

ABSTRACT

Work-related stress is a significant issue that negatively impacts the quality of work life and employee productivity at PT Bersama Zatta Jaya Tbk. If left unmanaged, stress can lead to decreased motivation, disrupted workplace relationships, and a decline in individual performance. The main idea of this study is to design a board game as an interactive medium that supports the stress coping process and enhances the quality of social interactions in the workplace. The research was conducted using both qualitative and quantitative approaches, including observation, interviews, questionnaires, and literature review. The product design process employed the User-Centered Design (UCD) method and SCAMPER to ensure that user needs are prioritized. The final result is a collaborative board game that was tested by employees at PT Bersama Zatta Jaya and received a “Feasible” rating, along with positive responses during its use. The board game effectively supports employee relaxation, encourages social engagement, and fosters a more enjoyable work atmosphere. It has proven to be an effective recreational tool for managing stress and improving the quality of work life in the workplace.

Keywords: Board Game, Quality of Work Life, Coping Stress, Employees.