

Research Article

The Impact of Part-time Jobs on Academic Performance of Medical Students at Alzaiem Alazhari University December 2021-June 2022

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Abstract

Introduction: A part-time job is a form of employment that carries fewer hours per week than a full-time job. Nowadays there has been increased involvement of university students in part-time jobs to support them self financially and gaining new communications and time management skills. this may be associated with missing classes, expands the chance of leaving the educational institution and in the best-case scenario it may divert students from learning. This style of working and studying had it is impacts on academic's performance, social life and building one's personality. **Objective:** To assess the impact of part time job on academic performance of medical students at Alzaiem Alazhari university December 2021- June 2022. **Method:** this is a descriptive cross-sectional study carried on Alzaiem Alazhari university medical student. Sample size found to be 354. selected through equal percent from each department. Data collected using online questionnaire and the analysed using SPSS version 25. **Result:** the total number of participants were 354. majority was female. 23.6 perform some kind of part time job. 34% were working for 1-2 hours per day. For most of them 31.7% work was optional to gain some extra cash. the participants agree that, part time jobs had helped them gaining new skills in time management and communication. It had positive or neutral effects on academic performance as expressed by 33.9% of the participants. **Conclusion:** There is significant evidence that suggests an impact of part time job on academic performance, the majority are positive such as communication skills, multitasking skills and forming social connections. with less has negative impact on academic performance. Financial problems and gaining extra cash were the main reasons behind part time jobs working. Also, workshops are highly recommended to show students how to balance between job and college.

Keywords

Part Time Job, Student, Academic Performance

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Received: 2 February 2024; **Accepted:** 22 February 2024; **Published:** 7 March 2024



1. Introduction

1.1. Background

A part-time job is a form of employment that carries fewer hours per week than a full-time job. They work in shifts. The shifts are often rotational. Workers are considered to be part-time if they commonly work fewer than 30 hours per week [1]. There has been increased involvement of university students in part-time jobs in recent years to supplement their families' income [2]. This is demonstrated by the fact that. Over 80 percent of all undergraduate students work while in school and recent students are both more likely to work and work more hours than in the past [3]. While continuing in college 80% of American undergraduates are working [4]. with a decline in time spent on academics [5]. Nowadays working and studying have become quite common among students. The level of student part-time work increased. And even among the classical full-time students approximately half work [6]. However, only some countries are allowing their students to work part-time since their governments prefer their students to learn and study without stress [7]. The involvement of students in part-time jobs is attributed to many factors; financial problems become mostly the reasons some students are forced to take part-time jobs. This is in an attempt to relieve the financial burden on parents and to close the gap between college costs and available financial resources, science the average yearly costs of education and living continue to increase, and students' involvement in employment has a positive impact on developing career-related skills. It is a hands-on experience that cannot be gained in the classroom alone and meeting people [8, 9]. Whatever, the case this may be associated with missing classes, expands the chance of leaving the educational institution and in the best-case scenario it may divert students from learning [10, 11]. This drawback is highly linked to the time spent on working, increasing frequency as much as time increases [12, 13]. Whatever the reasons the students have in taking part time-job.

Many university students in developed countries show a lot of enthusiasm for work and study. Financial advantages, acquiring skills, problem-solving, time management, communication with society and self-satisfaction are all factors that encourage part-time student work [14-17].

After the Sudan revolution against the government, economically the country suffers a lot. Inflation occurred which almost forced everyone to work much more time than ever before. These extraordinary circumstances drive many students to work while studying aiming to overcome this situation.

Up to researchers' knowledge, there is no study addressing this issue in Sudan. So, the impact of part-time jobs on Sudanese university students is yet to be investigated. Thus, this study aims to evaluate the impact of part-time jobs on the

academic performance of Alzaiem Alazhari medical students, compare online and office work, disclose the main driving factor to be engaged in part-time jobs and assess reasons for the negative impact of part-time jobs.

1.2. Objectives

1.2.1. General Objective

To assess the impact of part time job on academic performance of medical students

1.2.2. Specific Objectives

1. To identify types of part-time job
2. To compare between online and office work
3. To know main skills obtained from part-time job
4. To determine obstacles that faces students want to start part-time job
5. To assess reasons of negative impact of part-time job

2. Methodology

2.1. Study Design and Setting

A descriptive cross-sectional study was conducted at Alzaiem Alazhari University, Khartoum, Sudan. Which was established in 1993. During the period from December 2021-June 2022.

2.2. Study Population and Sampling

The study was conducted on undergraduate medical students of Alzaiem Alazhari University including students from faculty of; medicine, medical laboratory, nursing, anesthesia, dentistry, clinical nutrition, public health and radiology. Using this formula to find the sample size at the confidence level of 95% and degree of precision 0.05.

$$n = N / (1 + Ne^2)$$

Where: (n= Number of samples, N= Total population, e= Error tolerance).

$$n = 3110 / (1 + 3110 \times (0.05 \times 0.05)) = 354$$

so, the sample size is 354. By Stratified random sampling technique, the medical students were divided into 8 strata (according to their faculty) then the sample was selected randomly from each stratum. So, after dividing (n) on the 8 strata. Then an equal percentage is taken from each faculty which was 12.5%.

2.3. Data Collection and Analysis

In this study, the needed data was collected through an electronic structured questionnaire by Google form. The questionnaire included 4 parts: Sociodemographic data (age, gender, batch, marital status, residence), questions related to part time jobs (type of part time jobs, number of hours spent doing it and it's purpose) and questions related to academic performance. Statistical package for social science (SPSS) version 24 used to analyse the collected data and print it in graphs and frequency tables.

2.4. Ethical Considerations

Ethical approval was obtained from the community department of Alzaiaem Alazhari University, and after an explanation of the purpose of the research to all participants informed consent was obtained from them and their information was preserved confidently.

3. Result

The majority of the participants were female 69%. **Figure 1.** participants belong to Medicine were 85(33.5%). Which is the predominant number.

participants sex distribution

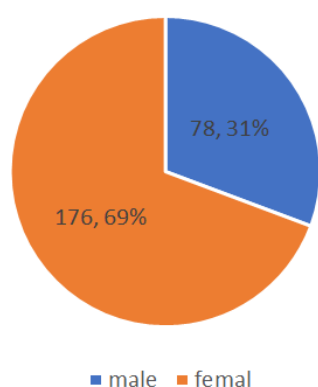


Figure 1. Gender of the participants.

Table 1. faculties of the participants.

	frequency	percentage
Medicine	85	33.5
Nursing	24	9.4
Dentistry	30	11.8
Medical laboratory	33	13
Anesthesiology	23	9.1

	frequency	percentage
Clinical nutrition	18	7.1
Public health	29	11.4
Radiology	12	4.7

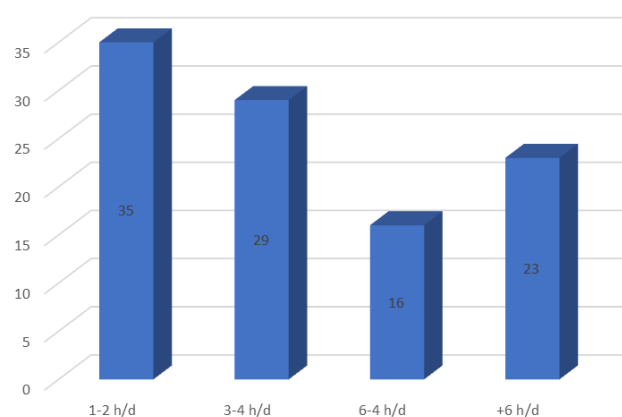


Figure 2. Shows that 35 students work for 1-2 hours per day (34%), while 29 students work for 3-4 hours per day (28.2%), while 16 students work for 6-4 hours per day (15.5%), while 23 students work more than 6 hours per day (22.3%).

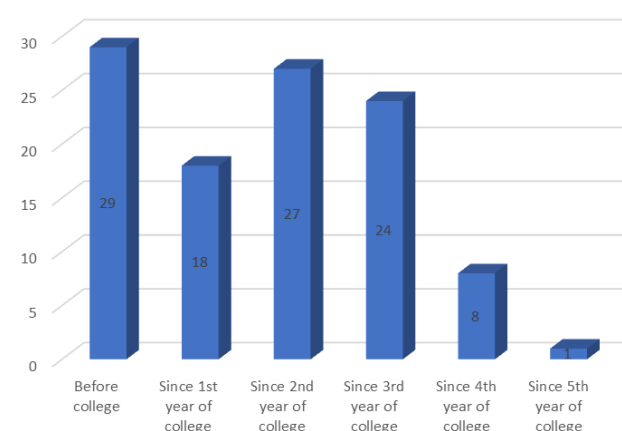


Figure 3. Shows that 29 students started part time work before college (27.1%), while 18 students started since 1st year of college (16.8%), and 27 students started since 2nd year of college (25.2%), and 24 students Since 3rd year of college (22.4%), and 8 students started Since 4th year of college (7.5%), and only 1 student started in the 5th year of college (0.9%).

Table 2. Shows 60 participants performing some type of part time work (23.6%), while 161 never participated in any type of part time work (63.4%), while 33 participants started had experienced part time work but stopped at some point (13%)

	frequency	percentage
yes	60	23.6

	frequency	percentage
no	161	63.4
Yes, but I stopped	33	13

Table 3. Shows 46 of employed students had Free business (44.2%), while 24 students do online work (23.1%), while 34 students do Part-time (field) work (32.7%).

	frequency	percentage
Free business	46	44.2
Online work	24	23.1
Part-time (field) work	34	32.7

Genuinely, the participants agree that, part time jobs had

helped them gaining new skills in time management and communication. Despite this 20.2% disagreed with the positive impact of working on academic performance. As expressed in table 5.

Table 4. 20 students said that work was necessary to support family (19.2%), while 12 students said that work was necessary to pay university fees (11.5%), while 33 students said that work was optional to gain some extra cash (31.7%).

	frequency	percentage
To support family	20	19.2
To pay university fees	12	11.5
to gain some extra cash	33	31.7
to learn new skills	39	37.5

Table 5. Skills developed through part time jobs.

Variable	Frequency	Percent%
Ability to pay university fees without the part time job		
Strongly agree	9	8.3
Agree	10	9.3
Uncertain	12	11.1
disagree	60	55.6
Strongly disagree	17	15.7
Is work being necessary to you		
Strongly agree	27	24.5
Agree	47	42.7
Uncertain	12	10.9
disagree	16	14.5
Strongly disagree	8	7.3
Work gives new skills		
Strongly agree	62	54.9
Agree	48	42.5
Uncertain	3	2.7
disagree	0	0
Strongly disagree	0	0
Work improves communication skills		
Strongly agree	66	57.4
Agree	43	37.4

Variable	Frequency	Percent%
Work improves multitasks management skills	Uncertain	5.2
	disagree	0
	Strongly disagree	0
	Strongly agree	54.9
	Agree	39.8
	Uncertain	3.5
	disagree	1.8
Work help forming social connections	Strongly disagree	0
	Strongly agree	54.8
	Agree	40
	Uncertain	3.5
	disagree	1.7
Work has positive impact on students' academic performance.	Strongly disagree	0
	Strongly agree	11.8
	Agree	30.3
	Uncertain	35.3
	disagree	20.2
	Strongly disagree	2.5
	Strongly agree	14
	Agree	36
	Uncertain	42
	disagree	24

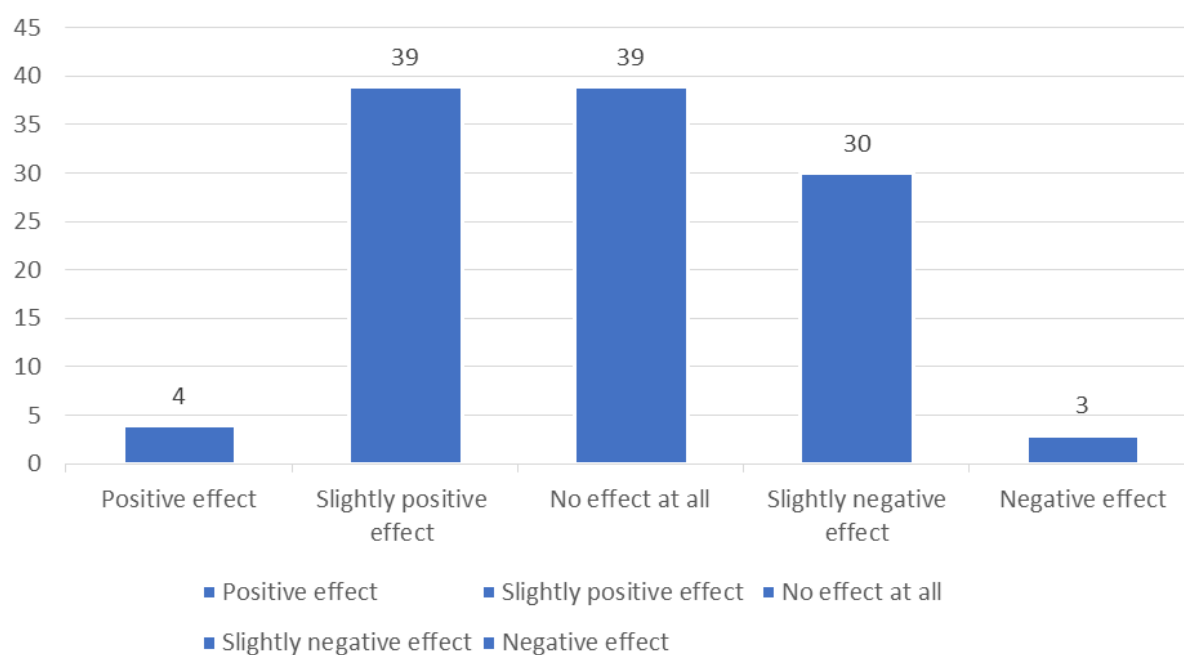


Figure 4. Part time jobs had positive or neutral effects on academic performance as expressed by 33.9% of the participants.

Table 6. *Negative impact of part time jobs.*

Variable	Frequency	Percent%
Work consumes most of student's time		
Strongly agree	4	3.5
Agree	26	22.8
Uncertain	37	32.5
disagree	40	35.1
Strongly disagree	7	6.1
Work has negative impact on students' social life.		
Strongly agree	4	3.4
Agree	10	8.5
Uncertain	16	13.7
disagree	68	58.1
Strongly disagree	19	16.2
Work manager won't understand "college related" excuses.		
Strongly agree	1	0.9
Agree	9	8.3
Uncertain	20	18.3
disagree	25	22.9
Strongly disagree	10	9.2
I don't have manger	44	40.4

Most of the participant prefer online working 52.9%. and see that university had to encourage student working. [Table 7](#)

Table 7. *Preferred type of working & university encouragement.*

Variable	Frequency	Percent%
Prefer online work rather than office or field work		
Strongly agree	29	24.4
Agree	63	52.9
Uncertain	21	17.6
disagree	3	2.5
Strongly disagree	3	2.5
University should encourage students to do par-time jobs		
Strongly agree	30	24.8
Agree	62	51.2
Uncertain	20	16.5
disagree	5	4.1
Strongly disagree	4	3.3

4. Discussion

The study demonstrates that work as part time jobs led to acquiring many skills on communication, time management and teach them a lot that help them building their character. This is goes in line with many studies [18, 19].

Most of the participants 34% found to work 7 to 14 hours per week (1-2 hours per day) which is lower than Claire Carney et al study's that show students work not less than thirteen hours per week [13].

For 37.5% of the participants working was optional to get new skills. And 31.7% saw that work was optional to gain some extra cash. This is supported by Furr et al study that showed financial problems and developing career related skills as the main stimulators for part time jobs working [8].

Similar to Tessema study's on academic perspective of part time jobs which found that working has positive effects on academic achievements [20]. We reported that most of the participants 33.9% positively affected. While 33.9% not affected at all. On the other side of the coin this is was different from what reported by Lindsay et al study which expressed that working while studying had negative impact on academic performance. Which attributed to missed lectures and tutorials, reduced time for study and fatigue and the development of a conflict of interest between employment and academic responsibilities [20].

Socially the majority of student didn't show any negative impact on social life. Thought to be related to students' individual characteristics. With some students are able to cope better than others [21].

5. Conclusion

This study addresses the issue of part-time job working which is becoming more common day after day. Since there is significant evidence that suggests an impact of part time job on academic performance. This study demonstrate that the majority are positive such as communication skills, multi-tasking skills and forming social connections. with less has negative impact on academic performance and time consuming. Therefor most of the participants see that university should encourage part- time working. Most of the participants work for 1-2 hours per day. Financial problems and gaining extra cash were the main reasons behind part time jobs working. Most of the students prefer online rather than office work

6. Recommendation

We recommend:

1. Universities to encourage and support students to have part time jobs.
2. To expand this study all over Sudanese states.

3. To make workshops to show students how to balance between job and college.

Limitations of the Study

1. Lack of local information about similar topics.
2. Difficulties in collection because some are not co-operative.

Author Contributions

M. Mg. and M. M.; conceptualization and methodology, M. Mg. and M. K.; software, M. Y.; formal analysis, M. K. and M. M.; resources, M. Y. and M. K.; writing—original draft preparation, M. Mg.; writing—review and editing, N. H.; supervision.

Data Availability

The data used in this study are available from the corresponding author on reasonable request.

Abbreviations

SPSS: statistical package for social science

Conflicts of Interest

The authors declare no conflict of interest.

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