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## A Study On Challenges Faced By Hostellers

**Subtitle:** A study on challenges faced by hostellers' girls of Waghodiya Village.

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### Abstract

For students' intellectual and personal growth, hostel living is essential. It does, however, present a number of difficulties that may affect their performance and general well-being. This study intends to investigate the typical difficulties encountered by hostellers, examine the impact they have on students' personal and academic lives, and offer solutions to enhance the hostel experience. The study draws attention to problems like loneliness, budgetary limitations, privacy invasion, subpar hostel amenities, and security difficulties. The study offers insights into how institutions might better hostel living conditions to improve students' overall experience through a mixed-method approach.

**Keywords:** Hostel living, student challenges, academic performance

### 1. Introduction:

Students who want to live freely while pursuing higher education can do so in hostels. They provide accommodations and a favorable learning atmosphere, acting as a vital support system. Hostel life is not without its difficulties, though. Many students find it difficult to maintain their emotional health, manage their money, and adapt to a new environment. Their problems are exacerbated by inadequate hostel facilities, worries about safety, and academic pressure. The purpose of this study is to determine the main obstacles that hostellers must overcome and examine how these obstacles affect their general growth.

Hostel-living female students frequently face a distinct set of difficulties that can have a major negative influence on their general wellbeing. These difficulties include everything from social adaptations and academic demands to worries about security and safety. The purpose of this article is to examine the various problems that female hostellers encounter, highlighting the vital significance of attending to their mental health and creating a nurturing atmosphere that encourages their development both personally and academically. The first step in

developing successful tactics and interventions that can improve the dorm environment for female students is acknowledging these difficulties.

## 1.1 Objectives of the Study

The primary objectives of this research are:

- To identify common challenges faced by hostellers.
- To analyze the impact of these challenges on hostellers' well-being and academic performance.
- To recommend strategies for improving the hostel living experience.

## 1.2 Significance of the study:

It's important to comprehend the unique difficulties experienced by female hostellers for a number of reasons. First of all, it makes it possible to create support plans and focused actions that might enhance their general wellbeing. By lowering stress and improving their capacity for concentration, resolving these issues can also have a good effect on their academic achievement. Last but not least, it is crucial for encouraging favorable mental health outcomes by establishing a secure and encouraging atmosphere where students feel free to ask for assistance when necessary. In order to create a more welcoming and encouraging campus community, this study intends to educate legislators, hostel managers, and student support services on the unique requirements of female hostellers.

## 2. Literature Review

- **Alam & Tahir (2024)** found that hostel life significantly influences students' mental well-being, both positively and negatively. While hostels provide an environment conducive to academic growth, they also contribute to stress and anxiety due to social isolation and inadequate facilities.
- **Memon (2020)** highlighted the issue of homesickness, which affects students' emotional stability and performance. Homesickness is a psychological distress that arises when students move away from their families and familiar environments, often leading to feelings of sadness, anxiety, and isolation. Memon's study found that students who experience severe homesickness struggle with concentration, motivation, and overall academic performance. The study further highlighted that homesickness tends to decrease over time as students build social connections and adapt to the hostel environment. However, without proper support systems such as counseling services or peer support networks, students may suffer from prolonged emotional distress, which can negatively impact their academic achievements and mental health.
- **Hijazi and Naqvi's (Rai, S) study (2006)** investigated the factors affecting student performance in private colleges. While not exclusively focused on hostellers, the research provides a framework for understanding the academic challenges faced by students in a residential setting. The study employed statistical analysis to identify key determinants of academic success, such as prior academic achievement, study habits, and parental involvement. The findings revealed that students with strong academic backgrounds and effective study strategies were more likely to succeed, highlighting the importance of academic preparedness for hostellers. This study's impact lies in its identification of actionable factors that institutions can address to improve student outcomes, such as providing academic support services and promoting effective study skills.

- **Marwick et al. (2017) (Chikezie, C)** explored the relationship between social media use, privacy, and personal responsibility among low-SES youth. Although not directly focused on hostellers, the study sheds light on the social and emotional challenges faced by young people navigating social media in a residential environment. The research employed qualitative methods, including interviews and focus groups, to understand how low-SES youth perceive and manage their online identities and privacy. The findings revealed that these youth often lack the resources and support to navigate the complexities of social media, making them vulnerable to online risks and social isolation. This study's impact lies in its highlighting the need for digital literacy programs and social support systems to help hostellers develop healthy online habits and build strong social connections.
- **Kumar et al.'s (Shamsi, M) 2009** study examined the perceived sources of stress among Indian dental students. While focusing on a specific student population, the research provides valuable insights into the mental health challenges faced by students in demanding academic programs, many of whom are hostellers. The study used surveys to assess the prevalence and sources of stress, identifying factors such as academic workload, competition, and financial pressures. The findings revealed that a significant proportion of dental students experienced high levels of stress, which negatively impacted their mental well-being and academic performance. The impact of this study is its contribution to understanding the specific stressors faced by students in professional programs and the need for mental health support services on campus. It is important to note that negative sentiments and mental health issues among students, including hostellers, have reportedly increased post-COVID, potentially exacerbating the challenges identified in this study.
- **Kumar & Singh (2021)** explored how hostile environments impact students' ability to adapt socially, emotionally, and academically. Their findings indicate that well-managed hostels with better facilities help students transition more easily into university life, while poorly maintained hostels add to their stress. The study found that students who had access to clean, well-ventilated rooms, study-friendly environments, and recreational areas adapted more quickly and had better academic outcomes. Social adaptation was also significantly higher in hostels that encouraged student interaction through organized activities and peer support networks. In contrast, students residing in poorly maintained hostels with inadequate food, hygiene issues, and limited personal space faced increased emotional stress and struggled to integrate socially. The study further emphasized that university administrators must focus on improving hostel facilities and fostering a supportive community within hostels to ensure students' holistic development.

### 3. Research Methodology

A mixed-method technique is used in this study, which includes both qualitative and quantitative data. Forty students living in dorms in Waghodiya Village were given a standardized questionnaire. Aspects including financial concerns, academic stress, personal well-being, and hostel infrastructure were all included in the questionnaire.

#### 3.1 Sample Selection:

To guarantee impartial representation, a straightforward random sampling technique was applied.

#### 3.2 Data Collection:

Surveys were used to collect primary data, and the body of existing literature on hostel life was used to obtain secondary data.

### 3.3 Data Analysis:

The replies were analyzed using descriptive statistics, and open-ended questions were subjected to thematic analysis.

## 4. Findings and Discussion:

### 4.1 Typical Obstacles Hostellers Face:

Particularly during the first few months of living in a dorm, many students suffer from homesickness and emotional stress. Hostellers frequently experience loneliness, worry, and isolation, which has an adverse effect on their mental health. Financial limitations are another major issue, since the price of dorm rooms and other daily bills can put a pressure on students from low-income families

Inadequate facilities and infrastructure are another significant problem. Many hostels have issues with poor security, unsanitary conditions, inadequate food, and insufficient water supplies. Additionally, students find it challenging to focus on their academic work and preserve personal space in shared rooms due to the lack of privacy. Stress is increased by academic strain since students have to juggle their difficult academics and hostel obligations.

Security and safety concerns are especially important to female students. Hostels are at risk because to a lack of stringent security measures, unfettered access, and inadequate surveillance. For hostellers to live in a secure and encouraging atmosphere, these issues must be resolved.

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More than 60% of respondents expressed unhappiness with the facilities offered. A persistent issue was inadequate facilities and infrastructure. Common problems at many hostels include inadequate security, unsanitary environment, limited food, and insufficient water supplies. Additionally, students find it challenging to focus on their schoolwork and preserve personal space in shared rooms due to the lack of privacy.

Stress is increased by academic strain since students have to juggle their difficult academics and hostel obligations. Almost 45% of those surveyed said they had trouble locating peaceful study areas on the hostel grounds. Security and safety concerns are especially important to female students. Hostels are at risk because to a lack of stringent security measures, unfettered access, and inadequate surveillance. For hostellers to live in a secure and encouraging atmosphere, these issues must be resolved.

### 4.2 Impact of Challenges:

**Academic Performance:** Students that experience problems in their hostel frequently struggle to concentrate on their academics, which results in subpar academic performance.

**Mental Health:** Anxiety and despair can result from the strain of acclimating to a new environment as much as academic pressure.

**Social Skills:** Due to linguistic and cultural limitations, some pupils struggle to interact with others, while others adjust and build strong social networks.

### 4.3 Strategies for Improvement:

- Hostel life can be greatly enhanced by routine maintenance, good sanitation, and making sure there is a sufficient supply of food and water.
- To assist students in managing their emotional stress, peer support groups and counseling programs ought to be set up.
- Strict access regulations, the installation of CCTV cameras, and the employment of security guards can all increase hostel safety.
- To help students financially, universities could offer jobs or scholarships.
- Students can more easily adapt to dormitory life by planning cultural activities and mentorship programs.
- The hostel personnel should be cooperative.
- Students should have access to tutors to help them grasp concepts.

### 5. Conclusion:

The study emphasizes the various difficulties that hostellers encounter, which have a substantial effect on their general quality of life, mental health, and academic achievement. Inadequate facilities, bad sanitation, financial strains, social isolation, and ineffective administration are some of the main problems. Many students find it difficult to adapt to living in a dorm, especially first-year students who experience emotional anguish and homesickness. Stress levels are also raised by academic demands, invasions of privacy, and challenges in juggling a healthy schedule.

The results show that these difficulties have an impact on students' capacity to focus on their studies, with a sizable portion expressing sporadic disruptions brought on by noise, inadequate study areas, and erratic internet connectivity. Financial hardships also frequently make it more difficult for students to obtain wholesome meals and essential study materials, which makes their problems even worse.

Hostel management, university officials, and legislators must work together to address these problems. Institutions may create a more pleasant and comfortable living environment for students by establishing organized mental health programs, encouraging peer support, and enhancing hostel facilities. The report emphasizes how crucial proactive involvement is to improving dorm environments and fostering student achievement.

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