


# Chapter 12


## Higher Education and Part–Time Work

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### **ABSTRACT**

*This paper explores the impact of part-time jobs on international students on their academic performance in addition to whether it also affects their mental health by peer pressure and whether international students are satisfied with their current part-time employment. The objective is to provide a thorough insight into the situations of 100 international students currently in Australia who are trying to balance their work and academic life. This chapter would provide an insight to policymakers regarding the working hour limitations, educational institutions, employers and future international students who would be working part-time jobs to meet their daily needs while pursuing higher education. From the quantitative analysis, the major insight is an understanding that working part-time does not have a significant effect on the*

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*student's GPA or stress level. However, the survey statistics say otherwise. As the majority of the students do not work in their related field of the subject, they have neutral satisfaction which may be affected by the coworker relationship.*

## **INTRODUCTION**

Studying abroad is a very exciting and unique experience that a university student could experience in their lifetime. Studying in a foreign country offers students an array of opportunities for personal growth, cultural exchange, and academic advancement. It allows students to gain a global perspective, build networks, and experience diverse life/educational systems and perspectives. However, this experience also comes with a unique set of challenges. International students often face difficulties adjusting to a new environment, such as navigating unfamiliar academic expectations, language barriers, and cultural differences. The sense of being away from family and friends can lead to feelings of homesickness and isolation, which can further complicate their adjustment. In addition, many international students struggle with financial pressures, as tuition fees, living expenses, and other costs can be high. Balancing academic responsibilities with the need to support themselves financially through part-time work or other means can add significant stress. These challenges, if not properly managed, can affect students' mental health and academic performance. Therefore, providing adequate support systems and resources for international students is crucial to help them overcome these obstacles and succeed in their studies abroad. With this chapter, authors are trying to focus on the impact of part-time jobs on either the mental health or academic performance of international students currently pursuing higher education in Australia. There are three main objectives of the study. The main objectives are listed below:

1. To assess whether part-time jobs affect the academic performance of the international students
2. To examine how part-time employment affects international students' mental health.
3. To evaluate international students' satisfaction with their part-time job positions.

## **LITERATURE REVIEW**

There are some studies that examined the various challenges confronted by international students as they relocate from different parts of the globe to study in a foreign country (Nguyen, 2011; Ghouse et al., 2018; Ross et al., 2019; Dovchin,

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