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ABSTRACT

Title of Abstract : Analysis of Teamwork and Work–Life Balance in Enhancing the Motivation of Part-Time Working Students
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Background : In recent years, the number of part-time working students has increased significantly, resulting in the need to understand factors influencing their motivation. Balancing academic responsibilities with part-time work often leads to stress and decreased productivity. Therefore, teamwork and work–life balance are believed to play essential roles in enhancing motivation among these students.

Objective : This study aims to analyze the influence of teamwork and work– life balance on the motivation levels of part-time working students.

Research Methods/ Implementation Methods : This quantitative research employed a survey distributed to 100 part-time working students using a structured questionnaire. The collected data were analyzed through validity and reliability tests, followed by t-tests and F-tests to determine the effect and significance of each variable.

Results : The results indicated that both teamwork and work–life balance have a positive and significant impact on student motivation. Teamwork improved collaborative learning and emotional support, while work–life balance reduced stress and increased focus on both work and academic goals.

Conclusion/Lesson Learned : The study concludes that teamwork and maintaining a healthy work–life balance are key factors in enhancing motivation among part-time working students. Educational institutions and employers should develop supportive environments that encourage collaboration and flexible scheduling to sustain student motivation.

Keyword : teamwork; work–life balance; motivation; part-time students; quantitative analysis.