

## The Impact of Working Part-time on Students' Learning Performance

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### ABSTRACT

This research aims to explore the impact of students learning by working part-time. Previous research has shown that with the right management and support from people of authority, students can gain more benefits than drawbacks when working part-time. This research explores the diverse experiences encountered by students balancing their studies with employment through three research methods: the close reading of relevant published articles, surveys given to students from different schools, and interviews conducted with students. While collecting data, we faced several challenges, such as finding a suitable time to interview students, receiving a small sample size from our survey from various school institutions working part-time and finding suitable articles relevant to our research question. This study concludes that for students to balance both their work and studies, they must prioritize the importance of studying and the purpose of working, assisted by mental support from close ones.

**Keywords:** *balancing work and study, mental support*

### INTRODUCTION

Students often work part-time for various reasons, even at a young age, which can seem paradoxical. Through these jobs, they gain semi-professional skills and experiences, earn money, and foster personal growth. This study examines the impacts of part-time work on full-time students, exploring the physical and psychological effects associated with balancing both responsibilities.

### METHODOLOGY

This research explores how employment affects students' mental and physical well-being. We collected primary and secondary data from both Madrasah and non-Madrasah working students. Using a yes/no questionnaire via Google Survey, we collected responses from 50 participants, selecting 10 for in-depth interviews to gain deeper insights based on their survey answers.

### RESULTS AND DISCUSSION

This section presents findings from a survey on the impact of part-time work on students and their educational experiences, addressing the question: "What impact does working part-time have on students and their learning?" The survey included 15 questions, both open-ended and yes/no, to understand students' motivations for balancing work and school. Interviews further explored insights that the survey data may miss, highlighting the broader implications of the work-study culture among students.

### Factors influencing a student’s decision to work while studying

In today's dynamic educational landscape, many students find themselves balancing academic responsibilities with part-time employment. Various factors influence this decision, ranging from financial necessity to the desire for professional experience.

**Table 1.** Source of enjoyment in jobs

<b>Percentage of Respondents Aspects</b>	38%	38%	18%	4%	2%
	Financial	Educational	Free Time	Relationship	Religious

Table 1 identifies five key factors influencing students who work while studying: financial needs, educational goals, free time, relationships, and religious beliefs. Notably, 38% cite financial reasons to support themselves or their families, while another 38% work for experience and future education savings. Eighteen percent work for recreation, 4% for networking, and 2% for religious reasons. This aligns with Sarah Dobson's study, which found that most employees work primarily for a paycheck, indicating that financial considerations largely drive student employment (Dobson, 2022).

### Impact of Part-Time Work on Academic Performance and Well-Being

A student's declining well-being can lead to poorer academic performance. Understanding the impact of part-time work on academic performance and well-being helps identify how balancing work and study affects students’ grades, engagement, and overall academic achievement. Hence, it is vital for educators and institutions to support student success when the well-being of a student starts to deteriorate, thus affecting their academic performance.

**Table 2.** The Importance of studies in a student

<b>No. of Respondents Answers</b>	84%	10%	6%
	Very Important	Important	Partially Important

According to Table 2 a survey of 50 respondents indicates that 84% consider their studies "Very Important," while 10% see them as "Important," reflecting strong academic commitment. However, many part-time workers report that their jobs negatively impact their academic performance. Students often contemplate quitting their jobs if their grades decline, highlighting the trade-off between work and studies. This ongoing struggle highlights a critical trade-off between work and studies, illustrating the difficult choices students must navigate as they attempt to fulfill both their professional and academic responsibilities.

**Table 3.** Students reconsidering after significant academic performance drop

<b>No. of Respondents Stand</b>	50%	50%
	Yes	No

Additionally, according to Table 3, half of the respondents believe part-time work harms their studies due to poor time management and stress, while others feel effective time management allows for a better balance between work and academics, illustrating varied student experiences. This divergence in perspectives highlights the varied experiences among students, emphasising the impact of part-time work on academic performance. It is

not uniform but rather influenced by individual circumstances and approaches to managing responsibilities.

**Table 4.** Importance of studies in a student

Importance Of Studies			
<b>Percentage of Respondents</b>	80.1%	17.4%	2.6%
<b>Answers</b>	Very Important	Somewhat Important	Not Important

Dr. F. Fox and our findings show the crucial role of academic studies in students' lives (William F. Fox, 2006). Despite this, many students work part-time, affecting their academic performance. Table 4 presents data on reconsidering part-time work due to academic decline, highlighting the balance between work and academics. Despite the significant benefits of academic engagement, a considerable number of students choose to work part-time to support themselves financially. While often necessary, this decision can adversely impact their academic performance and overall educational experience.

**Table 5.** Changes in sleep pattern after working part-time

<b>Number of Respondents Stand</b>	50% Observable	50% Unobservable
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Juggling studies and part-time work affects sleep. Table 5 shows responses to "Is there a change in your sleep pattern before and after starting a part-time job?". The responses were evenly split, highlighting differing views. To understand this impact, we must consider their working hours, job nature, and ability to adapt.

### Mental Support

Balancing work and study can be an overwhelming challenge for many students, particularly in today's fast-paced and demanding educational environment. The pressures of academic deadlines, coupled with the responsibilities of a part-time job, can create significant stress and anxiety. In these moments of heightened pressure, it becomes crucial for students to seek and receive adequate emotional support from loved ones to manage stress and anxiety. This will make it easier for those involved to handle both responsibilities.

**Table 6.** Mental Health Support for Students in Part-Time Work

<b>No. of Respondents</b>	56% Respondents with mental support	44% Respondents without mental support
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According to Table 6, 56% of respondents reported receiving necessary mental support, while 44% did not have sufficient access to it. This highlights the need to address the emotional well-being of those balancing work and studies, emphasizing the importance of more resources and awareness for mental health. A holistic approach can positively impact students' mental health by providing a sense of purpose and growth, as noted by (De Fazio, 2002). Despite their workload, students can overcome challenges when they receive support from family and friends. This emotional support not only alleviates feelings of isolation but also fosters resilience, enabling students to navigate their responsibilities more effectively.

## LIMITATIONS

Conducting this research has been challenging, requiring consistent effort to overcome setbacks. While we had respondents from various schools, our sample size was limited, and the answers were often similar and lacked detail, complicating our analysis. Unfortunately, due to time constraints and a sudden drop in responses, we could not expand our sample further.

## IMPLICATIONS

The study, based on a small group of students, may not represent all tertiary students but provides valuable insights into students working part-time. These students work for extra income and to prepare themselves for their future studies, with varied impacts on grades: half of the respondents reported lower grades, while the other half could balance work and school well. These findings could guide future research on student's well-being and academic performance in relation to working part-time.

## CONCLUSION

Part-time work significantly affects students, leading to challenges like increased stress and reduced leisure time. However, with effective management and support, the benefits can outweigh these drawbacks. Working part-time helps develop essential skills like responsibility and time management. In summary, while there are challenges, the right strategies can help students balance work and academics successfully, enhancing their educational experiences and future career readiness.

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