

A STUDY ON IMPACT OF HOSTEL LIFE ON STUDENTS IN CHENNAI CITY

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ABSTRACT:

Hostel life is a new experience in their life. The hostel life can be thought of as a location occupation by a number of students who have gathered there from various locations in order to pursue the activities called learning. The hostel life is a memorable moment for a student during their academic life period that will be living away from their home. A student may gain social skills, self-reliance, depend on their own, time management, effective money management, residential room management and study focus to improve their academic success. Hostel life gives more advantages from the seniors and friends as well as difficulties such as clashes with roommates and other students between them self. Most of the students are comfortable with the hostel and its surroundings because they have a lot of memories and got free from all other issues. Students learn as much as from teachers as well as from their fellow students with whom they share a room. In hostels, the students are from different countries or states, different cultures, different languages and ethnic backgrounds. When they interact with each other a mix of new cultures will form. Their living conditions, words of language, behaviour and emotions are different from the living conditions of their home. Therefore, the goal of this research is to determine what the students expect and also the factors affect the students in hostel life.

INTRODUCTION:

Hostel life is an integral part of a student’s educational journey, offering an environment that nurtures both academic and personal growth. Apart from providing a place to stay, hostels offer a dynamic space for students to engage in a variety of learning experiences and activities that go beyond textbooks and lectures. The sharing of knowledge and resources within a hostel

community creates an informal yet impactful learning environment, allowing students to learn from one another. Students may participate in debates, drama clubs, sports tournaments, social service programs, or even organize hostel events, all of which contribute to their personal development. The balance between academics and extracurricular involvement in hostels helps students develop essential life skills such as time management, communication, problem-solving, and decision-making. The challenges of managing personal responsibilities in a shared space also teach students about cooperation, conflict resolution, and respect for diversity. Hostel students learn to live harmoniously with people from various cultural, social, and economic backgrounds, which enrich their social and emotional intelligence. This transformative experience can have a profound impact on students' academic performance, emotional well-being, and overall personal growth. The hostel environment provides students with opportunities to develop important life skills, such as communication, teamwork, and conflict resolution. Students learn to interact with people from diverse backgrounds, cultures, and a personality, which helps them develop empathy, tolerance, and understanding.

OBJECTIVES:

1. To analyse the impact of hostel life on student's physical and mental health and lifestyle habits.
2. To determine whether there is correlation between living in a hostel and academic performance.
3. To explore the challenges and benefits of the hostel from students' perspectives.

Review:

Ahmad (2006), stated that students who live in dorms can get confidence and spirit from their fellow residents, which might empower them to handle real world situations with more assurance. The shared environment allows them to tackle challenges together, fostering problem-solving skills and resilience. Ahmad emphasized that the collaborative atmosphere cultivates a sense of belonging, reducing feelings of isolation and homesickness. Moreover, dorm life often exposes students to diverse perspectives and cultures, enhancing their adaptability and interpersonal skills. Ahmad concluded that the positive environment in dormitories empowers students to face life's uncertainties with greater assurance and readiness.

Ajayi and Omirin (2017) highlight that the strain on limited resources and infrastructure can lead to the deterioration of existing facilities, increased maintenance costs, and a diminished overall student experience. They argued that the increased demand for on-campus housing, coupled with inadequate development of facilities, has led to the deterioration of existing infrastructure. The researchers noted that these deteriorating conditions significantly affect the overall student experience. The study pointed out that addressing these

challenges requires a strategic and sustainable approach, including increased funding, partnerships with private developers for student housing, and better management of existing.

Ray (1992) stated that the question of adjustment arises when there are certain demands or requirements that must be met or when one is confronted with problems and conflicts in various fields of life. The study highlighted that adjustment is not a static state but an ongoing process, requiring continuous effort and flexibility. The study concluded by underscoring the importance of fostering a supportive environment that enables people to face demands and conflicts with confidence and resilience, ensuring both personal and social well-being.

Odera (1995) stated that psychological stress might be created in an individual during the process of learning how to cope with a novel situation, the learning of new responses, skills and acquisition of new information, and aid in coping with a new environment. The study also highlighted that the learning process itself can be stressful as individuals are pushed beyond their comfort zones to develop new coping mechanisms and problem-solving skills. He concluded by suggesting that while psychological stress is an inherent part of adapting to new environments, it can ultimately contribute to growth and resilience if managed effectively through appropriate coping strategies.

Methodology:

Sample consisted of students living in different hostels and age range is from eighteen to twenty-five. The data was collected through a well-defined questionnaire. Among that 239 respondents were collected from the students. Who were living in the hostel inside and outside the campus. The collected data was compiled, processed, and analysed using the Statistical Package for Social Sciences (SPSS). Chi-square tests, ANOVA were used to bring out the findings.

TABLE: 1: Profile of the respondents

Gender	No. of respondents	Percentage
Male	59	24.7
Female	180	75.3
Total	239	100
Age	No of respondents	Percentage
17-20	154	64.4
21-24	54	22.7
25-28	24	10.0
29-32	7	2.9
Total	239	100
Education	No of respondents	Percentage
Student	74	31.0
UG	117	49.0
PG	32	13.4
Diploma	9	3.8

Professional	3	1.3
Employee	4	1.5
Total	239	100
Monthly income	No of respondents	Percentage
Less than 50000	75	31.4
51000-100000	58	24.3
100001-150000	57	23.8
150001-200000	31	13.0
More than 200000	18	7.5
Total	239	100

- From the above table, it is inferred that out of 239 respondents 75.3% of people belong to female and 24.7% of people belong to male.
- From the above table, it is inferred that out of 239 respondents 64.4% of people belong to the 17-20 age group, 22.7% of people belong to 21-24 age group, 10.0% of people belong to 25-28 age group, 2.9% of people belong to 29-32 age group.
- From the above table, it is inferred that out of 239 respondents 49.0% of people belong to UG, 31.0% of respondents belong to a student, 13.4% of students studying PG, 3.8% of students choose diploma, 1.5% of students are employees, 1.3% of people are professionals.
- From the above table, it is inferred that out of 239 respondents 31.4% of respondent's family members are earning less than 50000, 24.3% of respondent's family members are earning between 51000-100000, 23.8% of respondent's family members earning between 100001-150000, 13.0% of respondent's family members are earning between 150001-200000, 7.5% of respondent's family are earning more than 200000.

TABLE 2: hostel experience

Hostel Experience	No of respondents	Percentage
Superior	64	26.8
About on same	116	48.5
Inferior	23	9.6
Worse	36	15.1
Total	239	100
Memorable experience	No of respondents	Percentage
Outing without warden permission	29	12.1
Cooking in the room	109	45.6
Late night games in the room	68	28.5
Surprise from friends during birthdays	33	13.8

- From the above table it is inferred that out of 239 respondents 48.5% of respondents choose about on same, 26.8% of respondents choose superior, 15.1% of respondents choose worse, 9.6% of respondents choose inferior.
- From the above table it is inferred that out of 239 respondents 45.6% of respondents choose cooking in the room, 28.5% of respondents choose late night games in the room, 13.8% of respondents choose surprise from friends during birthdays, 12.1% of respondents choose outing without warden permission.

TABLE 3: Overall environment

Environment in hostels	No of respondents	Percentage
Excellent	45	18.8
Very good	77	32.2
Satisfactory	90	37.7
Poor	23	9.6
Very poor	4	1.7
Total	239	100
Rules and Regulations	No of respondents	Percentage
Very strict	44	18.4
Strict	67	28.0
Fair	93	38.9
Loose	33	13.8
Very loose	2	8
Total	239	100

- From the above table it is inferred that out of 239 respondents 37.7% of respondents choose satisfactory, 32.2% of respondents choose very good, 18.8% of respondents choose excellent, 9.6% of respondents choose poor, 1.7% of respondents choose very poor.
- From the above table it is inferred that out of 239 respondents 38.9% of respondents choose fair, 28% of respondents choose strict, 18.4% of respondents choose very strict, 13.8% of respondents choose loose, 8% of respondents choose very loose.

TABLE 4: Benefits

Benefits	No of respondents	Percentage
Self-discipline	50	20.9
Social networking	77	32.2
Independence	56	23.4
Cultural exposure	30	12.6
Problem-solving skills	19	7.9
Time management	7	3.0
Total	239	100

Common outcome	No of respondents	Percentage
Decreased self-confidence	65	27.2
Improved time management	95	39.7
Reduced academic performance	55	23.0
Increased stress levels	24	10.1
Total	239	100

- From the above table it is inferred that out 239 respondents 32.2% of respondents choose social networking, 23.4% of respondents choose independence, 20.9% of respondents choose self-discipline, 12.6% of respondents choose cultural exposure, 7.9% of respondents choose problem solving skills, 3.0% of respondents choose time management.
- From the above table, it is inferred that out of 239 respondents 39.7% of respondents choose improved time management, 27.2% of respondents choose decreased self-confidence, 23.0% of respondents choose reduced academic performance, and 10.1% of respondents choose increased stress level.

TABLE 5: What is the primary benefit and potential drawback of hostel life for students

Primary benefit	No of respondents	Percentage
Increased academic performance	66	27.6
Improved social skills	91	38.1
Reduced parental supervision	64	26.8
Enhanced personal freedom	18	7.5
Total	239	100
Potential drawback	No of respondents	Percentage
Increased social interaction	74	31.0
Reduced academic performance	92	38.5
Homesickness and loneliness	55	23.0
Reduced personal freedom	18	7.5
Total	239	100

- From the above table, it is inferred that out of 239 respondents 38.1% of respondents choose improved social skills, 27.6% of respondents choose increased academic performance, 26.8% of respondents choose reduced parental supervision, and 7.5% of respondents choose enhanced personal freedom.

- From the above table, it is inferred that out of 239 respondents 38.5% of respondents choose reduced academic performance, 31.0% of respondents choose reduced increased social interaction, 23.0% of respondents choose homesickness and loneliness, and 7.5% of respondents choose reduced personal freedom.

Chi-Square Tests:

H0 there is no significant association between problems faced in hostel and primary benefits of hostel among students.

H1 there is a significant association between problems faced in hostel and primary benefits of hostel among students.

Problems and primary benefits of hostel	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	17.099(a)	9	.047
Likelihood Ratio	19.155	9	.024
Linear-by-Linear Association	3.493	1	.062
N of Valid Cases	239		

Since table value 0.47 more than P value 0.05 the H0 is accepted at 5% level of significance. Hence it is concluded that there is no significant association between problems faced in hostel and primary benefits of hostel among students.

Chi-Square Tests:

H0 there is no significant association between common challenges faced in hostel and the variation among the roommates in the hostel.

H1 there is a significant association between common challenges faced in hostel and the variation among the roommates in the hostel.

Common challenges and variation among the roommates in hostel	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	26.215(a)	15	.036
Likelihood Ratio	26.854	15	.030
Linear-by-Linear Association	.004	1	.951
N of Valid Cases	239		

Since table value 0.36 more than P value 0.05 the H0 is accepted at 5% level of significance. Hence it is concluded that there is no significant association between common challenges faced in hostel and the variation among the roommates in the hostel.

ONE – WAY ANOVA:

H0 there is no significant difference between the students relation with their family and their touch with their family members.

H1 there is a significant difference between the students relation with their family and their touch with their family members.

	Sum of Squares	Df	Mean square	F	Sig
Between Groups	3.644	3	1.215	1.123	.340
Within Groups	254.097	235	1.081		
Total	257.741	238			

Since table value 0.340 more than P value 0.05 the H0 is accepted at 5% level of significance. Hence it is concluded that there is no significant difference between the students relation with their family and their touch with their family members.

ONE – WAY ANOVA:

H0 there is no significant difference between mental health of the students and the benefits that they have learned while staying the hostel.

H1 there is a significant difference between mental health of the students and the benefits that they have learned while staying the hostel.

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	8.486	5	1.697	1.382	.232
Within Groups	286.091	233	1.228		
Total	294.577	238			

Since table value 0.232 more than P value 0.05 the H0 is accepted at 5% level of significance. Hence it is concluded that there is no significant difference between mental health of the students and the benefits that they have learned while staying the hostel.

FINDINGS:

- 37.7 % of respondents are satisfactory with the overall environment of their hostel.
- 38.9 % of respondents are fair with their rules and regulation of the hostel.
- 31.8% of respondents had a positive influence on the academic performance during the hostel life.
- 49.0% of respondents are said they significantly improve the social skills during the hostel life.
- 34.7% of respondents have a rare homesick while staying the hostel life.
- 58.6% of respondents are strongly agreed with their hostel facilities.
- 62.8% of respondents are having the personality type difference among the roommates.
- 36.7% of respondents have full of experience and learning during their hostel life.
- 33.5% of respondents have increase the stress and anxiety affect the lack of privacy.

SUGGESTIONS:

- Analysing the psychological fact like, students mental health, emotional well-being and stress level.
- Explore the hostel life impacts students ability to form friendship, study habits and distraction.
- Investigate the experience of hostel life influences students ability to manage their time effectively and balance the academics, social life and personal interests.

CONCLUSION:

Hostel life has a myriad of rewards which are bounded to it, under this peer support, access to essential facilities and services are included this advantages in return help foster a learning environment which is not only supportive but is also inclusive. Along with this rewards one needs to also highlight the drawbacks that are bounded with hostel life, some of this disadvantages include peer pressure, social disturbance and most importantly funds, but with the proper hostel management and policy makers can help curb the issue which will in return help students. There was a difference in lifestyle between hostel and home college students. The lifestyle of hostel students was found to be better compared to home college students.

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