

**CLASSROOMS AND CAREERS PARADOX: THE IMPACT OF WORK-
STUDY CONFLICT ON STUDENT HEALTH AND PERFORMANCE**

THESIS

To Fulfill the Requirements for Achieving a Bachelor's Degree (S1)

In The International Undergraduate Program in Business Management

Faculty of Business and Economics Universitas Atma Jaya Yogyakarta



Compiled by:

Thaddeus Vincent Nathanael

STUDENT ID: 221226955

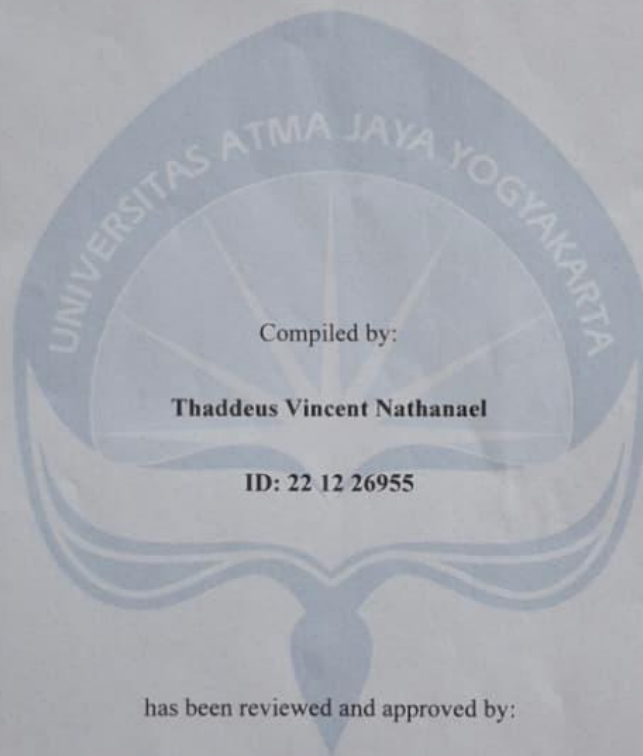
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APPROVAL PAGE

CLASSROOMS AND CAREERS PARADOX: THE IMPACT OF WORK-STUDY
CONFLICT ON STUDENT HEALTH AND PERFORMANCE



Compiled by:

Thaddeus Vincent Nathanael

ID: 22 12 26955

has been reviewed and approved by:

Thesis Supervisor:

Date:

Debora Wintriarsi H., S.E., M.M., M.Sc.

June 15th, 2026

LEGITIMATION PAGE

THESIS

**CLASSROOMS AND CAREERS PARADOX: THE IMPACT OF WORK-STUDY
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that was prepared and arranged by:

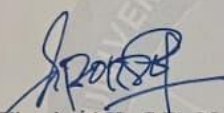
Thaddeus Vincent Nathanael (22 12 26955)

Has been defended by the examination committee on July 10th, 2026, and has been declared qualified to be accepted as one of the requirements to gain the Management Bachelor's Degree (S1) International Undergraduate Program in Business Management.

EXAMINING COMMITTEE

Head of Examining Committee

Examining Committee


Debora Wintriarsi H., S.E., M.M., M.Sc.


Aloysia Desy Pramusiwi, SE., M.Sc.


Agatha Mayasari, S.E., M.Sc.

Yogyakarta, July 20th, 2026

Dean of Faculty Business and Economics

Universitas Atma Jaya Yogyakarta



Wenefrida Mahestu Noviandra Krisjanti, SE., M.Sc., Ph.D.

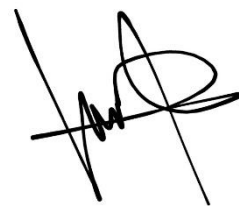
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I, Thaddeus Vincent Nathanael, solemnly affirm that the work presented in this thesis titled:

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This work is entirely my own effort, except where otherwise acknowledged. All sources used in this thesis have been cited and referenced. I have not used any unauthorized assistance or resources in completing this work. Furthermore, I declare that this thesis has not been submitted for any other degree or qualification at Universitas Atma Jaya Yogyakarta or any other institution.

Yogyakarta, August 2026

A handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke, representing the name Thaddeus Vincent Nathanael.

Thaddeus Vincent Nathanael

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Thaddeus Vincent Nathanael

221226955

Supervisor

Debora Wintriarsi H., SE., MM., M.Sc.

ABSTRACT

This study investigates the work-study conflict by examining the simultaneous and partial impacts of academic stressors and work stressors on the physical health, mental health, and academic performance of undergraduate student-workers in Yogyakarta, Indonesia. Using a quantitative multiple linear regression approach, data was collected via google form questionnaires from a target sample of dual-role individuals. The empirical findings reveal a distinct divergence between health and institutional outcomes, both academic and work stressors demonstrate a statistically significant impact on students' physical and mental health, directly driving up the frequency of somatic ailments and psychological distress. Conversely, the analysis shows that neither stressor has a significant impact on academic performance, indicating that situational stress fails to disrupt students' engagement, satisfaction, and long-term career progression. These results highlight exceptional personal resilience and compartmentalization skills among the respondents. These results highlight exceptional personal resilience and compartmentalization skills among the respondents, who successfully safeguard their academic outcomes despite experiencing severe physical and mental strain, thereby providing an essential empirical foundation for understanding the real-world trade-offs and wellness risks faced by modern dual-role individuals.

Keywords: *Academic Stressors, Work Stressors, Physical Health, Mental Health, Academic Performance, Student-Workers*