

Apart from that, the results of hypothesis testing of the relationship between job satisfaction and work-life balance were obtained with a p-value of 0.000. results ≤ 0.05 which means the hypothesis is said to be accepted. With a T statistics value of 4,262, it means that job satisfaction has a positive influence on work-life balance for part-time students at Buana Perjuangan University, Karawang.

4.7 Effect of Burnout on Work-Life Balance

Burnout variable has an original sample value of -0.389, with a T-statistic value worth 3,128 and P-Values worth 0.002 on work-life balance, which means that burnout has a negative and significant influence on work-life balance. This shows that the burnout experienced by students harms students' work-life balance when studying while working.

These findings are in line with research conducted by Sari Junila (2021) which indicates that Sanya there is a significant negative correlation between the level of burnout and work-life balance. Thus, there is a negative correlation between burnout and work-life balance, which means that the higher the level of burnout, the lower the level of work-life balance. Meanwhile, the lower the level of burnout, the higher the level of work-life balance. New findings in this research state that the level of burnout has a positive and significant correlation with work-life balance. A decrease in work-life balance is closely correlated with an increase in burnout levels. This could indicate for human resources that preventing burnout can contribute positively to improving the balance between work life and personal life.

4.8 The Influence of Job Satisfaction on Work-Life Balance

Research findings show that the only variable interest value that shows the direction of a positive relationship between job satisfaction and work-life balance is 0.516 with P-Values worth 0,000. the value shows there is a positive and significant correlation between job satisfaction and work-life balance. The numbers show that students generally have a level of satisfaction with the work or academic assignments they carry out every day. Based on the findings that have been obtained, it is stated that the results of this research are in line with the research carried out by Endeka *et al.* (2020) mentioned that Sanya there is no significant influence between work-Life Balance and job satisfaction. This means that Sanya Work-Life Balance levels, whether high or low, will not have a significant impact on employee job satisfaction levels.

In this research, some findings show a positive relationship between job satisfaction and work-life balance. This figure indicates that feeling satisfied with work can have a positive impact on the balance between work life and personal life.

5. Conclusion

Based on the findings from the research carried out by the author, it is concluded that:

- The first research objective is to determine and measure the level of Burnout on work-life balance. The highest result from this question was that respondents felt a high level of frustration, physical or emotional fatigue, boredom with routine, and natural pressure when studying while working. So this can affect a person's ability to create a balance between work duties and personal life as a student. There is a negative and significant relationship between Burnout and work-life balance in part-time students at Buana Perjuangan University, Karawang. This means that Burnout affects the extent of work-life balance and personal life.
- The second research objective is to determine and measure the level of job satisfaction regarding work-life balance. The highest result from this question was that respondents felt a level of satisfaction with the work they were doing, their ability to take responsibility, satisfaction with equal rewards, rotation of positions and the way superiors work, as well as the work team in assisting when carrying out work. This will affect the level of work atmosphere if the level of time management skills possessed in achieving a balance between personal and work life. There is a positive and significant relationship between job satisfaction and work-life balance in part-time students at Buana Perjuangan University, Karawang. This means that job satisfaction influences the extent of work-life balance and personal life.
- With this positive influence, it is interpreted that the higher the level of job satisfaction, the more optimal the work-life balance that can be achieved. Conversely, the higher the level of burnout, the worse the work-life balance a person may experience. In addition, significant results indicate that the effects found are not the result of pure chance, but can be relied upon as a consistent pattern in a larger population. Therefore, this research provides a very important contribution to knowledge about the correlation between burnout, job satisfaction, and work-life balance, especially for students who face the dual demands of work and study.

6. Implications

Based on the research carried out by the author, several implications can be considered, namely: The need for attention to stress management of part-time students. By identifying the factors that influence burnout and job satisfaction, educational institutions and companies can develop mental and physical well-being programs to help students or employees manage their workload and personal lives. In addition, companies can contribute to the formulation of education policies by considering adjustments to schedules, division of tasks, and other resources to improve the work-life balance of each individual. Also, identifying the impact of job satisfaction on work-life balance can help educational institutions and companies develop better career support programs.

By considering these implications, this research not only provides a better understanding of the situation of part-time students, but also provides direction for improved policies and practices that support academic /corporate well-being and success.

Acknowledgement

The authors would like to thank the Faculty of Economics and Business, Universitas Buana Perjuangan Karawang for its support.

Conflict of Interest

Authors declare that there is no conflict of interests regarding the publication of the paper.

Author Contribution

The authors confirm contribution to the paper as follows: **study conception and design:** A.J., U.M.D.F. and E.R.; **data collection:** A.J., U.M.D.F. and E.R.; **analysis and interpretation of results:** A.J., U.M.D.F. and E.R.; **draft manuscript preparation:** A.J., U.M.D.F. and E.R. All authors reviewed the results and approved the final version of the manuscript.

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