



STRIKING A BALANCE: THE STRUGGLES OF STUDENTS WITH PART-TIME JOBS IN MANAGING SCHOOL AND WORK

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ABSTRACT

The experiences of senior high school upperclassmen who work part-time while maintaining their studies have been minutely examined in this descriptive research study. Information were gathered from 100 student employees for purposes of exploring the impact of part-time employment on academic performance, the ability to manage time, general well-being, and institution as well as home support. Results show that the majority of the students struggle to juggle school and work responsibilities, prone to suffer from stress, emotional burnout, and lost free time, which may affect their social and personal lives. The majority of student workers, even with challenges, have very high determination, self-discipline, and improved time management skills that enable them to perform well in school and at work. Financing need emerged as a key motivating force towards taking up part-time jobs, but the majority of students continue to affirm that they value studies and strive to maintain good grades. The report also indicates the compulsory role of the support of family in helping the students deal with stress, stay motivated, and keep their feet grounded. In the same way, guidance and counsel from teachers and school counselors assist students to balance their educational requirements with work commitments. Based on these findings, the research recommends that students set proper organizational and time management skills, achieve

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enough rest, and seek help from family members, educators, and employers when needed.

Besides, employers and institutions of learning should provide flexible working hours and support systems.

Keywords: *part-time work, student employees, well-being, time management*



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