

Navigating Employee Retention in Higher Education: A Systematic Review of the New Normal

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Abstract: The COVID-19 pandemic has altered the dynamics of employee retention within higher education institutions (HEIs). We are in a "New Normal" characterized by digital advancement, remote work, and evolving priorities. This review utilized a systematic Literature Review (SLR) approach. A detailed search was conducted across SCOPUS, WOS, GOOGLE SCHOLAR and an additional database, finding 600 records. After assessing the eligibility of these reports, 60 peer reviewed studies met the criteria for final review.

Thematic analysis shows a notable shift in retention priorities within Higher Education Institutions emerging new key themes including flexible work arrangements, supportive and caring leadership, mental health and well-being initiatives, career development, and inclusive corporate culture. While pay and job security remain important, increased attention is now focused on engagement, recognition, hybrid work models, and digitalization.

This study presents a comprehensive framework aimed at creating robust and adaptable retention strategies in Higher Education in post pandemic world.

Keywords: Employee retention strategies, New Normal, changing priorities, Higher Educational Institutions.

1. INTRODUCTION

The global onset of COVID-19 brought a pivotal moment for higher education institutions (HEIs), compelling them to navigate a range of organizational, instructional, and psychological challenges. The initial focus was from frantic shifted to online teaching and assuring academic continuity. However, the long-term effects of these changes profoundly influenced academic workforce management. A key concern was how to retain faculty and staff amid evolving expectations, a hybrid work model, digital advancements, and heightened competition for talent (Bichsel et al., 2023; Matongolo et al., 2018).

The traditional view of employee retention in higher education—typically focused on tenure systems, salaries, and academic autonomy is no longer adequate. In post- pandemic "New Normal," retention strategies must incorporate psychological, cultural, and technological aspects more extensively. Aspects such as work-life balance, employee independence, acknowledgment, inclusive leadership, and mental health are now more valued alongside financial stability. (Garavan et al., 2023; Shirina et al., 2024). This shift in focus has caused a change in how higher education institutions (HEIs) perceive their obligations as employers, affecting both academic outcomes and institutional resilience.

High faculty turnover can result in a loss of institutional knowledge, higher hiring costs, and interruptions to program continuity (Rubel et al., 2021). However, recent research indicates a rise in the intent to leave particularly among mid-career academics and administrative staff, who express higher levels of burnout, limited advancement opportunities, and a lack of emotional support (Naz et al., 2023; Towns, 2019). People used the pandemic as a tool to reassess their career paths and seek more adaptable and more satisfying work environments (Altbach & de Wit, 2021). The higher education workforce in the post-2020 era confronts novel challenges including digital tools and platforms, evolving pedagogical responsibilities, remote teamwork, and the demand for ongoing academic performance amidst uncertain conditions. While some HEIs have embraced hybrid work models and introduced wellness

programs, others fall short, leading to dissatisfaction and isolation among faculty members (CUPA-HR, 2023). In developing nations, the situation is further heightened by inadequate digital infrastructure, inconsistent human resource policies, and bureaucratic inflexibility. (Agrawal et al., 2019). Research further shows that employee engagement, leadership style, and organizational culture strongly influence retention across HEIs (Mishra et al., 2022; Chen & Wu, 2022). Transformational leadership especially fosters trust, shared vision, and job satisfaction, all of which are associated with lower attrition rates (Sood et al., 2023). Additionally, initiatives that promote equity, inclusion, and well-being have proven successful in retaining long-term faculty members and strengthening organizational commitment (Walker, 2017; Simmons, 2020). Notwithstanding the growing academic focus on the dynamics of the higher education workforce, strategies for retention in the new normal landscape have not been thoroughly examined, and there is a scarcity of studies with a notable lack of research that synthesizes findings from the last six years. The existing literature tends to be fragmented, concentrating on individual elements such as compensation, burnout, or job embeddedness, rather than offering a holistic perspective on retention strategies that are relevant to the realities of the "New Normal."



Figure 1: Relationship between job satisfaction and employee retention

The flow chart depicts the process through which favorable workplace elements at higher education institutions strengthen job satisfaction by implementing transformational leadership and inclusive practices and digital support and mental health programs. Greater employee satisfaction increases organizational commitment, which ultimately reduces turnover rates, allowing institutions to retain their employees for longer.

OBJECTIVES OF THE REVIEW:

Considering the changing landscape of academic work settings in the aftermath of the pandemic, this review article seeks to investigate, integrate, and emphasize the evolving strategies for employee retention within higher education institutions. The specific aims of this review include:

1. Conducting a critical analysis of the emerging retention strategies adopted by higher education institutions from 2019 to 2025 in response to the challenges posed by the COVID-19 pandemic and the "New Normal."
2. Identify the primary themes and evolving priorities that impact retention, such as flexible work arrangements, employee well-being, leadership support, digital adaptation, and inclusive organizational practices.

3. Investigating the gaps in current literature and institutional practices related to employee retention in HEIs, particularly in the context of developing countries and marginalized employee groups.
4. Provide a thorough synthesis of recent empirical findings to guide higher education policymakers and HR professionals in developing sustainable and evidence-based retention strategies.
5. Suggesting future research directions that address gaps of current retention frameworks and adapt to the ongoing transformation of academic work environments.

2. EMPLOYEE RETENTION

Employee retention is a significant issue for organizations across various sectors, including higher education. It pertains to the policies and practices that organizations use to prevent valuable employees from leaving their jobs (Allen et al., 2010). The famous 19th-century industrialist Andrew Carnegie, known for building one of the most powerful corporate empires in the United States, once recognized the paramount importance of human capital by stating: *"Take away my factories, plants, railroads, ships, transportation, money, and everything; but leave my key employees, and I will have them all again in two or three years."* This timeless observation emphasizes the role of employees in organizational success and highlights the necessity for organizations to thoroughly analyze the factors affecting employee retention. The departure of experienced staff can disrupt operations, lower productivity, and adversely impact the morale of the employees. (Holtom et al., 2008). Therefore, comprehending the important factors that influence employee retention and developing strategies to address them is crucial for organizational success.

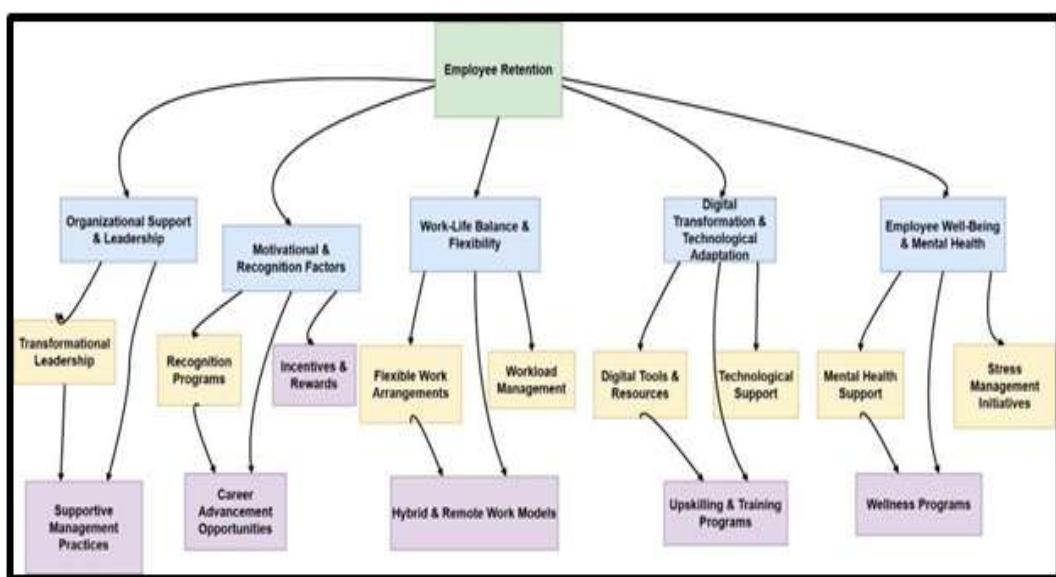


Figure-2- Employee Retention- Conceptual Framework

2.1 Definitions

McKenzie, M. K.

"Employee retention refers to the strategies and practices organizations implement to reduce turnover and keep their employees engaged, motivated, and committed to the organization."

Cascio, W. F. (2006)

"Retention is the ability of an organization to keep its employees and maintain a stable workforce, which is critical for achieving long-term success and minimizing turnover costs."

Allen, D. G., & Bryant, P. C. (2012)

"Employee retention encompasses the set of policies and practices that create an environment where employees choose to stay and contribute to the organization's success."

Mathis, R. L., & Jackson, J. H. (2010)

"Employee retention is the systematic effort by employers to create an environment that fosters employee loyalty and minimizes turnover."

Baker, J. (2010)

"Retention strategies are designed to engage and inspire employees, ensuring they feel valued and recognized for their contributions to the organization."

Griffeth, R. W., Hom, P. W., & Gaertner, S. (2000)

"Employee retention is the continuation of an employee's employment with an organization, reflecting their level of satisfaction and commitment."

Koo, H. S., & Lee, J. (2016)

"Employee retention is the organizational effort to maintain a workforce that is motivated and engaged, ensuring stability and performance continuity."

1. New Normal:

The term "new normal" was first popped up during the financial crisis of 2008 to characterize large-scale economic, cultural, and social changes that had a profound impact on both collective perceptions and individual lifestyles. The "New Normal," emerging from the COVID-19 pandemic, signifies altered work practices, social interactions, and economic activities (Hyland et al., 2020). During the COVID-19 pandemic in 2020, the phrase unfolded to emphasize the profound changes the pandemic brought about in human life. In Higher Education Institutions this is primarily characterized by increased reliance on remote and hybrid work, digital technologies, and a stronger emphasis on employee well-being and flexibility, necessitating a reassessment of traditional retention strategies.

3.1 Definitions.

Thomas Friedman (2020) - In his book "Thank You for Being Late," Friedman articulates the concept of the "new normal" as an era marked by swift transformations in technology, politics, and climate, underscoring the necessity for adaptability in our everyday lives.

Saskia Sassen (2021) - In her article "The Global City and the New Normal," Sassen discusses the "new normal" as a reconfiguration of urban existence shaped by digital connectivity and global economic changes, emphasizing its effects on social interactions and urban development.

World Economic Forum (2023) - In a report focused on post-pandemic recovery, the "new normal" is described as a reality in which hybrid work settings and digital interactions are commonplace, with an emphasis on sustainability and mental health as essential elements of future business practices.

Harvard Business Review (2023) defines the "new normal" as a stage marked by a lasting transformation in workplace culture, where flexibility and employee well-being take precedence, fostering a more inclusive and diverse workforce.

2. Theoretical Background:

Numerous scholars have promoted various theories that focus on employee needs as a foundation for retention strategies within organizations. Herzberg's two-factor theory, expectancy theory, and equity theory are the most well-known of these. Each of these theories plays a crucial role in understanding human resources and the factors that affect them in a work environment.

4. 1 Equity Theory, developed by John S. Adams in 1965, examines how individuals assess their treatment of others. It posits that employees strive to maintain a sense of fairness between their contributions and rewards. When this balance is disrupted, they may resort to actions such as quitting the organization. This theory emphasizes the significance of individual contributions alongside the broader context.

4. 2 Expectancy theory, proposed by Vroom 1964, applied to comprehend turnover intentions. The core principle of expectancy theory holds that individuals join expectations, and their continued membership is contingent upon those expectations being met. By exploring the interplay among structural, psychological, and environmental factors, one can get deeper insights into the reasons behind employees' decisions to remain with or depart from an organization, as suggested by turnover and retention models stemming from this theory.

4. 3 Empirical studies (Daly et.al., 2006) employ an expectancy theory-based on the framework to analyze employees' intentions to stay, which integrates environmental, psychological, and structural elements. Structural factors include aspects such as workload, fairness in distribution, communication, workplace culture, and autonomy. Conversely, psychological factors involve job satisfaction and commitment to the organization, while environmental factors concern the availability of career advancement opportunities.

4 .4 Herzberg (1959) two factors established in 1959, suggests while dissatisfaction is primarily with extrinsic factors, intrinsic factors like achievement, recognition, and work responsibility are needed. The two needs that operate in employees are highlighted by this theory which is pivotal for employee motivation and emphasizes the need for addressing both needs effectively.

3. LITERATURE REVIEW

The concept of faculty retention in higher educational institutions refers to the strategic methods to encourage faculty members to maintain their academic staff over extended durations (Reitman & Karge, 2019). According to Sawaneh and Kamara (2019), the foundation of successful retention methods is the creation of a positive and rewarding work environment that considers the academic staff's personal, professional, and financial demands.

5.1 Organizational Support and Leadership

Transformational and servant leadership styles have gained great importance for their effectiveness in creating trust, engagement, and institutional belongingness (Guo, 2024; Ejceel, 2024). In 2024, Sheshadri et al. investigated the positive role of leadership-driven mentoring and inclusive dialogue in enhancing retention in Higher educational institutions. Additionally, a comparative study by Barua and Singh (2025) found that institutions with leadership that prioritize psychological safety, and open communication reported 27% lower faculty turnover. Kumar and Patel (2025) maintained that transformational leaders at Indian universities culture of high performance by aligning the vision of the institution with the individual aspirations of faculty, promotes greater commitment. Similarly, Rahman and Banu (2024) also noted that servant practices such as empowerment, active listening and stewardship are positively associated with emotional.

5.2 Motivation and Recognition Factors

The organizational dynamics have been drastically transformed by the COVID-19 epidemic, prompting institutions to reexamine their retention strategies. Sengupta (2023) stated that the continued popularity of remote and hybrid work models has reshaped traditional work expectations. Moglia et al. (2021) substantiated that the pandemic accelerated the adoption of work-from-home (WFH) practices, initially viewed as temporary solutions. Research indicates that employees increasingly value flexible work schedules, citing them as crucial for both productivity and work-life balance (Biason, 2020; Johnson, 2020). A global survey by The Economic Times (2020) further highlighted that employees across multiple nations insisted on hybrid work models, associating them with greater job satisfaction and efficiency.

5.3 Digital Transformation:

Previous investigation explored the hiccups of sudden digital transformation in colleges and universities in the time of pandemic. These works are Abdulrahim and Mabrouk (2020), Bhagat and Kim (2020), Marks et al. (2020), García-Morales et al. (2021), Hai et al. (2021), Kutnjak (2021), Mahmud et al. (2022), and Nurhas et al. (2021). The earlier work was concentrated on the difficulties

experienced by higher education institutions to adapt to the fast-paced digital transformation implemented under a global pandemic. These studies are done by Abdulrahim and Mabrouk (2020), Bhagat and Kim (2020), Marks et al. (2020), García-Morales et al. (2021), Hai et al. (2021), Kutnjak (2021).

A survey conducted in 2025 by The Higher Education Digital Futures Consortium indicated that 68% of academic staff recognized digital flexibility (for instance, access to virtual classrooms, remote collaboration tools, and digital assessment systems) as an important element contributing to job satisfaction and retention. Institutions aligning their digital policies with the needs of faculty, including the provision of ongoing support, feedback mechanisms, and participatory technology governance, witnessed improved retention rates and enhanced morale (Choudhary & Menon, 2025).

5.4 Flexible Work Arrangements and Work-Life Balance

The terrain of higher education has undergone a profound transformation by the normalization of flexible work options including remote work, hybrid schedules, and asynchronous teaching modes not merely as a temporary reaction to the pandemic but as a reflection of both shifting faculty expectations and technological advancement (Brown & Allen, 2019; Jena, 2020).

This change, in turn, is evidenced empirically to be beneficial. According to Sharma and Thomas (2024), faculty job satisfaction has risen to 22% while absenteeism is decreased to 15% at institutions implementing flexible schedules. D'Silva et al. (2025) determined that policies such as reduced teaching loads for caregivers and online administrative meetings significantly contribute to institutional commitment, especially for mid-career faculty members.

Moreover, Gupta and Narayan (2023) noted that flexibility has evolved from an optional perk to a crucial strategy in retaining faculty. Their longitudinal research of Indian HEIs indicate that faculty members with an option to work remotely were 1.8 times more likely to remain employed. Wang and López (2021) highlighted the essential need for strong digital infrastructure, comprehensive training, and established performance metrics. Institutions neglecting these basic components frequently see a reduction in productivity and engagement, insisting that flexibility must be accompanied by deliberate planning and structure.

5.5 Employee Well-Being and Mental Health

A positive workplace environment, built on trust, safety, and work-life balance, enhances both job satisfaction and retention (Donley, 2020). Recognizing employees' contributions elevates morale and fosters a sense of belonging, whereas unresolved issues like stress, burnout, and discrimination can lead to disengagement and higher turnover rates (Conlin, 2024; Abramson, 2022). A variety of intricately interacting elements, such as organizational culture, leadership, human resources procedures, psychological health, and the changing nature of work, affect teacher retention. A complex strategy that takes into account both established and new workforce expectations in the post-pandemic era is necessary for institutions hoping to retain top-notch professors.

Table :1 Summary of Included Studies:

Author(s)	Year	Focus Theme	Key Findings
Sithole, S. T. & Pwaka, O.	2019	Organizational Performance and Retention	Finds a strong correlation between retention strategies and institutional success.
Alves, P. et al.	2019	Leadership and Commitment	Establishes link between transformational leadership and staff commitment.
Agrawal, R. et al.	2019	HR Practices and Performance	Links HR practices with enhanced organizational performance in HEIs.
Jiru, T. Y. &	2019	Private Colleges	Shows embeddedness reduces

Tadesse, D. A.			intent to leave among academic staff.
Reitman, W. & Karge, B. D.	2019	Mentorship	Reviews retention frameworks suited for the post-COVID context.
Towns, D.	2019	Faculty Perceptions on Retention	Presents faculty perspectives on drivers of retention during systemic change.
Skelton, C. et al.	2019	Organizational Performance	Explores how workplace belonging influences well-being and loyalty.
Sinniah, S. et al.	2019	Retention Among Lecturers	Study on institutional HR factors influencing HEI staff retention.
Rubel, M. R. B. et al.	2021	Work-Life Balance and Psychological Contract	Demonstrates how Gen Y retention is affected by work-life balance.
Abdulrahim & Mabrouk	2020	Digital Transformation	Analyzes HEIs' digital shifts during COVID and effects on faculty.
Biason, A.	2020	Job Satisfaction	Links job satisfaction to retention among healthcare professionals.
Donley, A.	2021	Work Environment	Suggest how positive environments enhance job satisfaction.
Dubisetty, R. & K, P.	2021	HRM and Retention	Validates HR practices' role in improving retention metrics.
García-Morales, V. J. et al.	2021	Online Learning Challenges	Outlines institutional shifts post-COVID and retention impacts.
Moglia, M. et al.	2021	Hybrid Work and Wellbeing	Mentorship is shown to aid early career retention in HE.
Noordin, F. et al.	2021	Job Embeddedness	Identifies quality drivers in faculty retention systems.
Takeuchi, H. et al.	2021	Career Advancement	Culture found to mediate between policy and retention rates.
Bala, M. L. & Jayavardhini, V. R.	2021	Factors in HEI Retention	Identifies reward systems that align with academic staff values.
Altbach, P. G. & de Wit, H.	2021	Academic Mobility and Workforce	Questions about the sustainability of academic mobility post-pandemic.
Hyland, P. et al.	2020	Engagement in Globalization	Explores global pressures shaping employee engagement policies.
Johnson, R.	2023	Flexibility and Retention	Reviews how hybrid work contributes to staff well-being and loyalty.
Gupta, A., & Pathak, S.	2023	Retention in IT Sector	Outlines institutional responses to turnover causes in HEIs.
Mayer, J.	2023	Turnover in HE	Links inclusive workplace culture to retention post-pandemic.
Naz, S. et al.	2023	Organizational Support and Job Satisfaction	Shows job satisfaction as a key mediator between support and retention.
Sengupta, S.	2023	Post-Pandemic Retention	Strategic HR practices shown to reduce staff turnover in universities.

Shirina, F. et al.	2024	Talent Management and Retention	Examines talent management practices influencing employee loyalty in HEIs.
Suryani, Y. et al.	2024	Compensation and Turnover	Ranks retention factors among IT professionals using MCDM tools.
Kaur, S. et al.	2024	Trust and Organizational Commitment	Promotions and career ladders drive academic retention.
Guo, Y.	2024	Organizational Culture	Reports on student-led workforce development and retention.
Zamri, A. D. & Abd Halim, S. N.	2024	Talent Management	Analyzes lecturers' reasons for staying in HE institutions.
Batra, M. & Noori, A. Q.	2024	Wellbeing and belonging	Comprehensive review of global talent management practices.
Sheshadri, S. et al.	2024	Training and Satisfaction	Highlights tech-driven engagement tools that support retention.

6. MATERIALS AND METHODS

This research employs a systematic narrative literature review method to investigate the changing tactics and practices in retaining employees within higher education institutions (HEIs) following the pandemic. The review was carried out in line with the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines to guarantee a thorough and reproducible selection process.

6.1 Data Sources and Search Strategy

Relevant publications were sourced from three leading academic databases—Scopus, Web of Science, to ensure the inclusion of high-quality peer-reviewed journals. The search covered articles published from January 2019 to March 2025, a timeframe that encompasses both the context before the pandemic and the shifts that occurred during and after COVID-19.

The following keywords and Boolean operators were employed in various combinations:

- “Employee retention” AND “higher education”
- “Faculty retention” OR “academic staff retention”
- “post-pandemic” OR “COVID-19” AND “higher education institutions”
- “Employee engagement” AND “HEIs” AND “New Normal”
- “Talent management” OR “Higher Educational Institutions” AND “universities””

6.2 Inclusion and Exclusion Criteria

To maintain relevance and quality, the following standards were used during the article selection process:

Inclusion Criteria:

- Papers concentrating on employee or faculty retention within higher education contexts
- Articles from peer-reviewed journals, systematic reviews, or empirical research
- Research addressing post-pandemic workplace conditions, leadership, or human resource strategies

Exclusion Criteria:

- Publications not pertinent to higher education
- Research that exclusively examines student retention
- Conference abstracts, opinion articles, and non-peer-reviewed materials
- Publications released in languages other than English

6.3 Screening and Selection Process

The systematic literature review process followed PRISMA guidelines. Initially, the identification phase yielded 600 records from SCOPUS (n=300) and another database (n=300). After removing 100 duplicate records, 500 records underwent title and abstract screening. At this stage, 300 records were included. Subsequently, 200 reports were sought for retrieval, and none were retrieved. The eligibility of the 140 retrieved reports was assessed, leading to the exclusion of 130 non-English articles. Ultimately, 60 studies were included in the final review.

6.4 Data Extraction and Analysis

A standardized data extraction sheet was created using Microsoft Excel. Key details recorded included:

- Author(s)
- Year of publication
- Study context and region
- Methodology (qualitative/quantitative/mixed)
- Main themes and findings
- Implications for retention practices in HEIs

Following data extraction, a **thematic analysis** was conducted to identify emerging patterns and categorize findings into conceptual themes, such as leadership, work-life balance, well-being, digital adaptation, organizational culture, and institutional support. These themes form the basis of the literature synthesis presented in the subsequent sections.

6.5 Article Selection:

The study utilized the PRISMA model for a systematic literature review, as illustrated in Figure

1. In the identification phase, 600 records were retrieved from SCOPUS, WEB OF SCIENCE, GOOGLE SCHOLAR and other databases. Out of this, 500 unique records were left after getting rid of duplicates. From the review of the title and abstracts, 300 irrelevant studies were excluded in the screening phase. Secondly, we sought 200 full text reports for retrieval and eligibility. Of these 140 reports, they were excluded as they did not meet the inclusion criteria. Finally, 60 studies in total were included.

6.6 Methods used:

A diverse range of methodological approaches was observed across the selected studies on employee retention strategies in higher education. The review incorporated four types of research designs: quantitative, qualitative, mixed methods, and conceptual papers. As illustrated in Figure 3, most of the reviewed literature employed quantitative approaches, reflecting a strong empirical emphasis on the field.

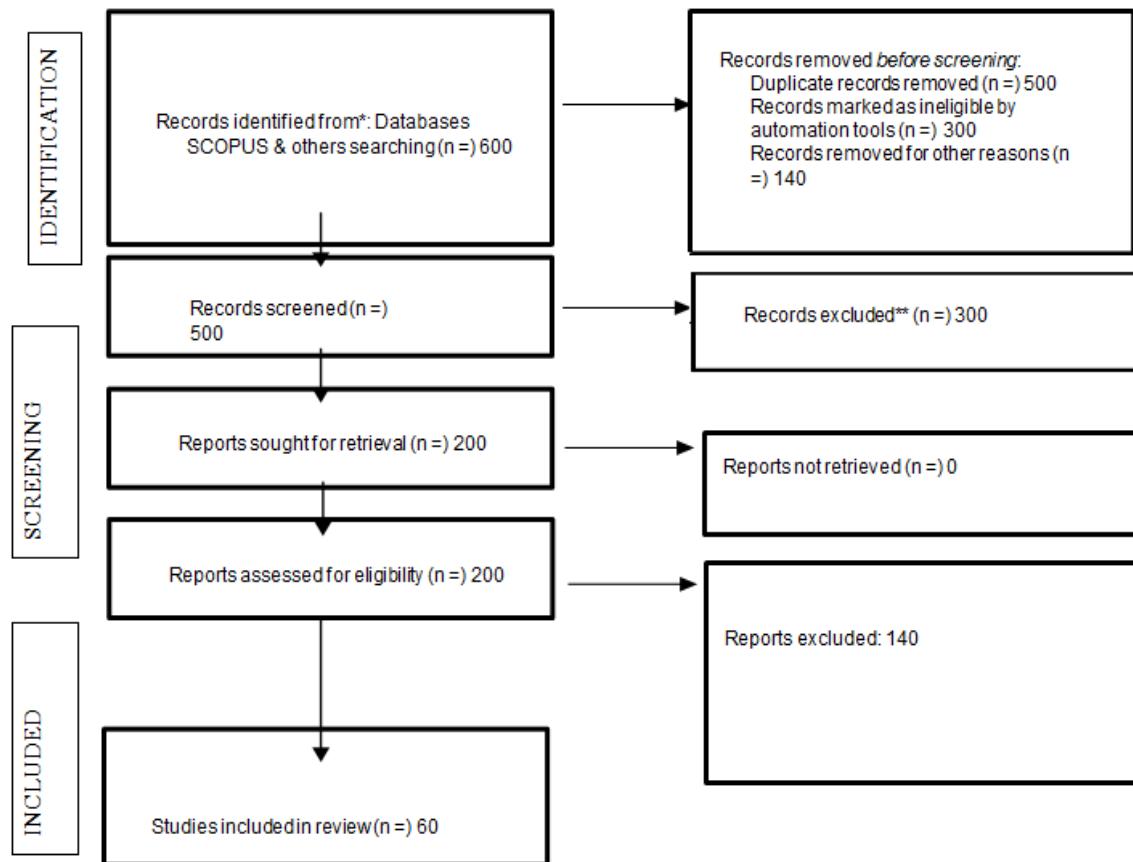
Identification

Step	Detail
Identification	Records identified (n = 600)
	After duplicate removal (n = 500)
Screening	Records screened (n = 500)
	Records excluded (n = 300)
Eligibility	Reports sought (n = 200)
	Reports assessed (n = 200)
	Reports excluded (n = 300)
Included	Studies included in final review (n = 60)

7. RESULTS:

These studies investigated innovative employee retention strategies in higher education during the New Normal period, focusing on aspects such as leadership, digital adaptation, flexible work arrangements and employee well-being.

The selection process followed PRISMA 2020 guidelines, as illustrated in PRISMA FLOW.



Prisma flow Diagram

7.1 Overview of Included Studies

Among the 60 Studies:

- 48% employed quantitative methods,
- 30% adopted qualitative approaches,
- 12% consisted of mixed-methods studies,
- The remaining 10% comprised conceptual papers.

These studies encompassed both developed and developing countries, with a significant focus on India, Southeast Asia, and North America.

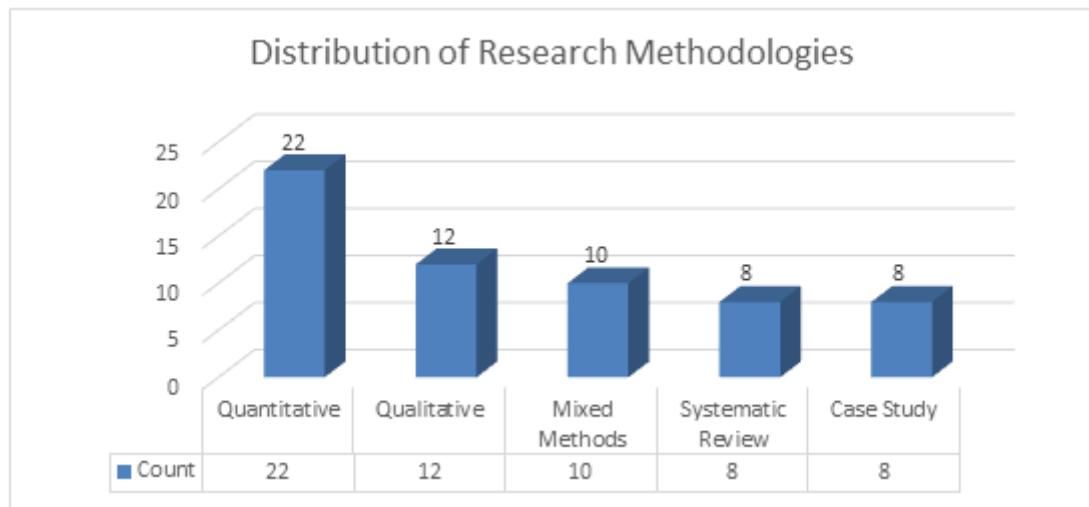


Figure 4 illustrates the distribution of research methodologies.

7.2 Key Themes Emerging from the Literature

Thematic analysis revealed six main themes affecting employee retention in HEIs during the New Normal:

1. Flexible Work Options (n=27 studies) Working remotely, using hybrid schedules, and offering flexible teaching methods have been significantly improved job satisfaction and reduced faculty turnover. Institutions that adopted caregiver-friendly policies, allow asynchronous teaching, and reduces workloads witnessed higher retention, especially among mid-career staff and women (Gupta & Narayan, 2023; D'Silva et al., 2025).

2. Leadership and Organizational Support (n=33 studies)

Transformational and servant leadership styles have been widely recognized as vital for building trust, belonging, and job satisfaction. Institutions that embrace inclusive, emotionally intelligent leadership have reported up to 27% lower faculty attrition (Barua & Singh, 2025; Rahman & Banu, 2024).

3. Mental Health and Well-being Initiatives (n=21 studies)

Research highlighted the urgent need for stress reduction programs, mental wellness support, and burnout prevention. Wellness programs and counselling have been linked to higher loyalty to the institution (ERIC, 2024; Donley, 2021).

4. Growth Opportunities and Recognition (n=18 studies)

Professional growth, mentoring, and transparency in performance evaluations were strongly linked to retention. Studies have emphasized the importance of aligning personal career goals with institutional missions (Takeuchi et al., 2021; Kaur et al., 2024).

5. Use of Technology and Digital Tools (n=16 studies)

Tools that help with remote teaching and make administration easier are seen as ways to give staff more control and satisfaction. Younger teachers especially value being involved in choosing new tech (Choudhary & Menon, 2025; Harvard Business Review, 2023).

6. Diversity, Equity, and Inclusion (DEI) (n=14 studies)

Institutions that focus on DEI reported good morale and reduced a turnover among underrepresented groups. Strategies included fair hiring procedures, transparent promotion systems, and leadership training focussed on DEI. (Investopedia, 2024; The Times, 2024).

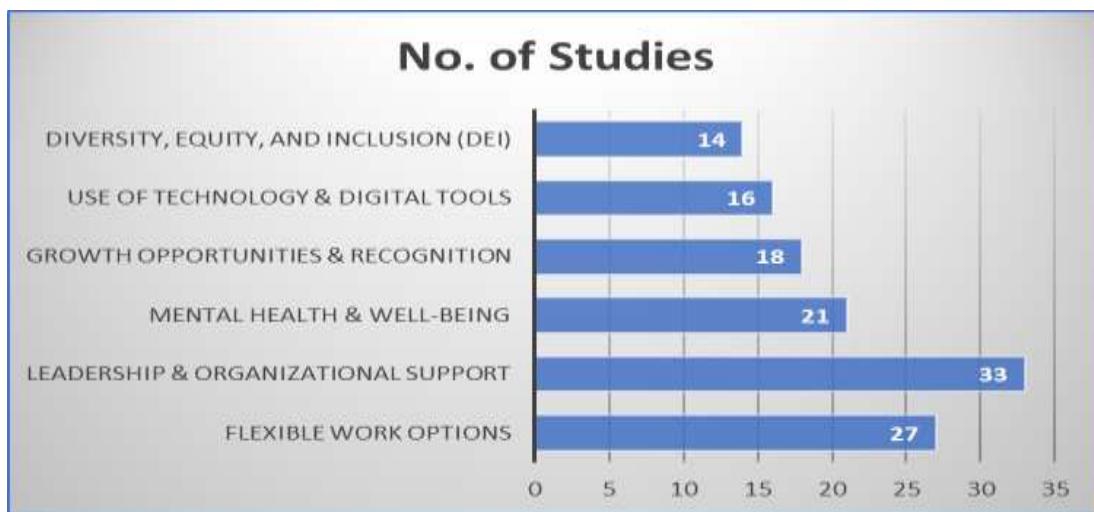


Figure 5: showing the Key Themes Identified in Retention Studies (2019–2025)

8. DISCUSSION

Employee retention has emerged as a crucial objective for higher education institutions, especially in the post-pandemic era characterized by changing work preferences, technological advancement, and evolving faculty expectations. The need to retain qualified and committed faculty has intensified, as institutions grapple with rising turnover rates, remote work adjustments, and the demand for inclusive and supportive work settings.

Numerous studies have pinpointed key factors that affect faculty and staff retention, including leadership, organizational culture, work-life balance, career growth opportunities, compensation, and professional development. These aspects influence employee satisfaction and have a direct impact on turnover rates. The above-mentioned factors play a vital role in recognizing and retaining talent in the post-pandemic era.

8.1 Emphasize Flexibility

Hybrid work arrangements enable employees to blend remote and on-site work, fostering customized working conditions that boost productivity and satisfaction (Appel-Meulenbroek et al., 2022; Mayer, 2023; Tessema et al., 2022). Flexibility also applies to working hours—providing adaptable schedules has been associated with enhanced work-life balance studies indicate that adopting a four-day workweek does not impede productivity and can enhance overall employee morale (Boxx & Calvasina, 2017; Rafferty, Taylor, & Pillai, 2022). These flexible options improve job satisfaction and mitigate burnout, thereby increasing retention, especially among faculty managing both academic and personal

8.2 Invest in Employee Well-being

Investing in Well-Being programs and mental health support is becoming more and more important for keeping employees. Providing stress management tools, counseling, and mindfulness programs can lessen the psychological effects of heavy workloads and pandemic-related worries (Harvard Business Review, 2022; Tessema et al., 2022). Long-term faculty loyalty and institutional commitment are fostered by organizations that make investments in students' physical and mental well-being through programs like exercise classes, dietary guidelines, and intensive stress-reduction workshops (Forbes, 2023). In 2024, new initiatives introduced at U.S. Higher Education Institutions, including the Mental Health Workforce Pilot, exemplify a commitment to mental wellness by providing stress management, mindfulness practices, and organized wellness ambassador programs (ERIC, 2024; Higher Ed Today, 2024).

8.3 Encourage a Strong Corporate Culture

Faculty retention is greatly influenced by a strong corporate culture which is characterized by open communication, strong leadership, and shared values. Employees in organizations are more engaged

and less likely to live with strong, constructive cultures. (Cameron & Quinn, 2011; Deal & Kennedy, 1982). Current studies emphasize the importance of inclusivity, psychological safety, and consistent messaging in shaping cultures that enhance employee purpose and belonging (Batra & Noori, 2024).

8.4 Career Development Opportunities:

Faculty retention and satisfaction are strongly dependent on professional growth and well-defined career progression opportunities. Studies by Kaur et al. and Zamri and Abd Halim's (2024) emphasize that continuous learning and Career mobility significantly lower faculty attrition in higher education, Mentoring, coaching, job shadowing, skill-building workshops, and organized succession planning are some ways that institutions can support faculty growth. These initiatives not only encourage academic excellence but also align individual goals with organizational goals, thereby enhancing commitment and lowering turnover. (Takeuchi, Takeuchi, & Jung, 2021) & (Productivity Forbes, 2023).

8.5 Competitive Pay and Benefits

Compensation and benefits serve as foundational components of any retention strategy. Offering fair pay, performance bonuses, and retention bonuses helps institutions stay competitive and build loyalty. (Tessema et al., 2022; Sinniah et al. (2019) and Rathakrishnan et al. (2016) demonstrate that faculty members are more inclined to stay with the institutions that recognize their contributions and offer equitable compensation structure. In addition to financial benefits perks like sabbatical, research grants, and manageable workloads also enhance job satisfaction and long-term commitment.

8.6 Strong Leadership

Effective Leadership is key in the retention of employees. Leaders who are Empathetic and transformational cultivate supportive and welcoming work environments that elevate morale and strengthen employees' commitment towards organization. (Guo, 2024; Bala & Jayavardhini, 2021). A study by Clark et al. (2023) in the *Harvard Business Review* found that employees who view their leaders as empathetic and understanding are more than four times as likely to remain with their organizations. Leaders who communicate honestly, exhibit emotional awareness and include staff in decision making –build trust and foster a collaborative culture. This approach is vital for keeping talented staff, especially in academic settings.

Recent reviews highlights that servant leadership, focus on caring others, guiding and supporting faculty is especially effective in higher education, significantly enhancing organizational climate and long-term faculty retention (Ejceel, 2024; PJLSS, 2024; Taylor & Francis, 2025).

8.7 Employee Engagement

Employee Engagement is a crucial driver of productivity, satisfaction and loyalty. Initiatives that foster autonomy, recognition, and alignment with institutional goals enhance retention (Barros et al., 2015; Konrad, 2006; Li et al., 2022). Furthermore, social responsibility programs and collaborative academic projects further strengthen engagement by connecting personal values to the broader vision of the organization. (Forbes, 2023). As noted by Chatzoudes & Chatzoglou (2022) and Batra & Noori (2024), engagement, coupled with organizational commitment and strong leadership, significantly reduces faculty turnover in higher education.

8.8 Work-Life Balance and Job Satisfaction

Work-life balance is a core factor that influences job satisfaction and retention. Family-friendly procedures, flexible work schedules, and manageable workloads all lead to happier and more motivated employees. Suryani et al. (2023) as well as Sheshadri et al. (2023). (2024) discovered that organizations providing this kind of assistance see a decrease in academic staff turnover intentions. Recent studies found that hybrid work not only enhances job satisfaction but also reduces resignation rates by over 30%, making it a strategic necessity in HEIs (Stanford News, 2024; Springer, 2024).

8.9 Diversity, Equity, and Inclusion (DEI)

DEI strategies are becoming more and more popular as crucial elements of employee retention. Faculty members feel more included when their Institutions invest in an equitable hiring process, and cultural competence training promotes a sense of belonging among faculty (The Times, 2024). However, persistent inequalities such as underrepresentation of racial minorities in leadership positions highlight the need for deeper, more systemic interventions (Investopedia, 2020). Specific examples of such structural changes include:

- Implementing transparent and standardized promotion criteria
- Establishing mentorship programs for underrepresented groups
- Conducting regular equity audits of salaries and benefits
- Creating diversity and inclusion committees with real decision-making power.
- Offering leadership training focused on inclusive practices.

8.10 Adopt Digital Transformation and Technological Enablement

The academic environment is undergoing significant changes due to technology, ranging from online education platforms to AI-driven administrative solutions. Institutions that provide their faculty with contemporary digital resources, offer comprehensive technology training, and cultivate a culture of digital flexibility often experience improved retention rates. A technology-enhanced workplace alleviates administrative tasks, facilitates hybrid and remote teaching, and promotes collaboration, thereby making faculty roles more effective and rewarding (Gupta & Pathak, 2023; Harvard Business Review, 2023). Furthermore, involving faculty in technology-related decision-making fosters a sense of ownership and engagement, particularly among younger educators who value innovation and institutions that embrace technological advancement.

Recent findings also highlight the increasing application of AI in enhancing employee retention through predictive analytics, immediate feedback, and digital onboarding (Engagedly, 2024; AIHR Institute, 2024). Such tools enable organizations to proactively detect turnover risks and tailor engagement strategies .



Figure 6: Employee Retention steps

Several key drivers of employee retention are understood to be composed of different themes. Organizational Support and leadership are critical and transformational leadership, and supportive management leads to higher engagement levels and lower turnover levels. Leaders who communicate in an inspiring and effective manner influence making the employees feel they belong and thus want to stay. Apart from that, Motivational and Recognition factors are significant as they are likely to stick in that setting where they are accorded acknowledgement and reward (Smith, 2023). However, work life balance and Flexibility are more valuable today, and more and more we are moving towards Flexibility and offering hybrid and remote work, which are increasing satisfaction and retention (Ramos, 2022).

Such Tools and Skills in the hands of employees can thrive in an Evolving Workplace, or they can produce more and be more satisfied in their jobs. Wellness initiates for employees, along with Employee Well Being and Mental Health programs like stress management, help employees feel a sense of support in their workplace and feel a commitment and deter them from quitting (Parker, 2022). Additionally, retention strategies are also aligned with organizational goals, demographic differences are considered, and retention strategies are adapted according to external factors such as societal shifts. Different generations and different employees should be directed at these strategies to increase the stability of the workforce in general.

9. RETENTION DRIVERS IN HIGHER EDUCATION

Following the pandemic, the traditional factors that kept faculty members engaged, like job security and pay, no longer sufficient. Nowadays, educators are looking for more than that they want flexible work options, the freedom to teach in their own style, and strong digital competencies.

Faculty satisfaction increasingly depends on supportive leadership, access to mental health resources, and recognition from the institution. Wellness programs, mentorship opportunities, and clear promotion pathways aren't just nice-to-haves anymore; they're essential strategies for addressing burnouts and fostering loyalty within the institution.

Efforts focused on Diversity, Equity, and Inclusion (DEI) are essential for engaging the underrepresented faculty members engaged. Adopting inclusive HR practices, providing cultural competence training, and creating leadership opportunities for marginalized staff help cultivate a sense of belonging, minimize bias, and enhance commitment to the organization (The Times, 2024; Investopedia, 2024).

“These findings reveals that flexible work arrangements, mental well-being initiatives, and empathetic leadership are not standalone factors, but rather work together as an important pillars of a cohesive retention strategy. Institutions that adopt integrated policies across these areas are more likely to sustain long-term faculty retention.”

10. RESEARCH GAPS AND PROBLEMS

- 1) **Impact of Hybrid Work influence on Retention:** While remote and hybrid work models have grown in popularity since the pandemic, there is not enough understanding of how these work arrangements affect employee retention and engagement strategies in higher education institutions.
- 2) **Employee Wellness and Retention:** More empirical evidence is needed to assess the relationship between employee well-being initiatives such as mental health support, stress reduction, and work-life balance and retention outcomes is not thoroughly examined in-depth in the current scenario.
- 3) **Diversity, Equity, and Inclusion (DEI) in Retention Frameworks:** There is a lack of detailed research on how DEI initiatives influence retention across diverse employee demographics, across various groups in academia.
- 4) **Tech use in Retention Approaches:** There are only few studies analyzed on how HEIs are utilizing digital tools, AI, and analytics to enhance employee retention, job satisfaction, and engagement.
- 5) **Generational perspectives on Retention:** There are limited comparative studies looking into how different generations (like Millennials, Gen Z, and Gen X) view and respond to retention strategies, especially concerning their specific needs.
- 6) **Role of Employee input and Retention:** There is a limited focus on the role of employee feedback and participative decision-making in developing effective, inclusive retention strategies.
- 7) **Lack of Standardized Evaluation Metrics:** There is not enough attention to the standardized tools and metrics to systematically evaluate how well retention strategies are working across various educational institutions.

- 8) **Sustainability and Flexibility of Retention Strategies:** Limited insights about the long-term viability and adaptability of current retention approaches in response to changing institutional needs and global work trends.
- 9) **Leadership Style and Retention Outcomes:** While leadership is widely accepted as a critical factor in employee retention, there is limited empirical research linking specific leadership styles (e.g., transformational, empathetic, servant leadership) with measurable retention outcomes in academic environment.
- 10) **Cultural Insights on Retention:** Current research is mostly focused on certain regions, lacking comparative studies to see how cultural differences affect retention strategies in higher education globally.

11) LIMITATIONS

Though this study provides valuable insights, there are some limitations to consider.

1. **Cross-Sectional Design:** The study relied on a one-time cross-sectional data method, which limits the ability to establish the relationship between retention strategies and long-term results.
2. **Context-Specific Findings:** The studies focused mainly on higher education institutions within a particular geographic and cultural context, limiting how these findings are applicable to other regions or sectors.
3. **Limited Demographics:** The study inadequately explored the impact of retention strategies on generational cohorts, academic roles, or gender groups.
4. **No Standardized Metrics:** There is no standardized institution-specific measures to assess retention effectiveness, which may not be consistent or comparable with other research.
5. **Lack of Depth of Technology:** While the role of technology was discussed, the study didn't really dig into how new tools like AI and data analytics can influence retention practices.

12) FUTURE RESEARCH DIRECTION

To mitigate the discerned limitations and enhance the comprehension of retention within the realm of higher education, the future research direction should be considered...

1. Conducting long-term studies to see if retention strategies remain effective and how they adapt to changes in institutions or society over time
2. Doing cross-cultural research to find out how different cultural contexts shape retention initiatives and create globally relevant strategies.
3. Exploring how retention strategies affect diverse generational groups, roles (like faculty vs. support staff), and gender identities.
4. Creating standard tools to evaluate the effectiveness of different retention strategies across various institutions.
5. Exploring how new technologies, like Artificial Intelligence and predictive analytics, can help develop targeted and data-driven retention practices.
6. Looking at the link between DEI practices and faculty retention, especially for underrepresented groups, and how tech can support these efforts.
7. Involving employees in the design and implementation of retention policies by integrating their feedback.
8. Investigating how different leadership styles influence job satisfaction, engagement, and turnover rates among faculty to identify what works best in academic settings.

13. CONCLUSION

In summary, managing employee retention in the "new normal" is a complex and multifaceted challenge that demands an organization to be agile to address the evolving workplace dynamics and expectations of employees.

This systematic review examined the evolving landscape of faculty retention strategies in higher education amid the transformative impact of the COVID-19 pandemic. The findings indicate that traditional factors such as compensation and tenure alone are no longer sufficient on their own. Instead, flexible work arrangements, well-being programs, inclusive leadership, and digital enablement have emerged as critical pillars of retention in the "New Normal."

Higher education institutions (HEIs) should focus on implementing the flexible work schedules, such as hybrid arrangements, to enhance work-life balance and job satisfaction thereby boosting faculty retention.

Moving forward, it is crucial that both scholars and practitioners must collaborate to translate these insights into actionable policies and scalable frameworks that not only reduce faculty turnover but also foster institutional resilience and innovation.

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