

Abstract

The current study was aimed at studying the impact of part time job on self esteem, psychological wellbeing and academic performance among university students. Mixed method study design was followed in this research. The quantitative study explored the impact of part time job in relation to self esteem, psychological wellbeing and academic performance among university students. A purposive sample of 301 university students were selected for the quantitative study from different universities (N=301). State Self Esteem Scale, Rosenberg Self Esteem Scale and Ryff Psychological Wellbeing Scale were used for the purpose of data collection. The findings of this study indicated that there is a significant positive relationship between part time job and self esteem and a significant negative relationship between part time job, psychological wellbeing and academic performance. Results of the study shows that there is no mean difference between young men and women on state self esteem, self esteem, psychological wellbeing and academic performance among university students doing part time job. Results of linear regression shows that part time job positively predicted self esteem and state self esteem and negatively predicted psychological wellbeing and academic performance. The qualitative part of the study aimed to determine the underlying factors for doing part time job and impact of part time job on academic performance, self esteem and psychological wellbeing among university students doing part time job. The data driven from participants (N=4) were analyzed using thematic analysis. Seven major themes emerged in the study which include goal orientation, effect on physical fitness, change in personality, academic growth, poor mental health, self confidence and motivation, aloof life style. The findings of this study can be used by student's counsellors in better understanding of the issues faced by university students doing part time job.