

The Impact of Hostel of Personality Attributes Of Young Adults with Special Reference to Chennai City

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Abstract:

The hostel environment plays a crucial role in shaping the personality attributes of young adults, particularly in urban settings like Chennai. This study explores the impact of hostel life on the psychological, social, and emotional development of young adults, considering factors such as independence, adaptability, stress management, and interpersonal relationships. The research examines how hostel living fosters traits like self-reliance and resilience while also presenting challenges such as homesickness and peer pressure. Data is collected through surveys and interviews with hostel residents in Chennai, providing insights into how different aspects of hostel life influence personality traits. The findings aim to help educators, parents, and policymakers understand the developmental impact of hostel living and create better support systems for young adults.

Introduction:

Hostel life is a pivotal aspect of the educational experience for many students worldwide. It provides a unique opportunity for students to develop important life skills, gain independence, and form lasting relationships with peers from diverse backgrounds. However, hostel life can also pose significant challenges that affect students' mental health, academic performance, and overall well-being. Research suggests that hostel students may experience increased stress, anxiety, and loneliness due to the transition to a new environment, academic pressures, and homesickness. Moreover, the lack of parental supervision and guidance can lead to unhealthy habits, substance abuse, and decreased motivation. On the other hand, hostel life can also foster resilience, self-reliance, and social skills, ultimately contributing to students' personal growth and academic success. This study aims to investigate the impact of hostel life on students' mental health, academic performance, and overall development. Specifically, it seeks to explore the potential drawbacks and benefits of hostel life, examine the factors that influence students' experiences, and identify strategies to promote students' well-being and success in the hostel setting.

Review of Literature:

Hostel Life and Personality Development

Several researchers have examined the role of hostel life in shaping personality traits such as independence, adaptability, and emotional resilience. A study by Kumar & Sharma (2018) found that hostel residents exhibited higher levels of self-reliance and decision-making skills compared to non-residents. Similarly, Singh (2020) emphasized that hostel life fosters responsibility and time management among students.

Social Adaptability and Peer Influence:

The hostel environment exposes young adults to diverse social interactions, which significantly impact their interpersonal skills. According to a study by Ramesh & Priya (2019), students living in hostels develop better communication skills, teamwork, and leadership abilities due to constant peer interaction. However, negative peer pressure was also identified as a challenge, affecting behavior and academic performance.

Psychological and Emotional Well-being:

Research indicates that hostel life can enhance emotional strength but also lead to stress and homesickness. A study conducted by Mehta et al. (2021) in South Indian hostels, including those in Chennai, found that students initially experience loneliness but gradually develop coping mechanisms that enhance emotional resilience.

Academic Performance and Discipline:

Hostel life influences academic habits, with mixed findings. A study by Patel (2017) found that students in hostels tend to be more disciplined and focused on studies due to structured routines. However, distractions and social activities sometimes hinder academic performance, as noted by Narayan & Suresh (2018).

Impact of Hostel Infrastructure and Environment:

The quality of hostel facilities and management plays a crucial role in shaping personality attributes. Research by Thomas & Raj (2022) highlighted that well-maintained hostels with supportive wardens and peer networks positively impact students' confidence and overall personality growth.

Objectives of the study:

1. To explore general-specific experiences in hostel life..
2. To examine the role of hostel rules and discipline in shaping students' behavior and values.
3. To analyze the effects of hostel life on students' academic performance and overall development.

Research Methodology:

This study was conducted in Chennai during November 2024. The descriptive research design has been used in this study. Systematic random sampling has been uses in the selection of students. Sample size was calculated to be 239 and participants were recruited by convenient sampling method. A pilot study was conducted to the students, who have had stayed in hostels for their education. A questionnaire was then prepared and circulated among them. To find out the outcomes of the research we were used the statistical tools like chi square test, anova, and correlation.

Analyses:

TABLE 1: Descriptions:

Gender	No of respondents	Percentage
Male	59	24.7
Female	162	67.8
Total	239	100
Age	No of respondents	Percentage

17-20	154	64.4
21-24	54	22.6
25-28	24	10.1
29-32	7	2.9
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 67.8% of people belong to female, 24.7% of people belong to male.
- From above table, it is inferred that out of 239 respondents 64.4% of people belong to 17-20 age group, 22.6% of people belong to 21-24 age group, 10.1% 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 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: Impact of hostel students

Impacts	No of respondents	Percentage
Increased independence	47	19.6
Improved social skills	117	48.9
Stress and homesickness	57	23.8
Academic influence	18	7.5
Total	239	100
Positive impact	No of respondents	Percentage
Strongly agree	113	47.3
Agree	74	31.0
Disagree	40	16.7
Strongly disagree	12	5.0
Total	239	100

- From the above table, it is inferred that out of 239 respondents 48.9% of respondents choose improved social skills, 23.8% of respondents choose stress and homesickness, 19.6% of respondents choose increased independence, 7.5% of respondents choose academic influence.
- From the above table, it is inferred that out of 239 respondents 47.3% of respondents choose strongly agree, 31.0% of respondents choose agree, 16.7% of respondents choose disagree, 5.0% of respondents choose strongly disagree.

TABLE 3: Lack of privacy

Lack of privacy affect	No of respondents	Percentage
Increase stress and anxiety	80	33.5
Reduced focus and productivity	47	19.7
Difficulty in maintain personal boundaries	75	31.4
Impact on mental health	24	10.0
Others	13	5.4
Total	239	100
Students' mental health	No of respondents	Percentage
Improves mental health	36	15.0
Deteriorates mental health	68	28.4
No impact on mental health	77	32.4
Varies depending on individual circumstances	58	24.2
Total	239	100

- From the above table, it is inferred that out of 239 respondents 33.5%of respondents choose the increase stress and anxiety, 31.4% of respondents choose the difficulty in maintain personal boundaries, 19.7% respondents choose the reduced focus and productivity, 10% of respondents choose the impact on mental health, 5.4% of respondents choose the others.
- From the above table, it is inferred that out of 239 respondents 32.4% of respondents choose the no impact on mental health, 28.4% of respondents choose the deteriorates mental health, 24.2% of respondents choose the varies depending on individual circumstances, 15% of respondents choose the improves mental health.

TABLE 4: Relationship with family members

Touch with family members	No of respondents	Percentage
Daily	106	44.4
Weekly	45	18.8
Occasionally	61	25.5
Rarely	27	11.3
Total	239	100

Students' relationship with family	No of respondents	Percentage
Strengthens relationships	43	18.0
Weakens relationships	91	38.1
No impact on relationships	49	20.5
Varies depending on individual circumstances	56	23.4
Total	239	100

- From the above table, it is inferred that out of 239 respondents 44.4% of respondents choose the daily, 25.5% of respondents choose the occasionally, 18.8% of respondents choose the weekly, 11.3% of respondents choose the rarely.
- From the above table, it is inferred that out of 239 respondents 38.1% of respondents choose the weakens relationship, 23.4% of respondents choose the varies depending on individual circumstances, 20.5% of respondents choose the no impact on relationship, 18% of respondents choose the strengths relationship.

TABLE 5: common changes and factors faced by students in hostel life

Common changes	No of respondents	Percentage
Adjusting to new food habits	81	33.9
Managing academic workload	87	36.4
Coping with peer pressure	71	29.7
Total	239	100
Common factor	No of respondents	Percentage
Proper sanitation facilities	53	22.2
Safety measures	114	47.7
Easy accessibility	48	20.1
Affordability	24	10.0
Total	239	100

- From the above table, it is inferred that out of 239 respondents 36.4% of respondents choose the managing academic workload, 33.9% of respondents choose the adjusting to new food habits, 29.7% of respondents choose the coping with peer pressure.
- From the above table, it is inferred that out of 239 respondents 47.7% of respondents choose the safety measures, 20.1% of respondents choose the easy accessibility, 10% of respondents choose the affordability.

TABLE 6: hostel academic performance and experience

Academic performance	No of respondents	Percentage
Positively	73	30.5

Negatively	76	31.8
No significant impacts	47	19.7
Neutral	43	18.0
Total	239	100
Experiences	No of respondents	Percentage
Often	82	34.3
Occasionally	14	5.9
Rarely	83	34.7
Never	54	22.6
Total	239	100

- From the above table, it is inferred that out of 239 respondents 31.8% of respondents choose the negatively, 30.5% of respondents choose the positively, 19.7% of respondents choose the no significant impacts, 18% of respondents choose the neutral.
- From the above table, it is inferred that out of 239 respondents 34.7% of respondents choose the rarely, 34.3% of respondents choose the often, 22.6% of respondents choose the never, 5.9% of respondents choose the occasionally.

TABLE7: hostel facilities and rules

Facilities	No of respondents	Percentage
Cafeteria	42	17.6
Internet connection	61	25.5
Washroom	94	39.3
Living room	21	8.8
Others	21	8.8
Total	239	100
Implementation of rules	No of respondents	Percentage
Strict monitoring	79	33.1
Warning system	76	31.8
Fines and penalties	56	23.4
Counseling and guidance	28	11.7
Total	239	100

- From the above table, it is inferred that out of 239 respondents 39.3% of respondents choose the washroom, 25.5% of respondents choose the internet connection, 17.6% of respondents choose the cafeteria, 8.8% of respondents choose the living room, 8.8% of respondents choose the others.
- From the above table, it is inferred that out of 239 respondents 33.1% of respondents has said that they have a strict monitoring and 31.8% of respondents has warning system, 23.4% of respondents has fines and penalties, 11.7% of respondents has counseling and guidance these are the rules against the students in the hostel.

TABLE 8: preference of hostel and variation among the roommates

Variations	No of respondents	Percentage
Culture difference	41	17.2
Personality types	150	62.7
Similar hobbies	30	12.6
Conflict management	18	7.5
Total	239	100
preference	No of respondents	Percentage
College hostel	120	50.2
Outside hostel	65	27.2
Rented hostel	39	16.3
PG	15	6.3
Total	239	100

- From the above table, it is inferred that out of 239 respondents 62.7% of respondents choose the personality types, 17.2% of respondents choose the cultural difference, 12.6% of respondents choose the similar hobbies, and 7.5% of respondents choose the conflict management.
- From the above table, it is inferred that out of 239 respondents 50.2% of respondents choose college hostel, 27.2% of respondents choose outside hostel, 16.3% of respondents choose rented hostel, and 6.3% of respondents choose PG.

Chi square test:

H0 there is no significant difference between the gender and rules and regulation against the students in the hostel.

H1 there is a significant difference between the gender and rules and regulation against the students in the hostel.

	Value	df	Asymp. Sig.
Pearson Chi-square	17.505	9	.041
Likelihood Ratio	19.208	9	.023
Linear-by-Linear Association	5.407	1	.020
N of valid cases	239		

Since table value 0.041 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 gender and rules and regulation against the students in the hostel.

Chi square test:

H0 there is no significant difference among the satisfaction of hostel facilities and being in hostel rather than in their home.

H1 there is a significant difference among the satisfaction of hostel facilities and being in hostel rather than in their home.

	Value	df	Asymp. Sig.
Pearson Chi-square	13.032	9	.161
Likelihood Ratio	11.491	9	.244
Linear-by-Linear Association	3.792	1	.052
N of valid cases	239		

Since table value 0.041 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 among the satisfaction of hostel facilities and being in hostel rather than in their home.

ONE WAY ANOVA:

H0 there is no significant difference among the type of hostel and the factor for referring the hostel.

H1 there is a significant difference among the type of hostel and the factor for referring the hostel.

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	5.935	3	1.978	2.322	.076
Within Groups	200.182	235	.852		
Total	206.117	238			

Since table value 0.076 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 among the type of hostel and the factor for referring the hostel.

ONE WAY ANOVA:

H0 there is no significant difference between the independence of students and lack of privacy affects the hostel students.

H1 there is a significant difference between the independence of students and lack of privacy affects the hostel students.

	Sum of Squares	Df	Mean square	F	Sig.
Between Groups	7.873	3	2.624	2.447	.065
Within Groups	252.093	235	1.073		

Total	259.967	238			
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Since table value 0.065 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 independence of students and lack of privacy affects the hostel students.

FINDINGS:

1. 48.5 % of respondents are has a same experience with the previous year hostel experiences.
2. 33.1 % of respondents have a good look on the rooms of the hostel.
3. 47.3% of respondents had strongly agreed that they have the positive impact on their career.
4. 33.1% of respondents have a strict monitoring system have implemented rules against the students in hostel.
5. 50.2% of respondents are choosing the college hostel.
6. 41.8% of respondents had said that they have greatly become more independent while staying in the hostel.

SUGGESTIONS:

- The improvement of hostel life for cultural sensitivity, safe and secure hostels.
- The improvement of hostel life for students is promote cultural sensitivity, improve hostel facilities and infrastructure.
- The hostel life students to improve the independence, self-reliance, social skills, emotional intelligence and resilience.

Conclusion:

In conclusion, hostel life has a profound impact on students' mental health, academic performance, and overall development. While hostel life presents several challenges, including homesickness, loneliness, and academic pressure, it also offers numerous benefits, such as increased independence, social skills, and opportunities for personal growth. Ultimately, the impact of hostel life on students depends on individual circumstances, personality, and coping mechanisms. By understanding the complexities of hostel life and its effects on students, educators and policymakers can work together to create supportive and inclusive hostel environments that foster students' academic success, personal growth, and well-being.

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