

Student Perceptions of Post Pandemic Work-Life Balance-A Case of Australian Higher Education

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Abstract

A recent study by Khanal & Royhan (2023) brought to light the challenges faced by international students studying at non-university higher education institute (NUHEI) in Australia during the academic transition from online to on-campus learning. The study revealed the work life balance as one of the main concerns of the international students. The present study further explores international students' work life challenges in the post pandemic world. The study was conducted among 128 international students studying at three different NUHEIs in Sydney, Australia. The student perceptions of post pandemic work-life challenges were assessed through an online (web-based) survey which mainly consists of an open-ended question. Survey data were collected through purposive sampling. The open-ended questions were analyzed using the technique of thematic analysis. Post pandemic work-hour restriction emerges as one of the main themes from the analysis along with pressures of managing educational commitments in the post-pandemic world. This research highlights a gap in the current support mechanisms with students facing increased financial hardships and mental health issues and thus highlights the need to establish a support system for students' overall wellbeing as challenges faced by international students are unique.

Keywords: academic support; higher education; international student; post pandemic; work life balance.