



**THE INFLUENCE OF INTERPERSONAL COMMUNICATION, SELF-ESTEEM,  
AND SOCIAL SUPPORT TOWARDS WORK PRESSURE  
AMONG EARLY ADULthood IN JAKARTA**

**UNDERGRADUATE THESIS**

**Submitted as one of the requirements to obtain  
Sarjana Ilmu Komunikasi**

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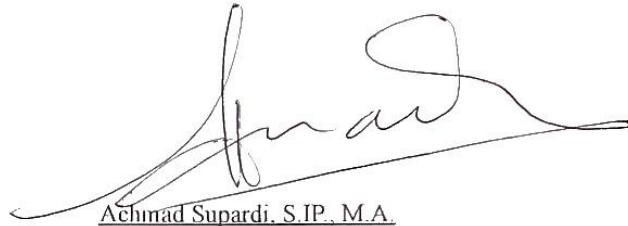
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## **ABSTRACT**

Work pressure among emerging adults in Jakarta, as in many other metropolitan areas in the world, can be enormous due to a variety of factors. The high lifestyle and work style in Jakarta can cause excessive pressure at work. There is pressure at work to fulfill self-esteem among early adult workers in Jakarta, so they require social support from the surrounding environment. Good interpersonal communication skills can also reduce work pressure due to effective communication in the work environment. Therefore, this research was conducted to determine the influence of interpersonal communication, self-esteem, and social support on work pressure among early adulthood in Jakarta. Data was collected through an online questionnaire and distributed to workers in Jakarta. Respondents in this study totaled 230 people, collected using convenience sampling techniques. The research results show that there is a significant influence of interpersonal communication, self-esteem, and social support towards work pressure, with a coefficient of determination of 86.9%.

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Keywords: Interpersonal Communication; Self-Esteem; Social Support; Work Pressure.



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