

Analysis Of the Experiences of Muslim Students Who Work Part-Time in Balancing Academic, Work, and Spiritual Aspects at Muhammadiyah University of Yogyakarta

Elsa Talitha Rahima*, Tumin

Universitas Muhammadiyah Yogyakarta, Bantul, Indonesia

*elsa.talitha.fai22@mail.umy.ac.id

Abstract

This study analyzes the experiences of Muslim students at Universitas Muhammadiyah Yogyakarta who work part-time in balancing academic demands, work, and spiritual aspects. Working students often face challenges in time management, fatigue, and conflicts between study and work. This study aims to understand the strategies they use in facing these challenges. This research method uses a descriptive qualitative approach, data was collected through interviews with five students who work while studying. Data collection techniques in this study were carried out through observation, interview and documentation methods. Meanwhile, data analysis techniques in this study used an interactive model starting from data collection, data reduction, data presentation, and conclusion drawing. The results showed that students developed various adjustment strategies, such as managing a more disciplined schedule, building good communication with superiors, and utilizing an Islamic-based work environment to maintain worship. In addition, Islamic values such as sincerity, *tawakal*, gratitude, and patience are important factors in helping them overcome the obstacles they face. This research provides insights for working students as well as educational institutions in creating policies and support that can help students balance academics, work, and spirituality.

Keywords: Muslim Students; Part Time Work; Academic and Work Balance; Islamic Spirituality

Abstrak

Penelitian ini menganalisis pengalaman mahasiswa muslim Universitas Muhammadiyah Yogyakarta yang bekerja paruh waktu dalam menyeimbangkan tuntutan akademik, pekerjaan, dan aspek spiritual. Mahasiswa pekerja sering menghadapi tantangan dalam manajemen waktu, kelelahan, serta konflik antara kuliah dan pekerjaan. Penelitian ini bertujuan untuk memahami strategi yang mereka gunakan dalam menghadapi tantangan tersebut. Metode penelitian ini menggunakan pendekatan kualitatif deskriptif, data dikumpulkan melalui wawancara dengan lima mahasiswa yang bekerja sambil kuliah. Teknik pengumpulan data dalam penelitian ini dilaksanakan melalui metode observasi, wawancara dan dokumentasi. Sementara itu, teknik analisis data dalam penelitian ini menggunakan model interaktif dimulai dari pengumpulan data, reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa mahasiswa mengembangkan berbagai strategi penyesuaian, seperti pengelolaan jadwal yang lebih disiplin, membangun komunikasi yang baik dengan atasan, serta memanfaatkan lingkungan kerja berbasis Islam untuk menjaga ibadah. Selain itu, nilai-nilai Islam seperti ikhlas, tawakal, syukur, dan sabar menjadi faktor penting dalam membantu mereka mengatasi hambatan yang dihadapi. Penelitian ini memberikan wawasan bagi mahasiswa pekerja serta institusi pendidikan dalam menciptakan

kebijakan dan dukungan yang dapat membantu keseimbangan antara akademik, pekerjaan, dan spiritualitas mahasiswa.

Kata Kunci: Mahasiswa Muslim; Bekerja Paruh Waktu; Keseimbangan Akademik dan Pekerjaan; Spiritualitas Islam

Introduction

In an increasingly dynamic and competitive era of globalization, individuals face various demands and challenges, both in academic, financial, and social aspects. Higher education is the main key to shaping individuals who are ready to face real-world challenges. Higher education plays an important role in improving the quality of life of individuals, expanding employment opportunities, and promoting knowledge-based economic growth (Sawal et al., 2024). However, in the midst of increasing education costs and increasingly complex living needs, many students are looking for alternatives to meet their financial needs, one of which is by working part-time (Lingasari & Kurniawan, 2019).

According to a UNESCO report (2023) around 40% of students in developing countries work part-time to finance their education. In Indonesia, data from the Central Statistics Agency (BPS) in 2023, shows that around 35% of university students in Indonesia work part-time to meet their academic and personal needs, the majority of whom work in the service and retail sectors. Several previous studies have highlighted the main reasons behind students' decision to work while studying. Daulay (2009) suggested that students work part-time due to economic factors, the need to fill spare time, the desire to live independently, as well as seeking work experience. Meanwhile, Jacinta (Dudija, 2011) added that students who work part-time are driven by financial needs, relational social needs, and self-actualization needs.

These studies show that students work not only because of economic demands, but also to gain work experience and develop social skills (Lauco, 2023). The phenomenon of working while studying is not only happening globally, but also in *Indonesia*, including among students of Universitas Muhammadiyah Yogyakarta (UMY). For some students, working while completing their studies is an unavoidable choice, especially in the face of increasingly competitive life dynamics (Miranda et al., 2020). Most students choose part-time jobs, this is due to the higher flexibility of part-time work schedules compared to full-time work, allowing students to adjust working hours to their lecture schedules (Putri et al., 2024).

The average full-time worker will spend about 40 hours per week, while part-time workers have less time than that, usually per day only takes about 3-5 hours, depending on the type of work (Alvinnaja and Suwarno, 2020). While various studies have addressed the relationship between part-time work and academic performance, there are few studies that specifically examine how Muslim students balance their academic, work and spiritual commitments. Most studies have mostly discussed the impact of part-time work on academic performance. For example, a study by Putri et al., (2024) found that part-time work can affect student learning outcomes, either positively or negatively, depending on individual time management skills.

In addition Melinda (2024) examined the influence of work-life balance and time management on the academic achievement of students who work part-time in Semarang City, with the result that work-life balance and effective time management contribute significantly to students' academic achievement. Meanwhile Umaya and Pratisti (2019) examined the relationship between social support and hardiness with psychological well-being in students who work part-time, and found that strong social support and high

resilience play an important role in maintaining the psychological well-being of working students. In an Islam-based university like Universitas Muhammadiyah Yogyakarta (UMY), Muslim students face unique challenges in balancing these three aspects. In Islam, consistency in performing acts of worship such as five daily prayers, fasting, and other religious activities are part of daily life that must be maintained.

However, Muslim students who work in the retail sector, restaurants, or the service industry often face difficulties in carrying out their worship due to work demands and time constraints (Akmaludin et al., 2025). The main issue that arises is how UMY Muslim students who work part-time are able to maintain a balance between their academic, work, and spiritual lives. Most of the existing research still focuses on academic and work balance, but not many have highlighted the complexities faced by Muslim students in fulfilling their religious obligations in the midst of a demanding work environment. Therefore, this study aims to explore the experiences of Muslim students at UMY who work part-time in balancing their academic, work and spiritual demands.

In addition, it will also identify the strategies they use in managing their time and how the work environment and university can support this balance. This research is important as it provides an in-depth insight into the challenges Muslim students face in balancing the various aspects of their lives. This research has both practical and theoretical significance. Practically, the results of this study can serve as a basis for UMY and other higher education institutions to design more inclusive policies, such as providing worship facilities on campus or working with workplaces to facilitate students' spiritual needs. Theoretically, this study provides a new contribution to the literature on academic, work and spiritual balance, especially in the context of Muslim students. By understanding these dynamics, universities can develop more effective strategies to support the holistic well-being of Muslim students

Methods

This research uses a qualitative method with a descriptive approach to obtain an in-depth description of the dynamics of students who undergo lectures while working. The research subjects consisted of five active students of the Islamic Education Study Program, Universitas Muhammadiyah Yogyakarta, who were selected based on certain criteria to ensure relevance to the research objectives. Data collection was conducted through structured interviews, with a list of pre-prepared questions direct observation of student activities; and related documentation. Data analysis was conducted using an interactive model, which includes data collection, data reduction, data presentation, and conclusion drawing, to obtain a systematic and in-depth understanding of the phenomenon under study. Data validity was guaranteed through triangulation techniques, by combining various data, sources, methods, and perspectives of analysis, in order to increase the validity of the research results.

Results and Discussion

Studying while working is a challenge that is not easy for students. Apart from facing high academic demands, they also have to balance their work responsibilities so as not to interfere with the learning process. Therefore, good time management skills are key for students who work part-time. From a spiritual perspective, having a dual role as a student and a worker can also be a means to practice patience, perseverance, and gratitude. Every effort made with sincere intentions in studying and seeking sustenance will be worth worship. Thus, students who work while studying not only strive for academic and financial success, but also build character and spiritual firmness in living life.

1. Overview of Muslim Students who Work Part-Time

Students are individuals who are pursuing formal education at the tertiary level, both at universities and other equivalent educational institutions, which can be managed by the government or the private sector. Meanwhile, lectures are formal learning processes that take place in universities, aiming to develop knowledge, skills and academic competence in certain fields. On the other hand, working is an activity that involves a person's active participation in a production process, both in the form of goods and services, which has use value for society. In this context, not a few students choose to work while pursuing higher education. This is done as an effort to meet financial needs and develop professional experience.

Studying while working refers to a situation where a student continues to undergo the lecture process while having a job, generally in the form of a part-time job at an institution, company, or informal sector. This condition requires students to have good time management skills in order to balance academic obligations with responsibilities in the world of work effectively (Huda et al., 2023). Students who work part-time face challenges in balancing academic demands, work, and spiritual life. Based on interviews with five informants, their motivations for working part-time vary, ranging from financial needs, professional skill development, to practicing independence. The following is an overview of the five informants:

Table 1. Student Profile and Motivation

Name	Work	Motivation	Working Time
Dewi Rahmawati	Swimming Coach	Filling spare time and practicing social skills	3-4 hours (Sunday morning)
Intan Dwi	TPA Teacher	Training teaching skills and professional experience	15 hours (afternoon and evening)
Micco Fiqri	Odd-job Driver	Train independence and help parents financially	18 hours (flexible time according to call)
Siti Fatiyah	TPA Teacher	Practice communication skills and increase pocket money	10 hours (afternoon)
Rayhan Pryananda	Perfume Store Saleswoman	Gain experience and increase pocket money	20 hours (time when not doing recovery activities)

From the overview table above, it can be concluded that Muslim students who work part-time have diverse motivations and backgrounds in undertaking this dual activity. Whether it is to fulfill financial needs, gain professional experience, practice social skills, or help ease the burden on their parents, they show a strong commitment in balancing academic and work responsibilities. This is in line with Agustina and Mardalis (2024) which states that students who work part-time tend to have intrinsic and extrinsic motivations, such as economic factors, family demands, the desire to be financially independent, expand networks, and develop practical skills that are not always obtained in college. Thus, studying while working is not only a means to fulfill practical needs, but also an integral self-development platform for Muslim students in facing the demands of modern life.

2. Challenges and Strategies in Balancing College, Work and Spiritual Aspects

a. Challenges in Balancing College, Work and Spiritual Aspects

Students who work part-time face various challenges in balancing their spiritual, academic, professional and obligations. Of the Onemain challenges is time management, where they have to manage their work schedule, lectures, as well as the time for worship that is mandatory for a Muslim. According to time management theory, individuals must be able to distinguish between important and urgent tasks in order to optimally. Manage priorities in the context of part-time students, failure to manage time can lead to an imbalance between academic, work, and spiritual which obligations ultimately impacts their performance in all three areas.

As revealed through the experiences of the five informants, the main difficulty in balancing these three things is when managing the work schedule, which is further exacerbated by the lecture schedule that changes suddenly. As revealed by Rayhan Pryananda, one of the part-time student workers who works as a perfume shop saleswoman:

The biggest challenge for me is when a sudden substitute class is scheduled, which clashes with my work schedule, as my work has been pre-arranged based on the original lecture schedule. Therefore, when there is a sudden replacement class, I am faced with the choice between losing my job opportunity or being absent from. Both choices have consequences that are not easy to deal with. have been pre-arranged based on the initial lecture schedule. Therefore, when there is a sudden replacement lecture hour, I am faced with the choice between losing the opportunity to work or being absent from class (Interview, 27 February 2025).

Other challenges include Micco Fiqri high work mobility, which forces him to stay active without much time to rest. Working as an odd-job driver in the midst of academic demands led to mental and physical exhaustion due to a busy schedule and lack of rest. Not only that, irregular sleep patterns and excessive responsibilities also had a negative impact on her health. Micco Fiqri revealed:

Sometimes I have to move from one place to another to finish work before going to campus. I also I often sleep late because of coursework that must be completed, after which wake up early in morning thebecause of work that must be done. As a result, I often felt tired and lacked focus and even ran out of energy before the lecture even started. In when it comes to addition, practicing worship, I sometimes still find it difficult to do it consistently because of the demands of work that chase time (Interview, 25 February 2025).

Other are also challenges experienced by Siti Fatiyah and Intan Dwi, students who work as teachers at the Al-Qur'an Education Park (TPA). The that lecture schedule takes place in afternoon theuntil night is a major obstacle for them in managing time between academic and work obligations. Given that teaching and learning activities at TPA are generally carried out at the same time, namely afternoon to evening, Siti Fatiyah and Intan Dwi often face difficulties in fulfilling their responsibilities optimally. Intan Dwi said:

I am often faced with the dilemma between attending lectures or teaching at TPA. Both responsibilities are equally important, but conflicting schedules make it difficult for me to carry out both to the fullest. However, in terms of worship, I find it more helpful to work in an Islamic-based TPA environment. I can still pray on time, often in congregation with my students, which is a calming spiritual moment for me (Interview, 26 February 2025).

Meanwhile, Siti Fatiyah added:

The clash between my I classes and my job means TPA that there are times when have to ask permission from the college or to adjust my schedule, but this is not always possible. So I sometimes have to sacrifice one of the two, be it class attendance or workplace responsibilities. This situation poses quite a dilemma, as both are equally important to me. However, one thing that I am grateful for is the work environment at TPA that always encourages me to maintain my worship. I have never experienced any difficulties in performing my obligatory prayers or attending religious studies (Interview, 26 February 2025).

Unlike some other students, Dewi Rahmawati is one of the students who does not experience significant challenges in balancing part-time work and lectures because her work schedule is more flexible. Dewi Rahmawati works only on weekends, precisely on Sunday mornings, so it does not interfere with her academic activities. Conflicts with a well-scheduled work pattern, Dewi Rahmawati is able to allocate time to focus on lectures without having to face schedule that are often experienced by other part-time students. Dewi Rahmawati revealed:

I feel lucky that my job only takes place on Sunday mornings. This allows me to keep up with classes without a hitch, unlike my friends who have to split their time between classes and work on the same day. By choosing a job with flexible hours, I can also still have enough time to rest after a week of lectures. In terms of spirituality, I also have no problems (Interview, 26 February 2025).

This phenomenon illustrates the complexity of the challenges faced by part-time students in balancing academic obligations, work and spiritual, aspects especially regarding effective time management. They are often faced with schedule conflicts, such as sudden lecture changes or high work mobility, which leads to physical and mental fatigue and difficulty in maintaining consistency in worship. However, a flexible or Islamic-based work environment, such as at TPA, can help reduce this burden. Flexibility in work schedules, as experienced by Dewi Rahmawati, is key to avoiding conflict and maintaining balance. Therefore, support from educational institutions and workplaces, as well as good time management skills, are essential for part-time students to optimally meet academic, professional and spiritual demands.

b. Strategies in Balancing College, Work and Spiritual Aspects

Strategies in Balancing College, Work, and Spiritual Aspects is one of the main focuses in research or analysis related to students who work while studying. Students who are juggling two roles, that is, being a student and a worker, face great challenges in managing their time and energy. On the other hand, students must also pay attention to their spiritual aspects, as these play an important role in providing peace and emotional stability. Strategies need to be designed to provide a clear direction in carrying out an activity, which serves as a foundation for long-term thinking, and not just focusing on routine activities that occur.

In addition, strategies also play a role in anticipating complex and unpredictable external factors. Whether in light tasks or heavy work, the final result will be more optimal if done based on a pre-designed strategy. Therefore, Muslim students of the UMY Islamic Education Study Program who are actively working use different strategies. Each student has their own way of adjusting between the three. As expressed by the informants, they must adapt to conditions that are often uncertain so that they can still carry out academic, work, and worship obligations in a balanced manner. The following are the results of the interviews presented in a structured table:

Table 2. College Students' Strategies In Balancing Academics, Work, And Spirituality

Informan	Pekerjaan	Academic Strategy	Employment Strategy	Spiritual Strategy
Dewi Rahmawati	Swimming Coach	Choose to work on weekends so as not to interfere with class time	Choosing a job that does not conflict with your class schedule	Choosing a job with a flexible schedule for better worship
Intan Dwi	TPA Teacher	Adjust teaching schedule with lectures and complete assignments during the day	Optimizing time on campus so as not to be burdened when working	Praying in congregation with TPA students as spiritual motivation
Micco Fiqri	Odd-job Driver	Completing tasks early and use free time to rest	Organize work schedules and sleep patterns to avoid fatigue	Pulling over at a mosque/musala while traveling in the course of delivering goods
Siti Fatiyah	TPA Teacher	Coordinate with TPA/campus for the best solution if there is a schedule clash.	Coordinate with coworkers to divide work and class schedules.	The work environment supports worship so that making it easier to pray on time
Rayhan Pryananda	Parfume Store Saleswoman	Communicate with superiors about schedule flexibility and find a buddy to share notes with	Communicate with superiors to get work flexibility	Take the time to pray in between working hours

The results of the interview above show that the strategies applied by students vary, of course, according to individual conditions. As explained in the research Widayanto (2020) in his article Analysis of the Implementation of Strategic Management and its Effect on Business Performance, which shows that the application of strategic management was initially at a moderate level. However, after being given stimulation and reinforcement in the aspects of strategic management, there was a significant increase, where the strategies implemented had a positive impact on business performance on the object of the study.

Students who work part-time develop various strategies to balance academic, work, and spiritual responsibilities, such as managing schedules with discipline, communicating with superiors, or utilizing free time between jobs. This suggests that flexibility and adaptation to uncertain situations are key in dealing with the dual challenges of being a student and a worker. Some of the unexpected findings in this study include firstly, students with Islamic environment-based jobs (Intan Dwi, Siti Fatiyah) find it easier to maintain spiritual balance due to support from the work environment,

such as the Qur'anic Education Park (TPA), which facilitates worship and religious studies. This provides spiritual peace and helps them focus on academic and work responsibilities. Secondly, students with flexible jobs (Dewi Rahmawati, Rayhan Pryananda) can optimize their time better than those with permanent jobs.

Dewi Rahmawati, who works only on weekends, can focus on academics on weekdays, while Rayhan Pryananda, despite having a busy schedule, finds solutions by communicating with superiors and utilizing breaks for worship. These findings suggest that flexibility in work schedules is crucial in achieving a balance between academics, work and spirituality. The findings emphasize the importance of a supportive work environment and schedule flexibility for students who work part-time. In addition, this study highlights the need for support from educational institutions and workplaces for students to optimally perform their dual roles without compromising academic performance or spiritual well-being.

3. The Impact of Part-Time Work on Student Academic Achievement

Part-time jobs are increasingly becoming the choice of many students, especially for those who want to be financially independent or gain additional work experience outside of academic activities. Part-time jobs can have a significant impact on students' academic performance. From several literature studies, part-time jobs have both positive and negative impacts. Part-time jobs provide several positive impacts for students, including (1) develop important skills such as time management, communication, and teamwork (Sari, 2021). (2) Provide practical experience in fields relevant to studies, which can enrich students' understanding of the theories learned in class.

(3) Helping students achieve financial independence, so that they can manage living and education costs without relying on parents. As for the negative impacts that can be felt by students who work part-time, as follows lack of study time, students can also experience fatigue and stress, and students will sacrifice their social activities (Lucky and Darmawanti, 2022). From these negative impacts, it can be said that the influence of part-time work can have a negative impact on student academic achievement. Students who work part-time tend to experience a decrease in academic achievement because they have to divide their their time and energy between work and studies.

Based on the data obtained through interviews with the five informants, they feel the benefits as well as challenges in balancing college and work. Students who are work while studying required to have skills so that there is no imbalance between academic and work responsibilities. By managing time effectively, they can complete their coursework on time while doing a good job. As stated by Intan Dwi that working while studying helps her develop time management skills and increase work experience:

I learned to manage my time better so that work and study can be balanced. In addition, I also feel more prepared to enter the workforce after graduation because the work is relevant to my major (Interview, 26 February 2025).

Meanwhile, working part-time also has a positive impact on their social life. Students who work part-time often have to adapt to diverse work environments, communicate with people from different backgrounds, and learn to work in teams. This experience not only improves communication skills but also problem-solving and teamwork, which are important competencies in the professional world. Dewi Rahmawati, of the onestudents who works as a swimming coach, said that:

Working allows me to practice my social skills by interacting with new people I meet. network This helps me my my build and improve communication skills (Interview, 26 February 2025).

With greater social interaction, students who work part-time can develop interpersonal and skills expand opportunities in the workforce. Not only skills and social life, students who work part-time have the opportunity to learn to manage finances, organize expenses, and understand the value of effort and hard work. This financial independence can help ease the economic burden on parents and increase a sense of responsibility with what has been obtained. This is also expressed by Siti Fatiyah, that working part-time makes him more independent in managing finances:

I I am can pay for some of my own needs, so not completely my dependent on parents. This makes me more responsible for my finances (Interview, 26 February 2025).

However, not all impacts are positive. Informants Rayhan Pryananda and Micco Fiqri actually felt that their work their interfered with academic focus. Informant Rayhan Pryananda revealed:

Working part-time as a saleswoman is very hard, because I often feel too tired after work, sometimes even sick. Finally, I lacked focus during lectures and often felt sleepy in class (Interview, 27 February 2025).

This condition certainly affects academic achievement, because a lack of focus can cause understanding of the material to be more difficult. Micco Fiqri stated:

This job as a driver is a job with high work mobility, which makes me rarely open my cellphone and read the information sent in the grubclass. As a result, I often miss assignments and find it difficult to catch up on material (Interview, 25 February 2025).

Based on these interviews, it can be concluded that although working part-time can provide benefits such as financial independence, skill development, and expansion of social networks, the negative impact of working part-time for students is also quite significant, especially in terms of health and academic focus. The decline in academic performance in students who work part-time is in line with research Istikomah and Setiawan (2023) that students who work part-time may experience a slight decline in academic performance, but are still able to maintain fairly good grades if they are able to manage their time effectively. However, the challenge of balancing work and study remains a factor that affects students' academic success.

Based on the interviews with five informants, it can be concluded that the impact of working part-time on students' academic performance is diverse. Three informants were able to maintain and even improve their academic performance by applying good time management and making work experience a means of self-development. They can manage the balance between work and study so that they remain focused on lectures. Meanwhile, the other two informants experienced a decline in academic performance due to difficulties in managing time, fatigue, and lack of consistency in completing assignments and attending lectures. Maintain their This shows that the academic success of students who work part-time is highly dependent on their ability to manage their time, health, and prioritize academic and professional responsibilities in a balanced manner

4. Application of Islamic Values of Muslim Students in Part-Time Work

In Islamic, teachingspreparing one's career is not only limited to developing skills and knowledge, but also involves the formation of strong Islamic values in oneself. The Islamic values in question include the values of Sufism, which is a teaching that emphasizes purity of heart, sincerity, patience, *tawakal*, and self-control in dealing with various aspects of life, including in building character and undergoing a career with integrity and piety. Azwar et al., (2021) in their research emphasized the cultivation of Sufism values in students in order to prepare themselves to face the challenges of the

world of work. Sufism values inherent in students will be an advantage as well as a guide in living life and pursuing a career. In Apriyanti et al., (2024) states that the values of Sufism that need to be instilled include:

a. Sincerely

Sincerely is a state of heart in which a person acts solely for the sake of Allah, without expecting praise, appreciation, or worldly benefits. In Islamic, *teachingsikhlas* means maintaining purity of intention so that every charity has a high value of worship in the sight of Allah. In the world of work, *ikhlas* is reflected in carrying out duties and responsibilities with the main objective of achieving Allah's pleasure, not just personal or material gain. This attitude encourages a person to work with dedication, responsibility, and seriousness, without expecting anything in other than return blessings from Allah (Hidayat and Najah, 2020). It is also expressed by Intan Dwi that *ikhlas* plays an important role in their motivation and resilience in facing various challenges. Intan Dwi :

I work not for the salary, but to gain experience and practice my. Teaching skills Even though the salary I receive is not big, I am still grateful because the most important thing for me is the knowledge and skills I gain from teaching at TPA this (Interview, 26 February 2025).

From this interview, it can be concluded that *ikhlas* is not just a spiritual, concept but also a factor that provides inner peace and increases productivity:

b. Tawakal

Students who work part-time often face challenges such as academic load and work pressure. In Islam, after trying their best, they are taught to be *tawakal*, which is to leave the results to Allah. *Tawakal* does not mean passivity, but rather the belief that the final result is in Allah's provision after serious effort. For students who work part-time, *tawakal* means performing their duties with discipline and best effort, while accepting that results are not entirely in their control. This attitude helps to them their face difficulties such as small salaries, work demands, or difficulty dividing time, without getting discouraged. With *tawakal*, students are more calm in facing pressure and believe that Allah has the best plan, even if their hopes have not been realized. The attitude of *tawakal* helps students not to despair easily when facing difficulties in dividing time between study and work. The results of an interview with Rayhan Pryananda, of the one students who worked as a perfume shop saleswoman:

I often felt tired because of the busy work schedule and often clashed with class hours, so I was forced to miss some meetings. In the end, I chose to keep working, because I could still catch up on my missed classes by asking friends. Even though it was hard, I always put my trust and believed that whatever the end result, Allah must have the best plan for me (Interview, 27 February 2025).

This is in line with research conducted by Riyanty and Nurendra (2021) from the study showed that *tawakal* plays an important role in helping individuals overcome stress and depression due to efforts that have not produced results. In the context of students who work part-time, this attitude is key to maintaining emotional and mental, balance so that they remain motivated in carrying out their dual roles as workers and students.

c. Gratitude

Tasawwuf teaches that gratitude for work, income and experiences is a form of recognition of Allah's. Bounty gratitude includes heart awareness, verbal expression, and concrete actions in utilizing blessings for good. For students who work part-time, gratitude is realized by seeing work as a valuable opportunity to be independent and develop. Not only through prayer, but also with dedication, responsibility, and enthusiasm in carrying out tasks, so that they are more sincere and enthusiastic in balancing studies and work. As expressed by Dewi Rahmawati, a student who works as a coach:

I am grateful to have a with a job flexible schedule that does not interfere with my studies. This is a very good opportunity for me to stay focused on my studies while gaining valuable work experience (Interview, 26 February 2025).

This expression shows that by being grateful, students can be more motivated in balancing their studies and work. Thing The same was also conveyed by Siti Fatiyah, a student who works as a teacher at TPA:

I feel grateful that this job not only helps me financially, but also gives me the opportunity to deepen my academic understanding. By working in an environment that supports learning, I can directly apply the knowledge I learn in class (Interview, 26 February 2025).

Therefore, Sufism emphasizes the importance of gratitude in balancing study and work. This attitude helps students face challenges with sincerity, responsibility and optimism. By seeing work as an opportunity to learn and grow, they not only gain financial benefits but also valuable experiences that shape their character and maturity in the future.

d. Patience

In the world of work, facing challenges and difficulties is something that cannot be avoided. In the context of students who work part-time while studying. For working students, patience is essential in overcoming pressures such as assignment and work deadlines, competition in the workplace, physical and mental, fatigue and other challenges. Patience does not mean resignation or giving up, but rather remaining committed to living both roles with full confidence. Micco Fiqri student who works as a driver revealed,

I often feel tired because I have to work with high mobility and pending assignments due to my busy class and work schedule, so sometimes I fall behind in my coursework. However, I try to remain patient and finish everything well, because I believe that every effort will produce good results (Interview, 25 February 2025).

Therefore, with extensive patience, students become wiser in finding solutions to problems faced, managing emotions well, and maintaining a balance between academics and work without losing direction and purpose. The application of Islamic values in the lives of students who work part-time is not only a spiritual, guideline but also the main foundation in living their daily lives meaningfully. Values such as sincerity, *tawakal*, gratitude, and patience provide mental and emotional resilience in facing various academic and professional challenges. By making *tasawwuf* a build a guiding principle in their work, students not only earn income, but also strong and responsible character. This attitude helps them deal with work pressure, maintain a balance between study and work, and stay true to Islamic principles in every step of their careers.

Conclusion

This study reveals that Islamic Religious Education students at Universitas Muhammadiyah Yogyakarta who work part-time have various motivations, ranging from economic reasons to skill development. In living a dual role, they face challenges in time management, physical fatigue, and conflicts between academic obligations, work, and spirituality. However, they make strategies to adjust both, such as making flexible schedules, good communication, and implementing effective time management. The impact of part-time work on their their academic performance varies, depending on students' ability to manage time between the two and support from their environment. In addition, this study highlights how Muslim students still try to apply Islamic values in their daily lives, including the attitudes of *ikhlas*, *tawakal*, gratitude, and patience in

facing the challenges of college and work. These spiritual values serve as an important foundation in building mental, resilience self-discipline and resilience in their academic and professional lives. Supportive of Thus, the results of this study have important implications for higher education institutions and the world of work in creating policies that are more working students, especially in providing schedule flexibility and facilities that allow to them balance their various roles.

References

- Abdussamad, Z. (2021). *Qualitative Research Methods*. Makasar: CV. Syakir Media Press.
- Agustina, A., & Mardalis, A. (2024). The Effect of Part-Time Work, Motivation to Study and Time Management on Academic Achievement (Case Study on Students Who Are Working Part Time). *Journal of Computer Science, Economics and Management (JIKEM)*, 2(3), 1288-1303.
- Akmaludin, S., Prahesti, E. A. D., Putri, D. S., & Sijabat, R. (2025). Working Students' Experiences in Balancing Personal, College, and Work Life. *Journal of Multidisciplinary Inquiry in Science Technology and Educational Research*, 2(1).
- Alvinnaja, S., & Suwarno. (2020). The Effect of Part-Time Work and Learning Motivation on Academic Achievement of Students of the Economic Education Study Program at PGRI Ronggolawe University Tuban. *Journal of Opportunity Unirow Tuban*, 1(2), 29-33.
- Anto, R. P., Nur, N., Yusriani, A. F. K., Ayu, J. D., Nurmahdi, A., Apriyeni, B. A. R., Purwanti, A. A. Y., & Putra, M. F. P. (2024). Qualitative Research Methods: Theory and Application. *Angewandte Chemie International Edition*, 6(11), 951-952.
- Apriyanti, A., Beniazwar, B., & Sumarto, S. (2024). Studi Literatur: Pengembangan Karir Mahasiswa Berdasarkan Prinsip Syariah Islam. *Jurnal Ilmu Pendidikan Islam*, 22(4), 330-341.
- Hidayat, M. U., & Najah, I. N. (2020). The Concept of Ihsan in the Perspective of the Qur'an as a Revolution in Work Ethic. *Jawi*, 3(1), 22-40.
- HS, S., & Faizi. (2025). *Research Methods: Qualitative and Quantitative Approaches*. Purbalingga: CV. Eureka Media Aksara.
- Huda, M. A. A., Fani, M., Saragih, R. M., & Lestari, D. (2023). The Effect of Part-Time Work on Academic Achievement of UIN SU Students. *Madani: Jurnal Ilmiah Multidisiplin*, 1(6), 447-456.
- Istikomah, R., & Setiawan, A. (2023). The Effect Of Working Part-Time On Students' Academic Achievement. *TA'LIMUNA: Jurnal Pendidikan Islam*, 12(2), 179-188.
- Laucu, W. (2023). Continuum: Indonesia Journal Islamic Community Development The Impact Of Part-Time Work On Student Academic Achievement. *CONTINUUM: Indonesia Journal Islamic Community Development*, 2(1), 65-79.
- Linggasari, L. Y., & Kurniawan, R. Y. (2019). The Relationship Between Part-Time Work and Academic Achievement of Students of the Department of Economics Education, Surabaya State University Class of 2015. *Journal of Economic Education (JUPE)*, 7(3), 92-98.
- Lucky, H. S., & Darmawanti, I. (2022). Overview Of Social Functioning of Working Students. *Journal of Psychology Research*, 10(2), 287-305.
- Melinda, W. (2024). *The Influence Of Work-Life Balance And Time Management On Academic Achievement In Students Who Work Part-Time*. Universitas Islam Sultan Agung Semarang.

- Miranda, V., Faslah, R., & Rachmadania, R. F. (2020). Self-Efficiency and Achievement Motivation on Student Learning Independence. *Journal of Economics, Office and Accounting Education*, 7(4), 120-128.
- Nurfajriani, W. V., Ilhami, M. W., Mahendra, A., Afgani, M. W., & Sirodj, R. A. (2024). Data Triangulation in Qualitative Data Analysis. *Jurnal Ilmiah Wahana Pendidikan*, 10(17), 826-833.
- Putri, R. A., Fernanda, A., Permata, M., & Salianto, S. (2024). Time To Academic Achievement In K3c Students In Semester Vi Uin. *Jurnal Review Pendidikan dan Pengajaran (JRPP)*, 7(3), 8119-8126.
- Qomaruddin, Q., & Sa'diyah, H. (2024). Theoretical Studies on Data Analysis Techniques in Qualitative Research: Perspectives of Spradley, Miles and Huberman. *Journal of Management, Accounting, and Administration*, 1(2), 77-84.
- Riyanty, I. N., & Nurendra, A. M. (2021). Mindfulness and Tawakal to Reduce Depression Due to Termination of Employment in Employees in The Era Of the Covid-19 pandemic. *Cognicia*, 9(1), 40-44.
- Sari, D. F. (2021). *Self Efficacy of Part-time System Workers in The Thesis Preparation Process*. Institut Agama Islam Negeri (IAIN) Ponorogo.
- Sawal M, A., Pardiman, P., & Nurhidayah, N. (2024). Socialization of Higher Education in Improving the Development of Quality Human Resources. *SOLMA Journal*, 13(1), 503-512.
- Umaya, A., & Pratisti, W. D. (2019). *The Relationship Between Social Support And Hardiness With Psychological Well-Being In Part-Time Working Students*. Doctoral Dissertation, Universitas Muhammadiyah Surakarta.
- Widayanto, M. T. (2020). Analysis Of The Implementation of Strategic Management and its Effect on Business Performance. *JMK (Journal of Management and Entrepreneurship)*, 5(3), 173-182.