

## **Impact of Study-Work-Life Balance on Undergraduates' Academic Performance: A Study on Undergraduates in the University of Kelaniya**

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Academic performance is the ultimate educational goal of every student. Further academic performance is among the several components of academic success. Also, students are engaging with employment among their studies become a trend now. Similarly, students have to balance their study life, work-life and personal life and act in multiple roles simultaneously. However, relatively little attention has been paid by researchers for the identification of the impact of study-work-life balance on undergraduates' academic performance in the Sri Lanka context. This study aimed to assess the impact of study-work-life balance on undergraduates' academic performance at the University of Kelaniya - Sri Lanka. This study was carried out as quantitative explanatory research work. Further, the sample was selected from the third year and final year undergraduates, and the convenience sampling technique was used. This is cross-sectional descriptive research, and a standard questionnaire was used to collect primary data through a survey. Questionnaires were distributed to a sample of 413 undergraduates who are currently studying at the University of Kelaniya. To analyze the primary data, Statistical Package for Social Science was used. To interpret the data analyzed and obtain the result descriptive statistical techniques such as mean, mode, standard deviation, and correlation, simple regression analysis were used. To test the relationship between variables, Pearson correlation technique analysis was used. Simple regression analysis was used to identify the degree of the impact of the independent variable on the dependent variable. Accordingly, it was found that there is a significant moderate positive relationship between study-work-life balance and undergraduates' academic performance. The present study would provide direction to students, employers, lecturers, and future researchers.

**Keywords:** *Academic Performance, Student Employment, Study-work-life Balance*

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