



INVESTIGATION AND ASSESSMENT ON ROLE OF HOSTELS IN SHAPING THE ATTITUDE, ETHICS AND ACADEMIC PERFORMANCE OF HOSTELERS IN THE REGION OF KASHMIR INDIA

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Abstract: The current study was carried out in Kashmir valley during 2022-23 to explore the impacts of hostel life on the behavior, and personality of the students staying in hostels. A well designed validated questionnaire was used to collect the information from 400 respondents chosen at random from different hostels of Kashmir valley where students stay. The data collected was analyzed statistically which revealed that hostels have great importance in the educational journey. Hostel is a mixture of multicultural social group so Hostel life expands the social circle of the students staying in hostel. The study revealed that majority of respondents were of the opinion that Hostel life increases confidence, Enhances management abilities, improves ones punctuality, helps one to become emotionally strong, boosts confidence and improves academic performance. Hostel life increases the students' level of patience and prepares them to accept challenges in real life outside the hostel. Statistically, non-significant difference in the opinion of male and female respondents was observed regarding academic performance and staying in hostel ($P>0.05$) Further, significant difference in the opinion of rural and urban respondents was observed ($P<0.01$) in satisfaction level whereas statistically, significant

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difference in the opinion of students from joint and nuclear families was observed regarding satisfaction level in hostel ($P < 0.01$). It was found that the food was stored in hygienic conditions in majority of hostels and there were few minor issues related food chart in some hostels due to financial constraints. The majority of students during discussion revealed that they are provided good environment, basic medical facility, transport facility, electricity, sports facility, furniture, water facility and internet facility. The hostel management and students had good understanding. The girl students were satisfied in staying in hostel as they were not feeling insecure in any hostel surveyed. The researchers finally suggested that parents as well as the management should frequently visit hostels to support students and watch their routine activities.

Keywords: Kashmir, Hostel Life, Students, Discipline, Personality, Behaviour, Statistics

1. Introduction

A person's personality is made up of various traits that are persistent and consistent in combination. One's personality defines who they are. The way one interact with others reflects their personality. The components of personality are thinking and acting, and thinking is connected to emotions. As a result, a person's perception and thought process are connected. Individual thinking and behavioural patterns are also influenced by life events. Personality refers to traits that thrive under many circumstances. The expression of an individual is the mirror of their personality. The behaviour of people reveals their life experiences. Individual differences in behaviour are present, and the environment also affects behaviour (Raju et al., 2009). People can transmit knowledge, experiences, and values to their own particular capacities through social life experiences. The only component of a person's personality is their unique set of skills. Therefore, a person's social experiences and capacity for worldly information both influence their personality traits. According to Yadav and Iqbal (2009), life skills are the aptitudes that teach a person how to act effectively in a given circumstance. University life is a stage between adolescence and adulthood, following which people often go into their adult roles. The students' personalities and behaviour are changing noticeably during this chaotic stage of development. Temperament and a person's tendency to think, feel, and act in certain ways are examples of personality traits. According to studies, environmental factors and genetic factors cooperate to support

personality development as people approach maturity (Hopwood et al., 2011). a family's environment. However, many people must leave their homes and remain away from them in hostels, where the environment is very different from that at home, in order to pursue higher education. According to Iftikhar and Ajmal (2015), hostels' distinctive atmospheres can have an impact on people's behaviour and dietary habits.

According to Iftikhar and Ajmal (2015), hostels are "a practical human laboratory" that help people develop their personalities and conduct. Hostel environments can be more conducive to learning and are self-sufficient (Khozaei, 2010). Because inhabitants of hostels must share rooms and common areas like lounges, kitchens, dining halls, and internet cafés, etc., they encourage social contact. Additionally, the residents are required to follow certain guidelines, which improves their discipline and punctuality. Hostel residents are more determined, self-sufficient, and confident than non-resident students, and they also have a more upbeat mood, according to a study (Kalpesh and Manoj, 2019). Financial crises, adjustment troubles, feelings of personal impotence, anguish, changes in eating and sleeping habits, and many other problems are challenges that hostelized students must overcome. According to research, students living in hostels will likely exhibit higher levels of empathy, altruism, and mental stability. Students get the chance to socialise in a hostel setting (Mimrot, 2012).

The pupils' experiences of spending a certain amount of time apart from their families have a lasting impact on their lives. Student learns to live independently and reach agreements with fellow students and housemates in this new way of living (Khozaei et al., 2010). Students who live in hostels discuss their personal ideologies with other students and pick up a lot of new ideas from their roommates. The experience of living in dorms has an impact on how the students interpret and perceive religion. Students who have lived in hostels tend to be more independent and confident than other students, which increases their ambition. In dorms, students pick up courage and spirit from other students, which may give them more confidence once they enter the real world (Ahmad, 2006). Individuals' personalities and behaviours are largely influenced by their genetic make-up, but the social environment also has an impact. Therefore, the environment in the hostels of higher educational institutions where adolescents live away from their families may have an impact on them. This study looked into how students perceived the dormitory environment and how that affected the way their personalities developed.

As we know a hostel is an important place for the students, who come to live far away from their home leaving their families. Hostel life can be very much

different for them compared to their life at home. Life in the hostel makes them depend upon themselves and make them smart, active, and disciplined too. However, it is an obvious question whether the hostel life makes an impact on the students' academic performance or not as their ultimate aim for staying in a hostel is to acquire knowledge and skills.

2. Material and Methods

In this study, we select 400 respondents randomly from different hostels of study area i.e., Kashmir valley. A well designed validated questionnaire was used to collect the information in view of the literature available on the topic and on the characteristics of the respondents' viz., gender, residence, education status of parents, type of family, economic status of family etc. The participants who participated in this study on their choice were given a verbal explanation regarding the purpose of this study and were assured that confidentiality would be carried out throughout this survey. The sample size for present study was computed using (Cochran, 1977)

$$n = \frac{Z_{\alpha}^2 P(1-P)}{d^2}$$

Here, we choose $p = 0.5$, $Z_{\alpha} = 1.96$ and $d = 0.05$. That gives the approximate sample size $n \sim 384$ and we decided to take $n = 400$. The data collected from our survey was tabulated, analyzed and interpreted statistically. The statistical software SPSS (version 20) was used for analysis of data.

Research Hypothesis

Hypothesis 1: There is no significant difference in the opinion of male and female students in satisfaction with respect to academic performance.

Hypothesis 2: There is no significant difference in the opinion of urban and rural students in satisfaction level with respect to residence.

Hypothesis 3: There is no significant difference in the opinion of students in satisfaction level and type of family.

In order to test the research hypothesis, we use chisquare test (with usual notations) given as

$$X^2 = \sum_{i=1}^2 \frac{(O_i - e_i)^2}{e_i}$$

where $X^2 \sim \chi_1^2$, e_i and e_i are observed and expected frequencies. We reject H_0 if p-value is less than specified level of significance.

3. Results and Discussion

The data presented in Table 1, shows the distribution of studied population as per the characteristics Gender, Residence, Class studying, Profession of father/guardian, Family economic status and Type of Family. The study involving 36.75% male, 63.25% female respondents staying in hostels revealed that majority of the respondents understudy were from rural areas (65.25%), studying in UG classes (69.00%), 48.75% respondents parents were Govt employees, 91.50% respondents were from middle class families and 72.25% respondents were from nuclear families.

Table 1: Characteristics of the Students Understudy Living in Hostels

| S. No. | Variable | Type | Frequency | Percentage |
|--------|-------------------------------|------------------|-----------|------------|
| 1. | Gender | Male | 147 | 36.75% |
| | | Female | 253 | 63.25% |
| 2. | Residence | Urban | 139 | 34.75% |
| | | Rural | 261 | 65.25% |
| 3. | Class studying | UG | 276 | 69.00% |
| | | PG | 89 | 22.25% |
| | | Ph.D. | 35 | 8.75% |
| 4. | Profession of father/guardian | Business | 165 | 41.25% |
| | | Govt. Employee | 195 | 48.75% |
| | | Private Employee | 40 | 10.00% |
| 5. | Family economic status | Lower class | 34 | 8.50% |
| | | Middle class | 366 | 91.50% |
| | | Upper class | 00 | 0.00% |
| 6. | Type of Family | Joint | 111 | 27.75% |
| | | Nuclear | 289 | 72.25% |

The data presented in Table 2, revealed that in response to statement 1, Hostel life increases confidence, majority of respondents (male= 80.27% , female= 75.10%) agree. In response to statement 2, i.e., Hostel life enhances management abilities, majority of respondents (male= 82.31%, female= 84.98%) agree. In response to statement 3, i.e., Hostel life improves ones punctuality, majority of respondents (male=63.95 % , female= 76.68%) agree. response to statement 4, i.e., Hostel life helps one to become emotionally strong, majority of respondents (male= 93.88%, female= 84.98%) agree. In response to statement

5, i.e., Hostel life boost confidence, majority of respondents (male= 59.86%, female= 58.10%) agree. In response to statement 6, i.e., Hostel life helps in becoming realistic, majority of respondents (male= 76.87%, female= 77.08%) agree. response to statement 7, i.e., In Hostel life one attains maturity, majority of respondents (male=85.03%, female=77.08%) agree. In response to statement 8, i.e., In Hostel life one improves sense of dressing, majority of respondents (male= 73.47%, female=58.10%) agree. In response to statement 9, i.e., In Hostel life one becomes goal oriented, majority of respondents (male= 72.79%, female=74.31%) agree. In response to statement 10, i.e., Hostel life improves academic performance, majority of respondents (male=77.55%, female=75.49%) agree. The students understudy living in hostels reported that they face many problem and hurdles like adjustment issues, personal helplessness, financial crises, distress, changes in eating and sleep habits, and many more. Hostel life gives them an opportunity for socialization among students from different

Table 2: Impact of Hostel life on Behaviour and Personality of students in Kashmir valley

| S. No. | Statement | Gender | Agree (%) | Disagree (%) | Not Sure(%) | Chisquare | P-value |
|--------|--|--------|--------------|--------------|-------------|-----------|---------|
| | Behaviour | | | | | | |
| 1. | Hostel life increases confidence | Male | 118 (80.27) | 07 (4.76) | 22 (14.97) | 2.241 | >0.05 |
| | | Female | 190 (75.10) | 10 (3.95) | 53 (20.95) | | |
| 2. | Hostel life Enhances management abilities | Male | 121 (82.31) | 14 (9.52) | 12 (8.12) | 17.833 | <0.01 |
| | | Female | 215 (84.98) | 3 (1.19) | 35 (13.83) | | |
| 3. | Hostel life improves ones punctuality | Male | 94 (63.95) | 38 (25.85) | 15 (10.20) | 14.748 | <0.01 |
| | | Female | 194 (76.68) | 28 (11.07) | 31 (12.25) | | |
| 4. | Hostel life helps one to become emotionally strong | Male | 138 (93.88) | 6 (4.08) | 3 (2.04) | 12.736 | <0.01 |
| | | Female | 215 (84.98) | 7 (2.77) | 31 (12.25) | | |
| 5. | Hostel life Boosts confidence Personality | Male | 88 (59.86) | 34 (23.13) | 25 (17.01) | 5.006 | >0.05 |
| | | Female | 147 (58.10) | 42 (16.60) | 64 (25.30) | | |
| 6. | Hostel life helps in becoming realistic | Male | 113 (76.87) | 7 (4.76) | 27 (18.37) | 0.387 | >0.05 |
| | | Female | 195 (77.08) | 9 (3.56) | 49 (19.37) | | |
| 7. | In Hostel life one attains maturity | Male | 125 (85.03) | 16 (10.88) | 6 (4.08) | 10.323 | <0.01 |
| | | Female | 195 (77.08) | 22 (8.70) | 36 (14.23) | | |
| 8. | In Hostel life one improves sense of dressing | Male | 108 (73.47) | 23 (15.65) | 16 (10.88) | 19.981 | <0.01 |
| | | Female | 147 (58.10) | 29 (11.46) | 77 (30.43) | | |
| 9. | In Hostel life one becomes goal oriented | Male | 107 (72.79) | 24 (16.33) | 16 (10.88) | 9.947 | <0.01 |
| | | Female | 188 (74.31) | 19 (7.51) | 46 (18.18) | | |
| 10. | Hostel life improves academic performance | Male | 114 (77.55) | 17 (11.56) | 16 (10.88) | 3.493 | >0.05 |
| | | Female | 191 (75.49) | 20 (7.91) | 42 (16.60) | | |

background. We observe great leaders officers spend lot of their quality life in hostels as it gives them chance to work more and a chance to focus on future. Statistically, significant in the opinion of male and female students was observed in statements 2,3,4,7,8 and 9 ($P < 0.01$). The results of our study are in agreement with the earlier studies (e.g., Mimrot, 2012).

The data presented in Table 3, revealed that in response to statement 1, i.e., Do you feel in Hostel life one may be involved in drug, majority of respondents (male=48.30%, female= 41.50%) said yes. In response to statement 2, i.e., Do you feel in hostel life one exploits freedom (male=57.14%, female=36.36%) said yes. In response to statement 3, i.e., Do you feel in hostel life there are adjustment issues, majority of respondents (male=72.11%, female= 73.52%) agree. In response to statement 4, i.e., Do you feel in hostel life there are health issues, majority of respondents (male=70.75%, female=83.79%) said yes. In response to statement 5, i.e., The quality of food is not satisfactory, majority of respondents (male= 48.98%, female= 67.59%) disagree. Statistically, significant difference was observed in the opinion of male and female respondents in all statements ($P < 0.01$). It is important students staying in hostels must be more active and vigilant so that they may not be corrupted/misguided in any way.

Table 3: Negative Impact of Hostel life on Behaviour and personality of students

| S. No. | Statement | Gender | Yes (%) | No (%) | Not Sure (%) | Chisquare | P-value |
|--------|--|--------|-------------|-------------|--------------|-----------|---------|
| 1. | Do you feel in Hostel life one may be involved in drug | Male | 71 (48.30) | 46 (31.29) | 30 (20.41) | 11.795 | <0.01 |
| | | Female | 105 (41.50) | 56 (22.13) | 92 (36.36) | | |
| 2. | Do you feel in hostel life one exploits freedom | Male | 84 (57.14) | 47 (31.97) | 16 (10.88) | 22.458 | <0.01 |
| | | Female | 92 (36.36) | 89 (35.18) | 72 (28.46) | | |
| 3. | Do you feel in hostel life there are adjustment issues | Male | 106 (72.11) | 31 (21.09) | 10 (6.80) | 15.233 | <0.01 |
| | | Female | 186 (73.52) | 25 (9.88) | 42 (16.60) | | |
| 4. | Do you feel in hostel life there are health issues | Male | 104 (70.75) | 34 (23.13) | 9 (6.12) | 22.915 | <0.01 |
| | | Female | 212 (83.79) | 17 (6.72) | 24 (9.49) | | |
| 5. | The quality of food is not satisfactory | Male | 63 (42.86) | 72 (48.98) | 12 (8.16) | 49.097 | <0.01 |
| | | Female | 32 (12.65) | 171 (67.59) | 50 (19.76) | | |

The data shown in Table 4, revealed that majority of respondents (male=48.30%, female= 42.50%) were satisfied above 50% in improvement of their academic performance by staying in hostel. Further, it was found that majority of male (47.13%) respondents believed that residence plays above

50% role in satisfaction level of students staying in hostel whereas majority of female (34.53%) respondents believed that residence plays upto 50% role in satisfaction level of students staying in hostel. Table 4, further revealed that majority of male (47.75%) respondents believed that type of family of students staying in hostel plays upto 50% role in satisfaction level of students staying in hostel whereas majority of female (45.33%) respondents believed that type of family of respondents plays above 50% role in satisfaction level of students staying in hostel. Statistically, non significant difference in the opinion of male and female respondents was observed regarding academic performance and hostel life ($P>0.05$). Further, Statistically, significant difference in the opinion of rural and urban respondents was observed regarding satisfaction level in hostel ($P<0.01$). Finally, statistically, significant difference in the opinion of respondents from joint and nuclear families was observed regarding satisfaction level and hostel life ($P<0.01$)

Table 4: Satisfaction level among students staying in hostels in view of Academic performance, Residence and Family type of respondents

| S. No. | Variable | Type | Satisfaction level | | | Chisquare | P-value |
|--------|-------------------------------------|---------|--------------------|--------------|---------------|-----------|---------|
| | | | Below 50% (%) | Upto 50% (%) | Above 50% (%) | | |
| 1. | Academic performance in hostel life | Male | 29(19.73) | 47(31.97) | 71(48.30) | 4.558 | >0.05 |
| | | Female | 51(20.16) | 150(37.50) | 170(42.50) | | |
| 2. | Residence plays role | Rural | 36(13.79) | 102(39.08) | 123(47.13) | 18.751 | <0.01 |
| | | Urban | 44(31.65) | 48(34.53) | 47(33.81) | | |
| 3. | Family type | Joint | 19(17.12) | 53(47.75) | 39(35.14) | 6.902 | <0.05 |
| | | Nuclear | 61(21.11) | 97(33.56) | 131(45.33) | | |

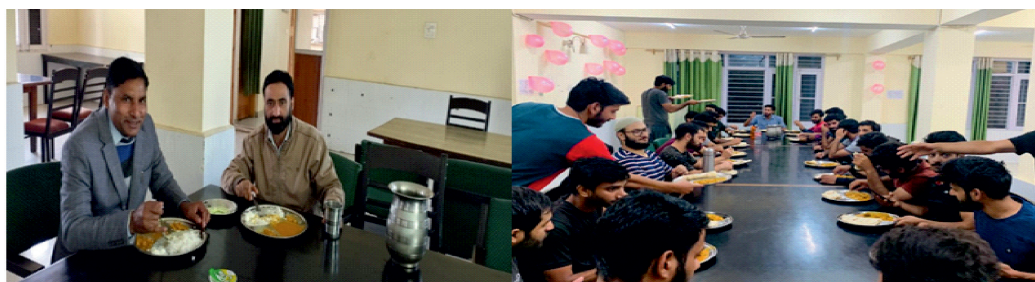


Figure 1: Lunch with Students Staying in Hostel

The data shown in Figure 2, revealed that majority of rural respondents (47.13%) were satisfied above 50% whereas only 33.81% urban respondents

were satisfied above 50% in hostel life. The reason may different life style among rural and urban respondents. Generally, people staying in rural areas live in tough circumstances so they adjust themselves easily in any environment.

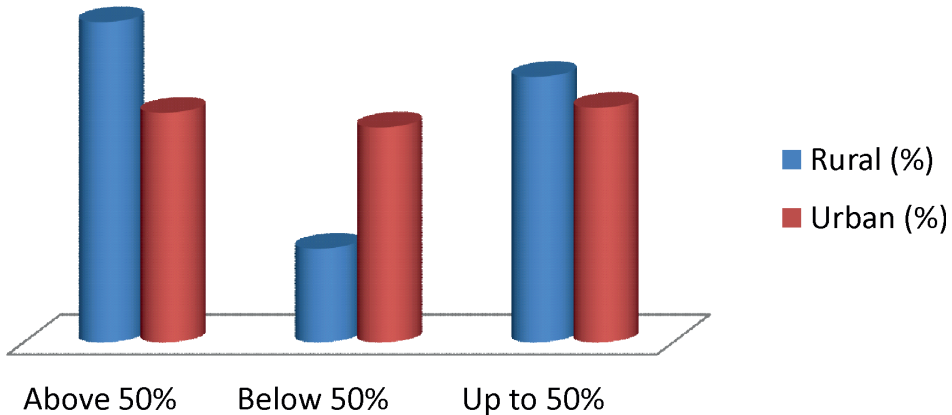


Figure 2: Satisfaction level as per Residence among Hosttler

The data shown in Figure 3, revealed that majority of female respondents (40.71%) were satisfied upto 50% whereas majority of male respondents (48.3%) were satisfied above 50% in hostel life. The reason seems male students enjoy freedom away from home. Generally, male prefer free life.

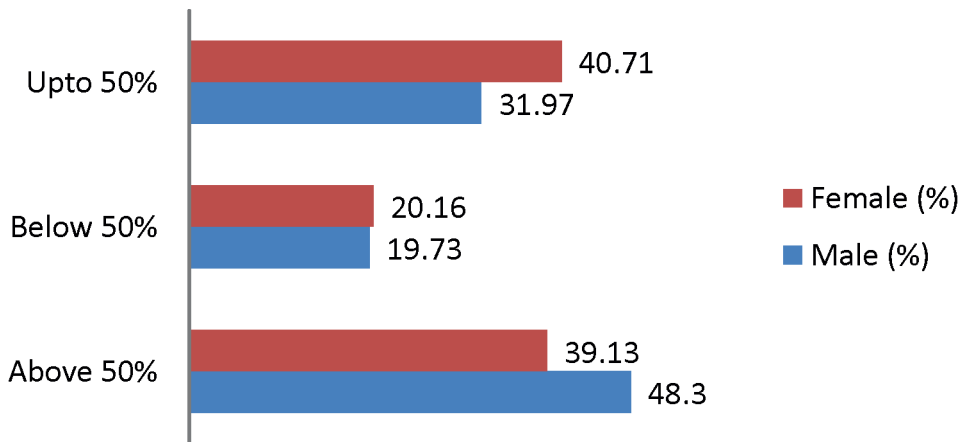


Figure 3: Genderwise Satisfaction level among Students Staying in Hotel

The teachers/warden generally visit hostel to enquire about the food quality, water quality etc. and joined with students on lunch/dinner. In hostel

visit inspection of the kitchen was made where the food was stored and prepared for the students. The expiry date of food items was checked in many hostels and discussion with students revealed that students frequently check food items. It was found that in general food was stored in hygienic conditions in majority of hostels and there were few minor issues related food chart in some hostels due to financial constraints. In hostel there is adjustment issue as generally roommate may hail from a joint family who never tried to keep a private environment in the hostel room. The students during discussion in majority revealed that they are provided good environment, basic medical facility, transport facility, electricity, sports facility, furniture, water facility and internet facility. The hostel management and students had good understanding. The girl students were satisfied in staying in hostel as they were not feeling insure in any hostel surveyed. In literature we found that students unrest is the big issue but in Kashmir students in hostels were not feeling unrest as there was no political interference in hostels and Eve teasing.

Conclusion

The study revealed that in general students were satisfied in staying hostels as they believe hostels provide them good environment, basic medical facility, transport facility, electricity, sports facility, furniture, water facility and internet facility. The hostel management and students staying in hostel had good understanding. Students in hostels were feeling safe and reported that there was no political interference or Eve teasing in hostels or around. They reported few minor issues as we notice in every household and overall they were feeling comfortable in hostels. It was found that statistically, there was non significant difference in the opinion of male and female respondents regarding academic performance and hostel life ($P>0.05$). Statistically, significant difference in the opinion of rural and urban respondents was observed regarding satisfaction level in hostel ($P<0.01$). And, statistically, significant difference in the opinion of students understudy from joint and nuclear families was observed regarding satisfaction level of hostel students ($P<0.01$). The researchers suggested that parents as well as hostel management should frequently visit hostels to support students and watch their daily activities.

Limitations

In the present study the sample size was 400 so researchers suggest to repeat this study by increasing sample size. In future study variables like family status of respondents, academic facilities in hostel etc. may be studied also.

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