

Balancing Studies and Gig Work: Examining the Relationship Between Mental Health and Job Satisfaction Among Student Gig Workers

Dr. Samira Khalifa

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Abstract- The increasing participation of students in gig work has raised concerns regarding their psychological well-being and overall job satisfaction. This study examined the relationship between mental health and job satisfaction among student gig workers, with a focus on how balancing academic responsibilities and flexible employment affects these outcomes. A total 240 students from Gujarat were selected to work as gig workers. The sample consisted of student gig workers between the ages of 21 and 25 who were pursuing postgraduate degrees and preparing for competitive tests. Snowball sampling was used to gather the data. Mental health (Bhatt D. J & G.R.Gida 1992) and job satisfaction (P.Kumar and D. Mutha 1978) scale were administrated. The variables' correlations were examined using Pearson correlation analysis. The results showed a strong positive relationship between mental health and job satisfaction, indicating that students who are psychologically fit likely to be more satisfied with their gig work. The study emphasizes the value of balanced work-study schedules and mental health support for student gig workers.

Keywords: Gig Work, Balancing Studies, Student Workers, Mental Health, Job Satisfaction.

I. INTRODUCTION

In recent years, the nature of work has changed rapidly across the world, including in India. One of the most important changes is the rise of the *gig economy*. "The term *gig* means a short-term job or task". **Gig workers** are People who work temporary or short-term employment rather than permanent ones are known as gig labourers. Usually, they use apps or online platforms to operate. Gig workers include online teachers, freelance writers, food delivery partners, and taxi drivers. Instead, then getting a set monthly income, these workers are compensated for each assignment, or "gig," they finish. The number of gig workers in India is rising as a result of the widespread usage of digital platforms by businesses to deliver services fast and cheaply. Gig labour offers individuals the freedom to select their own working hours, but it also comes

with drawbacks including poor pay, unstable employment, and few social benefits like health coverage. As a result, gig workers are crucial to the modern economy, but they also require greater assistance and protection.

➤ *Growth of Gig Workers in India*

The rise of cell phones, internet connectivity, and digital platforms has led to a sharp rise in the number of gig workers in India. Because hiring gig workers lowers expenses associated with permanent employees, like paid time off and long-term benefits, many businesses Favor doing so. However, a lot of people opt for gig work since it provides flexibility. Students, part-timers, and those in need of extra money can all benefit from having the freedom to choose when and how much they wish to work. The expansion of gig employment has also been aided by urbanization and shifting lifestyles. Due to their hectic schedules, consumers are more dependent on internet services for shopping, transportation, food delivery, and home services. Gig workers have consequently grown to be a significant aspect of city and town life.

In India's economy, gig workers are crucial. They aid companies in providing services promptly and effectively. Additionally, they promote employment by giving millions of individuals access to jobs, particularly those who might not be able to find conventional employment because of a lack of education, experience, or skills.

Gig employment serves as a source of income for many people, enabling them to provide for their families. Gig employment can offer alternate sources of income during challenging periods, such as economic downturns. As a result, the gig economy plays a significant role in India's economic development and service provision.

Mental Health and gig work

These days, mental health is crucial because life is faster, more demanding, and more stressful than it has ever been. People who are in good mental health are better able to handle these difficulties, make wise choices, concentrate on their objectives, and sustain wholesome relationships. Stress and poor mental health can cause sleep disorders, low energy, and other health problems, which have an impact on physical health as well. In the modern world, when people are always connected and busy, maintaining one's mental health is crucial to leading a balanced, successful, and satisfying existence.

Mental health is extremely important for students who are gig workers because they have to balance both school and work responsibilities, which can be very demanding. Gig work frequently involves erratic schedules, erratic pay, and performance demands, all of which can lead to stress and anxiety. Students may perform worse academically if they neglect their mental health since it might impair their motivation, focus, and time management skills. Fatigue, burnout, and trouble overcoming obstacles at work and in school can all be consequences of poor mental health. On the other hand, students who retain strong mental health are better able to focus, make wiser decisions, and develop resilience, which enables them to handle the demands of gig work while achieving academic success.

It might be difficult for students to balance their studies and mental health while doing gigs, but it is crucial. Students must carefully schedule their time and establish boundaries between work, school, and relaxation in order to maintain this balance. Establishing a schedule that includes specific study, work, and leisure times can help lower stress and avoid burnout.

Students can concentrate on their academic obligations without sacrificing their well-being by setting priorities and avoiding overcommitment. Additionally, it's critical to take pauses, get adequate sleep, and partake in activities that promote mental health, like working out or spending time with loved ones. Student gig workers can excel academically, perform well at work, and keep a good mental state by managing their time well and taking care of themselves.

Job satisfaction and Gig work

Job satisfaction in gig work depends on factors such as autonomy, variety of tasks, and work-life balance.

Studying the relationship between gig work and job satisfaction is important because it affects workers' mental health, motivation, and overall well-being. Job satisfaction is critical for gig workers who are also students since it directly influences their mental health, motivation, and capacity to manage work and study. Students who undertake gig work frequently experience issues such as managing time between courses, assignments, and work deadlines, and low job satisfaction can raise stress and impair attention on academics.

Students are more driven, productive, and capable of managing tasks well when they are happy with their freelance work. Additionally, job satisfaction boosts confidence, lessens worry and burnout, and enables workers to acquire experience and abilities that will aid them in their future professions. Additionally, students who are happy with their jobs are better able to handle their financial obligations without feeling overburdened, which facilitates the maintenance of a healthy balance between work and education.

A person's mental health and job happiness are closely related components of their overall wellbeing. A person's level of contentment and fulfilment at work is referred to as job satisfaction, and it is influenced by a variety of elements, including work environment, recognition, duties, and work-life balance. Conversely, mental health includes social, psychological, and emotional well-being. While discontent at work can result in stress, anxiety, burnout, or depression, a pleasant work experience can increase self-esteem, lower stress, and improve general happiness. It is crucial to comprehend the connection between mental health and job satisfaction since it impacts not only individual well-being but also productivity and quality of life.

II. REVIEW OF LITERATURE

De Stefano et al. (2021), gig workers who have mental health issues are more likely to have a negative perception of their employment, which lowers job satisfaction. This association is especially noticeable among students since mental health issues can have an impact on academic performance, leading to a vicious cycle of stress and discontent.

III. METHOD

The Methods of the research as are under.

Objective of the study

- To examine the relationship between mental health and job satisfaction among student gig workers.

Hypothesis

- H₁: There will be no significant relationship between mental health and job satisfaction among student gig workers.

Sample

A total 240 students from Gujarat were selected to work as gig workers. The sample consisted of student gig workers between the ages of 21 and 25 who were pursuing postgraduate degrees and preparing for competitive tests. Snowball sampling was used to gather the data.

Tools

- Mental Health

Mental health inventory Developed and standardized by Dr. D.J bhatt and Gita R.Gida(1992). This scale contains 40 statements. Reliability is.87 and validity is 0.63

- Job Satisfaction

Job Satisfaction developed Kumar and D. Mutha (1978). Total 29 question in this scale. Reliability is 0.85 and validity is 0.74

Statistical Analysis

Pearson correlation analysis was used to examine the relationship between mental health and job satisfaction.

IV. RESULT

Table No. 1

(N=240)

Among student gig workers, the analysis showed a

Correlation variable	Job satisfaction	Sign. Level
Mental Health	0.36	0.01

strong positive association between job happiness and mental health. This suggests that students who reported higher levels of work satisfaction also reported improved mental health. The sample's job satisfaction and mental health were both moderate, according to data.

V. CONCLUSION

The study's findings confirm the premise that mental health has a substantial relationship with job satisfaction among student gig workers. Students with higher psychological well-being may be better able to manage scholastic and work-related responsibilities, resulting in more positive assessments of their gig employment.

This study demonstrates the strong link between mental health and job happiness among student gig workers. Maintaining good mental health appears to be a key aspect in increasing job satisfaction while balancing academic demands. Future study could use longitudinal or mixed-method designs to investigate causal links and contextual factors impacting student gig workers' experiences.

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