

**IMPACT OF JOB STRESS, PSYCHOLOGICAL WELL-BEING, AND  
EMPLOYEE TRAINING ON JOB PERFORMANCE: A CASE OF  
EUROPE & ASIA BEVERAGES CO., LTD. IN MYANMAR**



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**MAGISTER MANAGEMENT  
FACULTY OF ECONOMICS AND BUSINESS  
ANDALAS UNIVERSITY  
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**THESIS**

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# **IMPACT OF JOB STRESS, PSYCHOLOGICAL WELL-BEING, AND EMPLOYEE TRAINING ON JOB PERFORMANCE: A CASE OF EUROPE & ASIA BEVERAGES CO., LTD. IN MYANMAR**

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## **ABSTRACT**

The study explores the impact of job stress, psychological well-being, and employee training on job performance, focusing on Europe & Asia Beverages Co., Ltd. In Myanmar. Employee productivity is crucial for organizational success, yet job stress and well-being significantly affect performance. The research uses the Job Demands-Resources (JDR) theory to analyze the relationship between job stressors, mental health, and training programs in enhancing employee efficiency. A quantitative method was used for main data analysis, and a mixed-methods approach, combining surveys and interviews, was used to gather data from employees at different levels. The findings indicate that high job stress negatively impacts performance, while psychological well-being and employee training contribute to improved job efficiency and satisfaction.

**Keywords:** Job Stress, Psychological Well-being, Employee Training Job Performance

