

## The Impact of Hostel Life on Personality Attributes of Undergraduate Students

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### Abstract

The undergraduate students goes through significant period of transition from adolescent to adulthood, one which deals with the transition from adolescent to adulthood which faces the significant changes occurring in the personality and behaviour of the individuals. Though the changes of behaviour and personality are genetic but transaction with social environment also plays a role in the process of transition. Hence undergraduate students living away from family in hostels of may get influenced by the environment of their hostel and peers. This study investigated the perception of students about the environment of hostels and its impact on personality development for undergraduate students

*Keywords* — **Hostel, Personality, Behavior**

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### Introduction:

Student's life in colleges is a transitional period from adolescence to adulthood. This stage is being the turbulent stage of evolution and changes of behaviour and personality, which settles into the adult hood. Studies suggest that genetics and environmental factors together endorse personality development during period of transition to adulthood [1, 2]. In another way the families' environment has a significant effect on the personality traits leading to modifications in behavior and adjustments through the course of life [3]. However, for the pursuit of higher education students have to stay in hostels where environment is entirely different to that in the home. "College Hostel" refers to student accommodations, which are usually provided by the undergraduate colleges, universities irrespective of nature of management whether govt, private or nature of type . It has been observed that the atmosphere of hostels can influence individual's behavior and life style and hostels can be described as "a practical human laboratory "that shapes, sharpens and refines the

individual's self-governing ,personality and conduct [4][5]. The social interactions allowed in hostels are sharing rooms, common areas such age kitchen, dining hall, lounges, cafe etc, and students can learn new experiences like teamwork, through helping, caring, sharing, and developing sense of responsibility which could influences the individuals personality [6]. According to a study [7] hostel residents are more determined, self-sufficient, and confident and possess more optimistic attitude than non-resident students. Hostel students have to abide by certain rules which make them more disciplined and punctual. Indian colleges have lots of hostels which contribute to the personal development of student's hostile environment plays a pivotal role in the development of their personalities. The present study aimed to explore the perception of students about the impact of hostel life on their psychological and behavioural development. The results of the study may help in further research, parents, academicians, industrialists and other recruiters to understand the phenomenon of adjustment through social exposure during this important transitional period of a student's life

and the significance of living on campus in shaping personality of individuals. The study was carried out among the students of undergraduate colleges of Dibrugarh District Assam.

**Material and method**

This study was conducted in undergraduate colleges of Dibrugarh District Assam during the month of September 2022 May 2023. There are 5 boys hostels and 3 girls hostels girls hostel situated in colleges premises or outside the college premises of Different undergraduate degree colleges of Dibrugarh, with nearly 100 students in each hall of residence. Depending upon the degree program, a student has to live for 2-3 year’s hostel. Sample populations having 266 and participants were selected by convenient sampling method.

The pilot study was conducted by interviewing 20 senior students, who have had stayed in hostels for their education. A questionnaire was then prepared comprising of four parts. The first part of the survey consisted of demographic characteristics of the participants and the second part comprised certain features of an individual’s personality that can be modified or influenced by residing in hostel, third part inquired about perception of any undesirable effects of hostel life. The final part was about recommending hostel living to other students.[8] The Likert scale is used for calculation and analysis where the participants of the study were divided into two groups based on gender. The first group consisted of boys and second group consisted of girls of the same age 21years. The responses were then dichotomized for agreed (strongly agreed, agreed) and disagreed (strongly disagreed, disagreed, neutral). For calculation and examination of relation between gender based perception Chi-square test and Pearson’s correlation coefficient was applied.

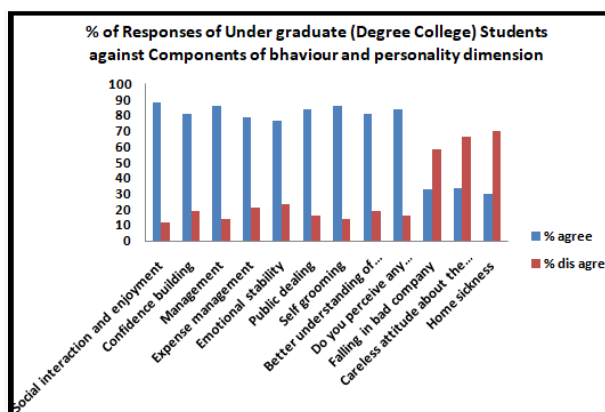
Out of 266 questionnaires 241 were completed which reveals 91 percent of responses and describes the demography as given in table 1, shows that average age of the students is 21.5 years, average duration of stay in hostel is 3 years,. The table depicts 67% of male and 33% of female student’s responses.

**Table 1 Demographic Characteristic of Study Participants.**

Demographic Characteristic of Study Participants.	
Characteristics	Number
Total questionnaire distributed	266
Total respondents	241
Rate of response	91%
Average age (years)	21.5yrs
Duration in hostel	1-3 years
Male	161(67%)
Female	80(33%)

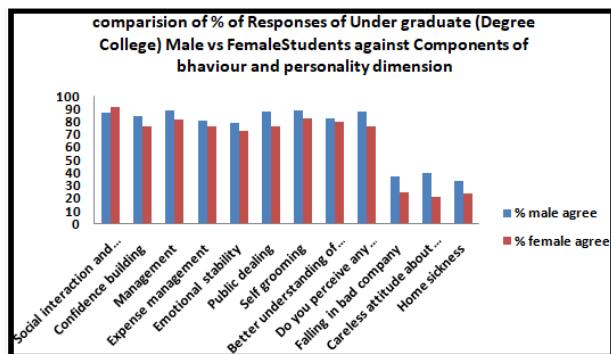
**Result**

Results regarding effects of hostel environment on the personality of the residents are displayed in Figure 1 which demonstrated that the most important aspect of hostel life remained accelerate and influence learning, changing behaviour and developing personality which was agreed by 91% (241) of the respondents irrespective of gender.



**Table 2: perception of personality, behavior and hostel**

Statements	Male	Female	Male	Female	% Total	
	% Agree	% Agree	% Dis Agree	% Dis Agree	% Agree	% Dis Agree
Social interaction and enjoyment	87	91	13	9	88	12
Confidence building	84	76	16	24	81	19
Management	88	81	12	19	86	14
Expense management	80	76	20	24	79	21
Emotional stability	79	73	22	28	77	24
Public dealing	88	76	12	24	84	16
Self grooming	88	83	12	18	86	14
Better understanding of curriculum	82	80	18	20	81	19
Do you perceive any undesirable consequences of living in hostel	88	76	12	24	84	16
Falling in bad company	37	25	63	50	33	59
Careless attitude about the studies	40	21	60	79	34	66
Home sickness	34	24	66	76	30	70



Out of the total responses 87% male and 91% female students felt that hostel provides social interaction and enjoyment for an individual. Out of the study it was observed .The study also reveals 81% of respondents felt that their confidence boosted during hostel stay, management 86%, expense management was learnt by 79% ,emotional stability 77% whereas 84% male and 86% agree the development of emotional stability in engineering hostels of HIT , public dealing by 81 % and self grooming by 84% of the study participants. 81% of the study contributors declared hostel as to have a superior study atmosphere where 19% considers the academic atmosphere is not as up to the mark. The undesirable consequences are 33%, falling in bad company 34% and home sickness 30%

**Discussion:**

In general an introvert student might find hard to interact with other people but in particular the students residing in hostel develop the capacity and achieve a high level of confidence and achieve strength of mind for better life. Hostels not only serve the purpose of

accommodation but also aid in study for the dwellers as they better understand curriculum through critical discussions and 81 % of respondents affirmed that hostels serve a conducive environment for study.

**Conclusion:**

The result of our study shows mainly beneficial outcome of hostel life in the pursuit of higher education. The study reviles the positive impacts of hostel life on undergraduate students in the Degree Colleges of Dibrugarh District of Assam, the study reveals that nearly 80% respondents of the age group 21.5 years believe that hostels are the place which gives us scope for social interaction and enjoyment, Confidence building, Management, Expense management, Emotional stability, Public dealing, Self grooming, Better understanding of curriculum. The results of the research can be utilized in various fields.

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