Part time job and its effects on university students: A case of university students in Vietnam

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Abstract

Nowadays, it is common for students to work part-time to cover their lives and earn extra income and student in Ho Chi Minh city is no exception. However, part-time jobs will affect the student's living and learning process. Besides, there is also an opinion that when working part-time, students will learn more experience than in school. Therefore, this article aims to study the influence of part-time work on outcomes. student learning outcomes. Methodology: The article was completed based on a comparison of current and previous studies. By using Likert scale, the article compares opinions and finds results and finds suitable solutions. Results: This study shows that there is a difference in learning outcomes through actual surveys of two students in FPT University who have part-time jobs and don't work part-time. Research has found the effects of part-time jobs, which are the factors that make students' academic performance decrease. Conclusions: From those bases, the research has proposed solutions and recommendations to help FPT University students get a part-time job to improve their study results.

Keywords: Effect, part time job, student, learning

Introduction

The fact that students work part-time during non-school periods has been common since 2000 to the present. Students are considered as a potential labor force because they have both good health, knowledge and manual labor, so they can work in any suitable occupation to earn extra income. pay for life (Muluk, 2017). This is a good opportunity for students to have practical experience with social life, equip themselves with soft skills, social knowledge and accumulate experiences that when sitting at home. school will not be able to know. However, the part-time job will affect the quality and academic results of students more or less because they spend too much time on part-time jobs without fully focusing on their studies. To be able to achieve a university diploma, students must complete courses and targets set by the school as well as the Ministry of Education. In addition, after graduation, most employers will give preference to students with better academic results. Therefore, academic results at university are very important to students. Therefore, the research paper "The influence of part-time work on the learning outcomes of FPT
university students” will help students understand the specific factors and factors that affect their study results while working overtime.

**Literature reviews**

Many students work part-time not just for income. They enjoy the independence of family that work brings, they simply enjoy their work and believe that the work experience will help them in later life (Ali, 2017). (Muluk, 2017) argue that there are many indirect effects from part-time jobs affecting students' academic performance, these effects focus on factors such as health effects while working. Overwork, not enough sleep, reduce self-study time, thereby making students gradually relax their studies. Moreover, with one hour of study at school, students have to study for two hours on their own, so students need to prepare lessons at home, study in groups, participate in classroom management and limit absenteeism. study to avoid affecting learning, achieving good results (Muluk, 2017). Therefore, if students cannot manage their time well, divide working time and study time clearly, the part-time job will significantly affect the learning process and students' health, leading to have undesirable learning outcomes.

**The status of students having part-time jobs**

According to a report by the special market research service site Q&Me (September 2015), more than 19% of university students are working part-time, while 57% have worked part-time. The most common job for both male and female students is as a waitress, while the most popular for female students is tutoring. 39% of students working part-time earn less than 1 million VND/month, 79% of students earn less than 2 million VND/month.

According to a 2018 report from the Center for Education and Workforce at Georgetown University, low-income working students tend to work longer hours than high-income students. The report shows that 70% of full-time college students are working. Although more and more students are working, the number working full-time has decreased, from 40% at the end of 1980. 26% in 2012. However, low-income working students are more likely to be employed. are more likely to work full-time than high earners (26% versus 22%). The majority of students in low-income groups are working 15 to 35 hours per week (Muluk, 2017).

In addition, currently about 900,000 students are working part-time, but more than half are students from outside the province. For these students, in order to be able to stabilize in their studies, student life, living expenses, etc., outside of school hours, students will choose a part-time job to cover their lives. living. At that time, students will gradually abandon their studies, leading to many cases of dropping out because they like the feeling of earning money from part-time jobs (Lin et al., 2014).

**Objectives, scope and methods of research**

With the current situation, FPT University students at the campus of Ho Chi Minh City often spend too much free time on part-time jobs and ignore self-study at home, leading to poor
academic performance, affect student learning outcomes. In addition to the time factors, this study will highlight each direct and indirect factor so that students can better understand the effects of part-time work on academic performance. The study uses data collection methods, quantitative and qualitative research through electronic surveys, collecting opinions of 20 students of FPT University.

Research results and discussion

In recent years, students have gradually become the main labor force in service and entertainment industries such as cinema staff, catering, store staff, etc. Average salary for a job gradually improved from 12 thousand VND/hour (2010) to 20 thousand VND/hour (2020), helping students to cover a part of living expenses. However, such a part-time job will have many disadvantages for students themselves, such as students who want to earn more money should neglect their studies to have more hours to work, not being able to balance study and work time, affect the learning results of FPT University students. Through the survey of the part-time work of FPT University students in Ho Chi Minh City, more than 60% of students spend from 20 hours to more than 30 hours in a week just to work part-time.

![Figure 1. Time of students working part-time in one week](image)

Many students can actively control their commute time thanks to jobs that are not tied to time such as tutors, technology motorbike taxis, delivery, etc. But the vast majority of students are forced to follow regulations on the minimum number of overtime hours of stores. However, figure 2 shows the results after the survey on self-study time of FPT university students shows that students spend very little time on self-study a day, nearly 80% of students only spend from It takes 1 to 2 hours for self-study, whereas, with an hour of study in a university lecture hall, it takes 2-3 hours of self-study at home to be able to understand the contents of the courses (Lin et al., 2014).
With little self-study time, students will not be able to fully understand the content of all lessons. Moreover, the part-time job will create indirect factors affecting learning. This is shown more clearly through figure 3 below.

Of all the factors affecting the learning of FPT students, the most prominent factor is the lack of sleep. Many jobs require students who cannot leave early for reasons such as cleaning, checking goods, checking money, etc., so many students come home from work at 11 or 12 o'clock. Therefore, students can't study on their own, prepare for the next lesson, can't get enough sleep, leading to a lack of concentration in class the next morning. Part-time work also affects health when working continuously, lack of sleep, mental pressure when meeting difficult customers, etc.
(Lin et al., 2014). Many students think that going to a part-time job is to spend only a certain part of the day working, but very few students realize that the delay in work will affect the rest of the day. This situation will often happen and will lead to the consequence of reducing self-study time to recover mentally and physically (Farooq et al., 2011). The surveys in Table 1 that follow will detail the impact of employment on student learning outcomes.

Table 1. Effects of part-time employment on students' academic performance

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Total answers</th>
<th>Total scores</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Working part-time takes a lot of time</td>
<td>0</td>
<td>2</td>
<td>2</td>
<td>11</td>
<td>5</td>
<td>20</td>
<td>79</td>
<td>0.21</td>
</tr>
<tr>
<td>2. Prioritizing work over study</td>
<td>2</td>
<td>9</td>
<td>2</td>
<td>6</td>
<td>1</td>
<td>20</td>
<td>55</td>
<td>0.14</td>
</tr>
<tr>
<td>3. Working part-time affects study results</td>
<td>0</td>
<td>2</td>
<td>4</td>
<td>11</td>
<td>3</td>
<td>20</td>
<td>75</td>
<td>0.21</td>
</tr>
<tr>
<td>4. Difficulty balancing time between part-time work and study</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>14</td>
<td>3</td>
<td>20</td>
<td>79</td>
<td>0.21</td>
</tr>
<tr>
<td>5. Feeling sluggish, tired after working overtime</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>10</td>
<td>8</td>
<td>20</td>
<td>86</td>
<td>0.23</td>
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</tbody>
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Overall, these influences have a great impact on the students of FPT University in Ho Chi Minh City. Most students feel tired after working part-time, affecting their health and spirit a lot. Many students think that when they come home from work part-time, they make themselves tired, and when they come home, they just want to rest and use social networks, so they don't review at all. Part-time jobs motivate students who are lazy to study, find more entertainment after stressful moments. Part-time work not only makes students feel tired, but also affects the ability to balance time between part-time work and study (Kuzuhara et al., 2021). In addition, the number of overtime hours is usually not determined by the students themselves, the managers of companies and shops will ask students to register their own free time and they will arrange overtime for students, pellets. At this time, if a student suddenly changes class time but cannot change his or her shift or ask someone else to do it, there will be a situation of thinking whether to work part-time or go to school, there are quite a few students who choose to prioritize their studies. However, there are still some cases where part-time work is prioritized. Missing a lesson will lead to many consequences behind when not being able to catch up with the lecture, not having time to re-study everything at home (Muluk, 2017). The students said that part-time work also has many benefits through survey.

Table 2. Benefits of working part-time

<table>
<thead>
<tr>
<th></th>
<th>1</th>
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<th>3</th>
<th>4</th>
<th>5</th>
<th>Total answers</th>
<th>Total scores</th>
<th>Average</th>
</tr>
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www.turkjphysiotherrehabil.org
In the answer number 1, there are many students who enjoy their part-time job, even though it takes a lot of time and makes them tired after work. According to Ali (2012), there are many students who enjoy part-time work because of the freedom, independent of family that it brings to the students. When students are financially independent, no longer dependent on their families, they will spend more on their own interests and needs. Gradually leading to dependence on part-time work to serve personal needs. With the survey results of question 3 (table 2), the majority of students agree that they will receive social experiences, knowledge and soft skills that cannot be obtained when sitting in a lecture. Street. In fact, if students just hang around at home and go to school, don't work part-time, when they go out in the real world, students will be like innocent children, unable to withstand the pressures brought by society, difficult to integrate into the world. real life. Students who work part-time will notice the difference when experiencing real work, facing thousands and tens of thousands of customers with different personalities, receiving soft skills courses from the company, with all that experience, the students will become more flexible, patient and adaptive than the students working part-time. The students did not strongly encourage people to work part-time through survey number 5 (table 2). There are still some students, when they receive a good part-time job, they will share it with their friends. However, in short, for students, the most important thing is not the out-of-the-box experience, the banknotes worth a few hundred thousand like now, but the professional knowledge for the main job later. If students cannot achieve good results, it is easy to get discouraged, feel not in line with their goals and lead to dropout (Muluk, 2017).

**Some proposed solutions**

In order to limit the factors affecting the study results of FPT students when working part-time, students should actively reduce the number of overtime hours or work from 2-4 hours a day. Many students believe that working 5-6 hours a day affects their mental and physical well-being. Therefore, the following solutions will be able to help students improve their health and well-being.

*Solutions to improve health for part-time students*
Through the survey, part-time work has had an impact on the physical and mental health of students, leading to lazy studying after tiring hours. In order to limit this situation, students should take care of themselves, if they feel unwell, they should go to a medical center or hospital to check. Although it will take time, students should consider because their own health is paramount. Then, to have a healthy body, the students should pay attention to the diet. When working part-time, there are many students who work for 5-7 hours continuously without resting, not eating at the right time, eating a meal that is not nutritious or often skipping meals. This will lead to a lack of nutrients, sluggishness, and no vitality. In order to complete daily tasks, students need a healthy body and a good working spirit. In addition, students should also try to get enough sleep from 7-8 hours a day, balance the time to spend a period of time from 30 minutes to 1 hour to nap. A short nap will keep the body awake and make the mind more receptive to lessons in the afternoon (Greenbank et al., 2009).

Solutions to improve concentration to study

Many FPT students said that they often lose focus on their studies when they work part-time because of their interest in learning new environments and participating in store training sessions. Therefore, students need to understand the importance of studying and the transience of part-time work. Students must maintain their own stance and do not accept extra shifts when asked to avoid affecting the school hours and their own study time. When you go to work, focus on getting the job done in the best possible way so that when you get home, you won't have to worry about missing goods or charging the wrong customer. And when leaving work, study should become the most important thing.

During school hours, students must focus on listening to lectures and take full notes so that when they go home, they can review themselves to better remember the lecture. To avoid being distracted, the students should sit at the table near the teacher, asking questions to the teacher is also a way to focus during class (Hoi, 2020).

Time management solutions

If you find yourself too busy with part-time work, do not have time to review lessons in class, do homework or prepare for tomorrow, students should reduce their working time or switch to another job. Others do less time. Besides, students can make a schedule for each week, make a to-do list and try to follow what is written on it. Such weekly schedules will help students manage their own time well.

Through surveys with FPT University students who have worked part-time, it has shown that the factors affecting the students' learning results when working part-time. Many students cannot balance study and work time, do not have time for self-study. In addition, it also affects the health and spirit of the majority of students. Besides, some factors indirectly affect students, distracting students during class time. This study has provided solutions to help students improve
their study quality, better balance their time, as well as help students understand the importance of studying and their own health (Kuzuhara et al., 2021).

Conclusions

Through a survey of students at FPT University in Ho Chi Minh City, the study made the points that part-time work will affect the physical and mental health of the employees. Factors such as lack of sleep, body fatigue, unbalanced study time and create laziness for students. In addition, the number of overtime hours and the nature of the work of the students is also a part that makes students worry in class, difficult to focus on lectures and not guarantee their studies. However, there are still many students who actively control their part-time work as well as balance their time well and ensure the desired learning results. The topic has summarized some solutions from students who are not affected by part-time work, from those who have gone before to help struggling students improve their own learning results. In addition, students should also apply their own time management solutions to ensure sleep and avoid affecting health. At the same time, students should be aware of the importance of temporary part-time jobs and future studies.

Conflict of interests

None

References


