

EFFECTS OF WORK BURNOUT ON ACADEMIC PERFORMANCE AMONG WORKING STUDENTS OF BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Work burnout has emerged as a growing concern among students who simultaneously manage employment and academic responsibilities. This study examines the effects of work burnout on the academic performance of working students at Bestlink College of the Philippines. Specifically, it investigates burnout in terms of emotional exhaustion, cynicism, and reduced personal accomplishment, and how these factors affect students' class attendance, exam performance, and engagement with the Learning Management System (LMS). The study utilized a descriptive research design, with data collected through a structured survey administered to 50 working students selected via simple random sampling. The instrument assessed the levels of burnout and its corresponding influence on academic-related activities. Responses were analyzed to determine how burnout symptoms correlate with students' academic engagement and performance. The results revealed that a majority of respondents experienced moderate to high levels of emotional exhaustion, largely attributed to the demands of managing work alongside school commitments. Cynicism and disengagement from academic tasks were also observed, although many students still maintained acceptable attendance and exam performance. However, challenges were noted in meeting submission deadlines and maintaining focus, particularly when interacting with the LMS. Burnout was found to have a slight but noticeable impact on academic performance. Additionally, work-related factors—such as long hours and low income—were identified as key contributors to burnout and academic difficulty. The study emphasizes the importance of institutional and employer support for working students. To alleviate burnout and enhance academic outcomes, strategies such as flexible work schedules, academic counseling, and access to mental health services are recommended. An action plan promoting better work-study balance is proposed to improve both well-being and performance. Furthermore, the findings underscore the need for continued research into effective interventions that address the unique challenges faced by working students. Creating a supportive environment through coordinated efforts from educational institutions and employers can help mitigate the negative effects of burnout.

RECOMMENDED CITATION

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