* (X3) mempunyai pengaruh signifikan terhadap Kepuasan Kerja Karyawan PT Federal International Finance Pamekasan (Y) (nilai probabilitas t-hitung (0,000 of Significant (0,05). Variabel *Emotion Management* (X4) mempunyai pengaruh signifikan terhadap Kepuasan Kerja Karyawan PT Federal International Finance Pamekasan (Y) (nilai probabilitas t-hitung (0,000) < Level of Significant (0,05). Variabel *Planning and Goal Setting* (X1), *Access Management* (X2), *Catch Up Activities* (X3), dan *Emotion Management* (X4) berpengaruh secara bersama-sama terhadap Kepuasan Kerja Karyawan PT Federal International Finance Pamekasan (nilai probabilitas F-hitung (0,000) < Level of Significant (0,05).

Kata Kunci : *Self Management* ( *planning and goal setting*, *access management*, *catch up activities*, *emotional management*), kepuasan kerja.

## **ABSTRACT**

*Devi Setiowati Rukmana, The Influence Of Self Management Of Employee Job Satisfaction (Case Study Of PT Federal International Finance of branch Pamekasan. Under The Guidance Of Dra. Hj. S. Anugrahini, Irawati MM and Helmi Buyung Aulia S.,ST,SE.,MMT*

*The purpose of this research is to know the influence of self management in the form of Planning and goal setting, Access management, Catch up activities, emotion management of employee job satisfaction and to know the dominant influence between planning and goal setting, access management, catch up activities, emotional management, toward job satisfaction. The type of data in this research is quantitative which using multiple linear regression analysis.*

*The hypothesis in this research is there a positive influence between Planning and goal setting, Access management, Catch up activities, Emotion management of employee job satisfaction and Emotion management which had dominant influence toward job satisfaction of employees. Based on the test results show that all hypothesis except planning and goal setting is acceptable.*

*The Conclusion of the research indicates that Planning and Goal Setting variables (X1) had a significant influence on employees ' job satisfaction of employees of PT Federal International Finance of branch Pamekasan. (Y) t-probability values (count (0.000) Level of Significant < (0.05). Variable Access Management (X2) had a significant influence on job satisfaction of PT Federal International Finance of branch Pamekasan. (Y) (t-probability values count) Level (0.000) < Level of Significant (0.000). Variable Catch Up Activities (X3) had a significant influence on job satisfaction of employees of PT Federal International Finance of branch Pamekasan. (Y) t-probability values (count (0.000 of Significant (0.05). Emotion Management variables (X4) had a significant influence on job satisfaction of employees of PT Federal International Finance of branch Pamekasan.(Y) t-probability values (count (0.000) Level of Significant < (0.05). Planning and Goal Setting variables (X1), Access Management (X2), Catch Up Activities (X3), and Emotion Management (X4) effect together towards job satisfaction of employees of PT Federal International Finance of branch Pamekasan. (F-probability value (0.000) to calculate the Level of Significant < (0.05).*

*Keywords: Self Management (planning and goal setting, access management, catch up sactivities, emotional management), job satisfaction.*