iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 14 **Issue:** III **Month of publication:** March 2026

DOI: https://doi.org/10.22214/ijraset.2026.79054

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 14 Issue III Mar 2026- Available at www.ijraset.com

Working Students and their Challenges - A Case Study

Dr. Shyamaraja T
Associate Professor of Sociology Govt First Grade College Peenya Bengaluru

Abstract: ***India, with a population of nearly 1.5 billion, is a country of immense diversity and opportunity. While living in such a nation can be considered a privilege, for the youth it also presents significant challenges. Young people frequently encounter a range of socio-economic pressures that shape their daily lives. Keeping this reality in view, the present research paper aims to examine the experiences of working students from a sociological perspective. Working students often face considerable difficulties in balancing academic responsibilities with employment, striving to meet both educational demands and financial needs simultaneously. The primary objective of this research article is to examine how working students manage the pressures of education, their jobs, and the necessity of supporting their families in their daily lives. Many male and female students are compelled to take up part-time work to meet their daily expenses and to assist their parents financially. At such a young age, how they balance these two domains, manage their time effectively, maintain their physical and mental health, and cope with academic challenges constitute the key focus areas of this study.***
Keywords: Working Students, Responsibilities, Job, Diversity, Difficulties.

I. INTRODUCTION

India's students are no longer earning just pocket money. A new data-led report shows college students making up to Rs 65,000 a month through gig work, with earnings often covering rent, food, and daily expenses. The findings reveal how student gigs are evolving into a critical financial lifeline across metros and tier-2 cities(India Today) The India Today report highlights how students in India's Tier-2 cities are managing work alongside their studies and also indicates the level of income they earn. While this may appear encouraging, the compulsion to work while studying reflects an underlying necessity. Understanding this necessity has become essential for students of sociology in the contemporary context. In addition, some studies also highlight this issue. For example, the Economic Survey 2023–24 says that only 51% of graduates are employable. It shows that many young people lack the required skills for jobs. This creates a problem. On one side, students are working while studying, and on the other side, they still face difficulty in getting proper employment. (The Hindu july , 22, 2024)

By considering these two reports, it can be said that on one hand, students are compelled to work while studying, and on the other hand, after completing their degree, many youths are unable to find jobs that match their qualifications. As a result, they are forced to take up whatever work is available. This situation is not limited to India alone; it can be understood through other studies that similar conditions exist in other countries as well.

II. IMPORTANCE OF THE STUDY

For students in India, working while studying is not a luxury but a necessity. Due to financial difficulties and the need to support their families, many young people are compelled to contribute, even in small ways, to household expenses or assist their parents. At the same time, this reflects the growing financial independence and overall development of youth. This situation represents the reality of many families.

In large cities, the cost of daily living and other expenses demands greater financial effort. Along with this, every family member aspires to lead a respectable life and be socially appreciated. As a result, despite facing physical and mental stress, young people engage in work alongside their education.

The present study does not aim to judge whether combining work and education is right or wrong. Instead, it seeks to understand how students manage to balance both, how they utilize their earnings, and how they cope with academic challenges.

III. OBJECTIVES OF THE STUDY

In the context of increasing socio-economic pressures and changing educational dynamics, a growing number of students are engaging in work alongside their studies.

©IJRASET: All Rights are Reserved

This dual responsibility creates both opportunities and challenges in their academic and personal lives. Understanding their experiences from a sociological perspective is essential to capture the realities of working students. In this regard, the present study is guided by the following objectives:

- To understand the social and economic conditions of working students.
- To examine how students manage both their studies and work.
- To analyze how they utilize their earnings.

IV. RESEARCH METHODOLOGY

The present study adopts a case study approach to gain an in-depth understanding of working students. For this purpose, Government First Grade College, Peenya has been selected as the study area. The respondents consist of students who are simultaneously engaged in both education and employment. A total of 10 such students have been selected through appropriate sampling techniques for detailed analysis. This method enables a focused examination of their experiences, challenges, and coping mechanisms in balancing work and academic responsibilities.

V. FINDINGS AND RESULTS OF THE STUDY

The study conducted in Government First Grade College, Peenya, reveals that a significant proportion of students, nearly 90%, belong to socially backward communities. Among these, 20% are from Scheduled Castes (SC), 10% from Scheduled Tribes (ST), and 60% from Other Backward Classes (OBC). This composition clearly reflects that the institution largely caters to students from socially disadvantaged sections of society. Such a background often influences their access to resources, educational opportunities, and overall academic experiences.

Furthermore, the study highlights that the majority of students come from middle- and low-income families. Due to their economic conditions, many students are not only dependent on their families but also actively contribute to household responsibilities. This dual role of being both learners and contributors places an additional burden on them, affecting their academic focus and overall well-being.

In terms of balancing academic and work responsibilities, about 70% of the students reported that they attempt to manage both effectively through proper time allocation. However, despite their efforts, work-related pressures frequently interfere with their study schedules. This imbalance often results in insufficient time for academic preparation, leading to stress and compromised academic outcomes.

The findings also indicate that around 90% of the students utilize their earnings primarily for essential purposes such as educational expenses, family support, and daily needs. This demonstrates a high level of financial responsibility among students. Only a small proportion, about 10%, use their income for personal development or individual needs, suggesting that survival and family obligations take precedence over self-development.

Regarding academic performance, approximately 60% of the students acknowledged that managing both work and studies negatively impacts their academic achievement. Factors such as fatigue, lack of study time, and mental stress contribute to this decline. However, 40% of the students reported that they are able to maintain a balance between work and studies, indicating that effective time management and personal discipline can help mitigate these challenges.

Finally, the study reveals that nearly 80% of the students experience mental and physical stress due to the combined demands of work and education. Issues such as fatigue, exhaustion, and health-related problems are commonly reported. This highlights the need for institutional support systems such as counseling services, flexible schedules, and financial assistance to help students cope with these challenges.

VI. CONCLUSION

Working during college and while pursuing studies is primarily aimed at strengthening the financial capacity of the family and leading a self-reliant life. However, such situations often tend to reduce students' academic capacity. As a result, working students may face the risk of missing out on higher education opportunities. This also creates inequalities in outcomes, particularly in academic performance and the attainment of marks.

There is a pressing need for sociologists to pay special attention to students who are compelled to work for wages while studying, and to address the mental and physical challenges they experience.

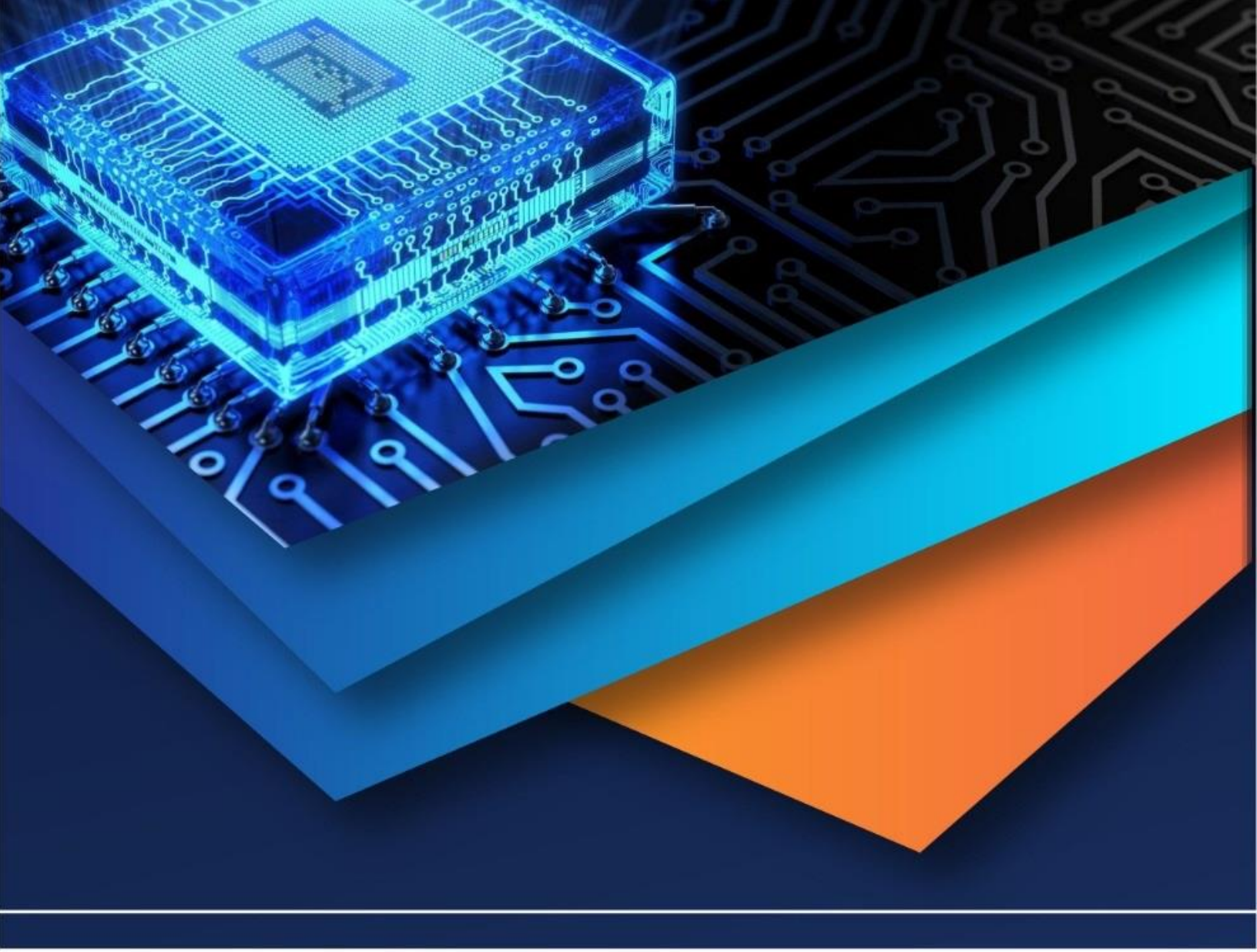
©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |

It is essential to take necessary measures to ensure that all students can achieve academic progress, effectively utilize the financial benefits gained through employment, successfully complete their degree programs, and move forward in a timely manner

REFERENCES

[1] Astin, Alexander W. (1993). What matters in college? Four critical years revisited. San Francisco, CA: Jossey-Bass.
[2] Perna, Laura W. (2010). Understanding the working college student: New research and its implications for policy and practice. Sterling, VA: Stylus Publishing.
[3] Scott-Clayton, Judith (2012). What explains trends in labor supply among U.S. undergraduates? National Tax Journal, 65(1), 181–210.
[4] Tinto, Vincent (1993). Leaving college: Rethinking the causes and cures of student attrition (2nd ed.). Chicago, IL: University of Chicago Press.
[5] National Center for Education Statistics (2019). The condition of education 2019. Washington, DC: U.S. Department of Education.
[6] International Labour Organization (2020). Global employment trends for youth 2020: Technology and the future of jobs. Geneva: ILO.
[7] UNESCO (2021). Reimagining our futures together: A new social contract for education. Paris: UNESCO.
[8] India Today online report
[9] (The Hindu july , 22, 2024 online report, International Labour Organization (2020). Global employment trends for youth 2020: Technology and the future of jobs. Geneva: ILO.
[10] UNESCO (2021). Reimagining our futures together: A new social contract for education. Paris: UNESCO. coping mechanisms in balancing work and academic responsibilities.

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)