



Impact of Hostel Stay on The Individual's Personal Habits among Nursing Students in Selected Nursing Hostel, New Delhi

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Abstract: *A hostel is a place where students stay for pursuing formal education away from their homes. hostel life is a combination of different cultural backgrounds, in the hostel life students learn to live with different cultural background people and it can impact individual personal habits in different ways. Quantitative approach with descriptive research design was conducted to assess impact of hostel stay on the individual's personal habits among nursing students in selected nursing hostel. The Study was conducted on 134 GNM nursing students studying in Apollo school of nursing, New Delhi selected through total enumerative sampling technique. A structured opinionnaire was developed to collect the data and shared with student nurses in the form a Google form, link <https://forms.gle/t8fqxyPVEiYWCmDg8>. Findings reveal that majority of the students 88.81% had positive impact of hostel stay on the individual's personal habits and the computed chi square value to establish the association between the impact scores and age (in years) (126.47), year of study (8.2) and previous exposure of hostel stay (3.5) were statistically significant at 0.05 level of significance for the degree of freedom three, two and one respectively. This shows that there is an association between the impact of hostel stay on the individual's personal habit with their age (in years), year of study and previous exposure to hostel stay.*

Keywords:- Impact, Hostel, Nursing Students, Personal Habits.

Introduction

“We get into the habit of living before acquiring the habit of thinking” -ALBERT CAMUS

In some countries the word hostel is specifically used for the accommodation of students and travellers. However, in India, the hostel is believed to be a place of residence that a school, college or universities have, all hostels are supervised by the hostel wardens and other staff. The hostel generally consists of hundreds of students. All of them make a group of students. These students come from different ethical, social, geographical and economic backgrounds.

A hostel is a place where students stay for pursuing formal education away from their homes. But the concept of a hostel is not only limited to places of residence, a hostel is a human practical laboratory. It is the place where a group of people stay together for a particular period and to complete their particular course. While living the hostel students share their personal ideology with other students, and learn many new ideas from their hostel fellows. A hostel life also influences the students' views and perceptions about religion. Hostel life also makes students more ambitious, those students who have stayed in hostels are more self-reliant and



confident than other students. In hostels students learn courage and spirit from other students, and that may help students to face practical life more confidently ^[1]. It is a common perception that, hostel life has a unique impact on the pattern of students' life. Living in the hostel makes students socially and behaviorally different. Boarding or hostel life is a combination of different cultural backgrounds, in the hostel life students learn to live with different cultural background people ^[2]. Living away from family for a specific period of time leaves some enduring experiences in the life of the students. In this new lifestyle student learns to live independently, and learn how to compromise with other students and roommates ^[3]. The objectives of the study were to assess impact of hostel stay on the individual's personal habits among nursing students in selected nursing hostel and to find out the association between impact of hostel stay on the individual's personal habits with specific demographic variables.

II. Material and methods

The study was conducted in May 2023. The research approach and design were quantitative and descriptive. The population was the GNM nursing students out of which 134 student nurses were selected from 1st year, 2nd year and 3rd year using total enumerative sampling technique. A structured opinionnaire was used to assess the impact of hostel stay on the individual's personal habits among nursing students in selected nursing hostel. The Structured opinionnaire to assess the impact of hostel stay on the individual's personal habits among nursing students was comprised of 30 items. Each item has two response responses – Yes and No/same as before. The maximum and minimum marks awarded for each item were 1&0 respectively.

Structured opinionnaire was shared with the students in form of google form through a link in their WhatsApp. Permission from the Principal and ethical clearance from Organizational Review Board was taken before starting the study. Before the opinionnaire was given to the participants, consent was taken, aims and objectives were explained to them.

III. Result

The data was analysed by using descriptive in term of frequencies, percentage, mean, median and chi-square.

Table 1: Frequency (f) and percentage (%) distribution of Demographic Data of GNM nursing students. (n=134)

Sr. No.	CONTENT	FREQUENCY (f)	PERCENTAGE (%)
1	AGE (IN YEARS)		
	17 – 19	50	37.31%
	20 – 22	72	53.73%
	23 – 25	11	8.20%
	More than 25	01	0.74%
2	YEAR OF STUDY		
	GNM I Year	49	36.57%
	GNM II Year	48	35.82%
	GNM III Year	37	27.61%
3	RELIGION		
	Hindu	92	68.66%
	Muslim	07	5.22%
	Sikh	03	2.24%



	Christian	09	6.72%
	Buddhism	23	17.16%
	Others	0	0%
4	TYPE OF FAMILY		
	a) Nuclear family	105	78.36%
	b) Joint family	29	29.64%
5	FAMILY INCOME (in rupees)		
	Up to 25000/-	39	29.10%
	25001 to 50000/-	57	42.54%
	50001/- to 75000/-	20	14.93%
	Above 75001/-	18	13.43%
6	EDUCATIONAL QUALIFICATION		
	12 th pass	113	84.33%
	Graduate	19	14.18%
	Post graduate	02	1.49%
7	NATIONALITY		
	Indian	114	85.07%
	Tibetan	19	14.18%
	Others	01	0.75%
8	MEDIUM OF STUDY IN HIGHER SENIOR SECONDARY SCHOOL		
	Hindi	17	12.69%
	English	117	87.31%
	Others	0	0%
9	STREAM OF HIGHER SENIOR SECONDARY EDUCATION		
	Science	28	20.90%
	Commerce	30	22.39%
	Humanity / Arts	76	56.71%
10	HIGHER SENIOR SECONDARY EDUCATION DONE FROM		
	Government schools	78	58.21%
	Private schools	46	34.33%
	Open schools	04	2.98%
	Others	06	4.48%
11 (a)	PREVIOUS EXPOSURE OF HOSTEL STAY		
	Yes	26	19.40%
	No	108	80.60%
11 (b)	If "YES" specify the no. of years-----		
	1-6 years	16	61.5%
	7-12 years	07	27.0%
	Above 12 years	03	11.5%
12	LENGTH OF STAY IN APOLLO NURSING HOSTEL		
	3 months - 1 year	47	35.07%



1.1 year - 2 year	41	30.60%
2.1 year - 3 year	46	34.33%

Table 1 reveals More than half of the students 53.73% were in the age of 20-22, GNM 1st year and GNM 2nd year student nurses had almost equal numbers of population 36.57% and 35.82% respectively. Most of the nursing students 68.66% belong to Hindu religion, most of the students 78.36% belong to nuclear family, less than half of the nursing students 42.54% have a family income (in rupees) between 25000 - 50000, Most of the nursing students 84.33% were 12th pass. Most of nursing students 85.07% were Indian, Majority of the nursing students 87.31% medium of study in higher senior secondary school had English, Among the different streams of higher secondary education nearly half of nursing students 56.71% were from arts/humanity, more than half of the students 58.21% did their higher secondary from government school, most of nursing students 80.60% have no previous exposure of hostel stay. The majority of students were had previous exposure to hostel stay in between 0-6 years 92.54% while 7-12 years and above 12years have less in numbers 5.22% and 2.24% respectively. More than half of students were had previous exposure to hostel stay in between 1-6 years 61.5% while 7-12 years and above 12years have less in numbers 27.0% and 11.5% respectively. Regarding the length of stay in Apollo nursing hostel; 35.07% stayed from 3months – 1-year years – 3 years 34.33% and only a few students having 1.1 years – 2 years 30.60%.

Table 2: To assess impact of hostel stay on the individual's personal habits among nursing students.

(n = 134)

S.no	Impact level	Score	Frequency (f)	Percentage (%)
1.	Negative impact	0 – 15	15	11.19
2.	Positive impact	16 – 30	119	88.81

Table 2 shows that most of the students 88.81% have positive impact of hostel stay on the individual's personal habits and whereas only few students 11.19% have negative impact of hostel stay on the individual's personal habits.

Table 3: To assess the association of the impact of hostel stay on the individual's personal habits with selected demographic variables.

(n = 134)

S. No.	DEMOGRAPHIC DATA	IMPACT SCORE		CHI-SQUARE (χ^2)	df	SIGNIFICANT/N ON-SIGNIFICANT
		ABOVE MEDIAN	BELOW MEDIAN			
1	AGE (IN YEARS)					
	17 – 19	27	23	126.47	3	Significant
	20 – 22	29	43			
	23 – 25	2	09			
More than 25	0	01				
2	YEAR OF STUDY					
	GNM I Year	24	25	8.2	2	Significant
	GNM II Year	25	23			
GNM III Year	09	28				



3	RELIGION					
	Hindu	40	52	4.26	5	Non -significant
	Muslim	06	01			
	Sikh	02	01			
	Christian	05	04			
	Buddhism	07	16			
	Others	00	00			
4	TYPE OF FAMILY					
	Nuclear family	46	105	0.04	2	Non –significant
	Joint family	12	29			
FAMILY INCOME (in rupees)						
5	Up to 25000/-	19	20	3.18	3	Non –significant
	25001 to 50000/-	27	30			
	50001/- to 75000/-	07	13			
	Above 75001/-	05	13			
6	EDUCATIONAL QUALIFICATION					
	12 th pass	50	63	3.74	2	Non –significant
	Graduate	06	13			
	Post graduate	02	00			
NATIONALITY						
7	Indian	53	61	4.89	2	Non –significant
	Others	01	00			
8	MEDIUM OF STUDY IN HIGHER SENIOR SECONDARY SCHOOL					
	Hindi	08	09	0.1	2	Non –significant
	English	50	67			
	Others	00	00			
STREAM OF HIGHER SENIOR SECONDARY EDUCATION						
9	Science	13	15	1.08	2	Non –significant
	Commerce	15	15			
	Humanity / Arts	30	46			
10	HIGHER SENIOR SECONDARY EDUCATION DONE FROM					
	Government schools	37	41	5.28	3	Non –significant
	Private schools	19	27			
	Open schools	02	02			
	Others	00	06			
PREVIOUS EXPOSURE OF HOSTEL STAY						
11(a)	Yes	07	19	3.5	1	Significant
	No	51	57			
11(b)	If “YES” specify the no. of years---					
	1-6 years	06	10	4.74	2	Non-Significant
	7-12 years	01	06			



	Above 12 years	00	03			
12	LENGTH OF STAY IN APOLLO NURSING HOSTEL					
	3 months - 1 year	23	24	4.74	2	Non –significant
	1.1 year - 2 year	21	20			
	2.1 year - 3 year	14	32			

(df=4, $\chi^2=9.49$; df=3, $\chi^2=7.82$; df=2, $\chi^2=5.99$; df=1, $\chi^2=0.05$)

Table 3 represents that the computed chi square value to establish the association between the impact scores and age (in years) (126.47), year of study (8.2) and previous exposure of hostel stay (3.5) were statistically significant at 0.05 level of significance for the degree of freedom three, two and one respectively. This shows that there is an association between the impact of hostel stay on the individual's personal habit with their age (in years), year of study and previous exposure to hostel stay.

IV. Discussion

The findings of the present study were in agreement of the similar study conducted by Dr. Bhawana Sharma; Simran Tekchandani & Shehla Afreen (2018) conducted at Sophia Girls College Ajmer, Rajasthan in the month of September. Total Sample size calculated was 96, convenient sampling technique was used to find out the impact of hostel life on personality development and self-management skills amongst female students in Rajasthan. The study explored the impact of hostel life on hostel students. It highlighted the weaknesses students possessed before joining hostel and the consequent effects of joining the hostel. Results show agreeableness of hostel life impact on personality development 79% for confidence enhancement, 46% participative skills, 85% cooperativeness and coordination, extrovert, 50% presentation skills and 71% relationship with others. The girl students witnessed development and improvement in their personality, behaviour and learned various self-management techniques such as time management 84%, being more disciplined 80%, dealing with people from different backgrounds 84%, being independent 73% emotionally as well as psychologically from managing expense to taking care of oneself.

V. Conclusion

Based on the results of the study, impact of hostel stay was observed on the individual's personal habits. Hostel stay can lead to positive and negative impact on individual personal habits, good hostel environment can help to develop positive impact on personal habits. Thus, in our present study finding shows majority of the students 88.81% had positive impact of hostel stay on the individual's personal habits and also revealed significant association between the impact of hostel stay on the individual's personal habit with their age (in years), year of study and previous exposure to hostel stay.

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