

Impact of Hostel Life on Personality Development and Self Management Skills amongst Female Students in Rajasthan

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ABSTRACT

When students go for further studies in other institutions, away from their home, then they live in a new place for a particular duration, which can be called as hostel life. Generally referred to a place of education where students from distant places resides to pursue formal education. Sometimes, parents also think that the atmosphere in a hostel is favorable for studies. Sometimes guardians cannot control their naughty wards at home. So they sent them to hostels. They may be corrected there. This study emphasis the perception of girls students towards the hostel life as well as the positive impacts of hostel life to develop their personality. Study on the same subject conducted very rare in this area. This study helps the parents of the students and students both to understand the significance of hostel life and its impact on the personality of a student. The data have collected through primary sources through a questionnaire. The major objectives of the study are to identify the weakness of students before coming to the hostel, to study the impact of hostel life to develop the personality of students, to investigate the influence of a multicultural environment and to study the learning of self management techniques among students during hostel life. This study also helps to improve the services in hostel as per the suggestions of students.

1. Introduction

A hostel is a shelter for the students who come from far off places. Students live there with each other and learn various values and skills. The atmosphere of a hostel is conducive to study. Generally, hostels are situated close to school or college. The world's first hostel was established in 1912 at Altena Castle in Germany by Richard Schirrmann. The first Youth Hostels were an exponent of the ideology of the German Youth Movement to let poor city youngsters breathe fresh airs outdoors. Since then hostelling spread very fast. And in 1932 the first international hostel conference held in Amsterdam aimed at uniting hostel groups from across the Europe. After the first US hostel was established in Northfield, Massachusetts the concept of modern hostel culture for students begins to pick up and resulted in modern hostels of the present.

2. Meaning and concept of hostel life

When students go for further studies in other institutions, away from their home, then they live in a new place for a particular duration, which can be called as hostel life. In some countries the word hostel is specifically used for the accommodation of student and travelers. Generally referred to a place of education where students from distant places resides to pursue formal education. Many students come to read in schools and colleges from distant places. It is not possible for them to come to school and college and go back home daily. Hence, they have to live in hostels. Again some guardians prefer that their wards should live in hostels, though their homes are not far off. They think that the atmosphere in a hostel is favorable for studies. Sometimes guardians cannot control their naughty wards at home. So,

they sent them to hostels.

They have to study and do their duties themselves. In hostels, there is fixed schedule which students need to abide by, through which they are able to discipline themselves and learn to value time. The hostel generally consists hundreds of students. All of them make a group of students. These students come from different ethical, social, geographical and economical background.

3. Personality and Behaviour

Personality is a mixture of various different traits of a person. Personality is about what a person actually is, which can be easily seen when he/she interacts with other people. Personality comes from the thinking pattern of an individual, which is connected with his emotions. Hence, the perception of an individual is a result of the thinking process. Behaviour and thinking can be differ from one individual to another individual. Behaviour also can be changed from social life experience, which comes from the result of transferring the knowledge, experience and values. Life skills also comes from social life, which teaches a person to behave in positive manner accordingly

4. Significance of the study

This study emphasis the perception of girls students towards the hostel life as well as the positive impacts of hostel life to develop their personality. Study on the same subject conducted very rare in this area. This study helps the parents of the students and students both to understand the significance of hostel life and its impact on the personality of a student. This study also helps to improve the services in the hostel as per the suggestions of students.

5. Objectives Of The Study

- To identify the weakness of students before coming to the hostel
- To study the impact of hostel life to develop the personality of students
- To investigate the influence of multicultural environment
- To study the learning of self management techniques among students during hostel life

6. Research Design

This study comes under the descriptive research, thus, descriptive research design has followed.

7. Methods Of Data Collection

This study was based on primary data. A questionnaire has designed to collect the data. The questionnaire was a

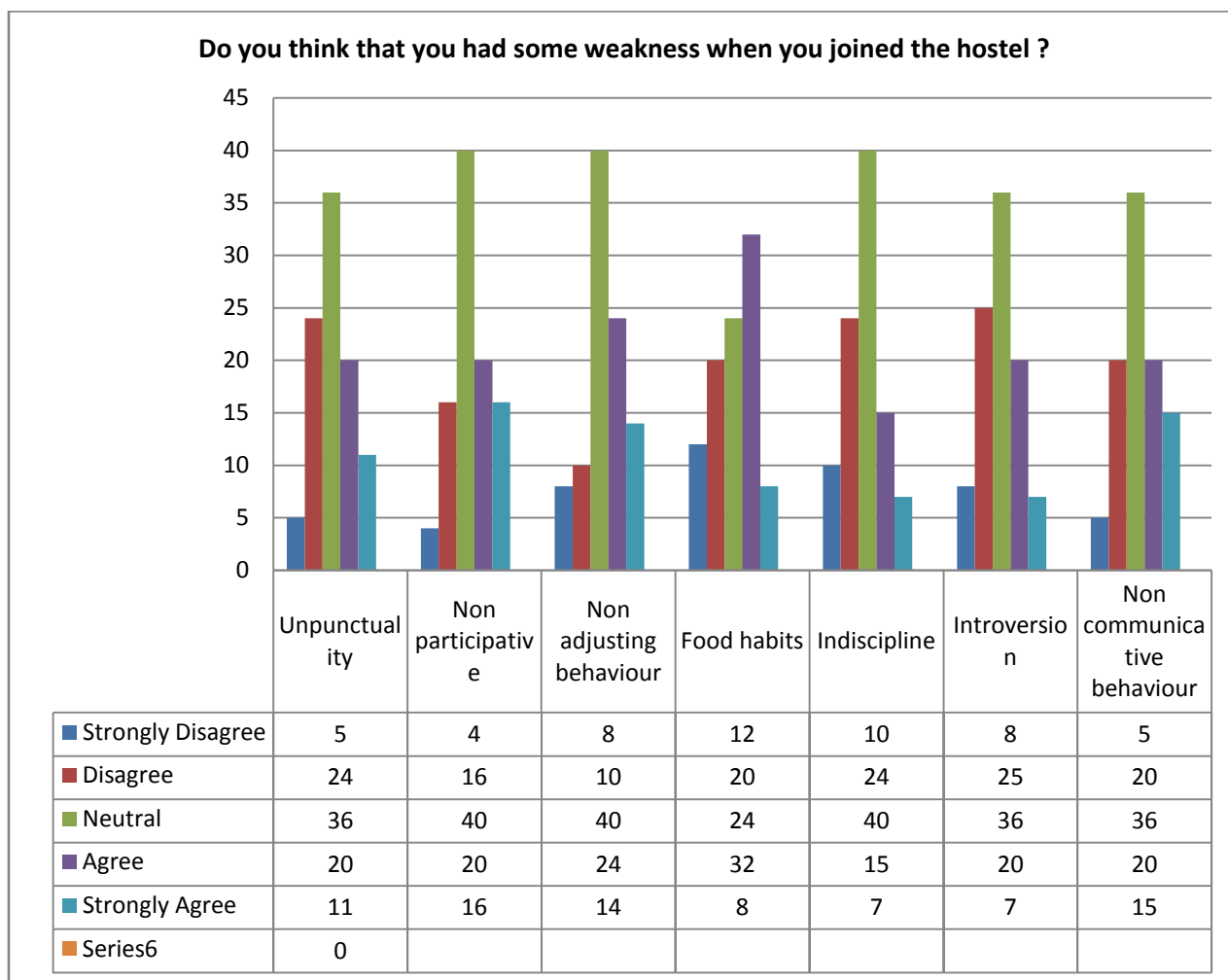
major tool which has designed in a systematic sequence for covering relevant and adequate all the aspects of the study. The data collected from primary sources were showed with adequate graphs and tabulated in a systematic manner. Secondary data was collected majorly from journals, past research, reports and various websites.

Sample Size: A sample of 96 hostel students was selected from different colleges of Rajasthan.

Sampling Method: Convenience sampling was used to collect the data. Only girls hostels were covered for this study. The average age range of the sample was 18-23 years.

8. Data Analysis and Interpretation

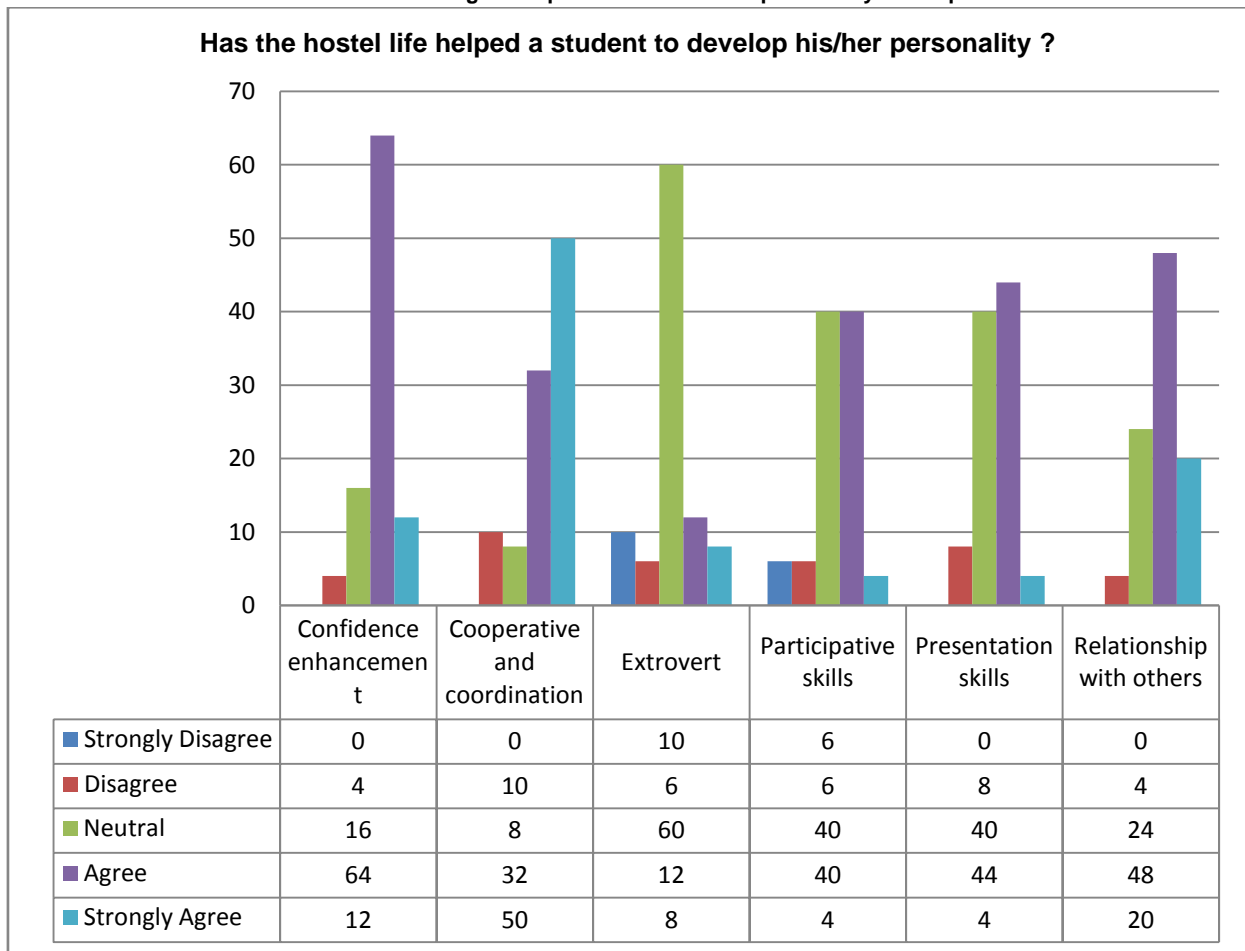
Table 1: Table showing the status of female students before joining the hostel



Inference: The weakness of candidates has been measured on various scales. Figure1 depicts that almost 70% students were not punctual, 76 among them were non participative, 81% of them possessed non adjusting behaviour, 67% amongst them did not have good food

habits, 65% were indiscipline , 66% were introverts and 74% lacked communicative behaviour. This study express that most of the respondents had weakness on various benchmarks on which they agreed upon.

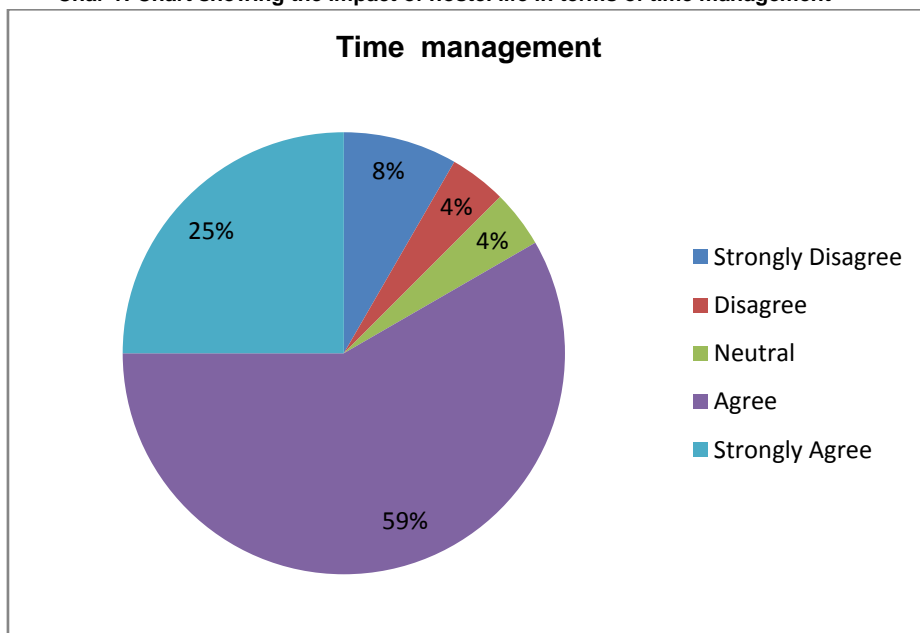
Table 2: Table showing the impact of hostel life on personality development



Inference: Figure 2 indicates agreeableness of 79% for confidence enhancement, 46% participative skills, 85% cooperativeness and coordination, extrovert, 50% presentation skills and 71% relationship with others.

Consequently hostel life has helped enormously to the candidates to develop their personality through development in various areas.

Char 1: Chart showing the impact of hostel life in terms of time management



Inference: The above figure delineate that 84% of the respondents have learned the technique of managing time

which is integral for devoting enough of time to priorities.

Chart 2 : Chart showing the impact of hostel life in terms of personality improvement

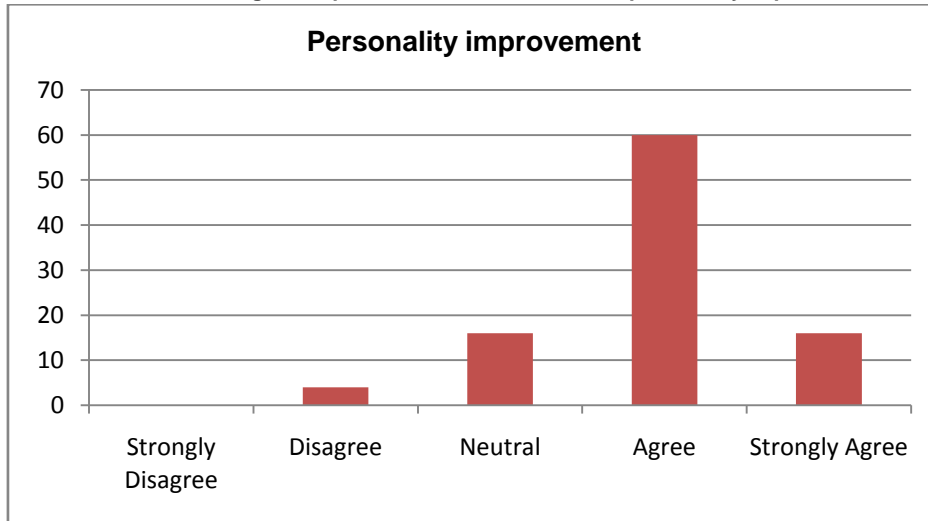
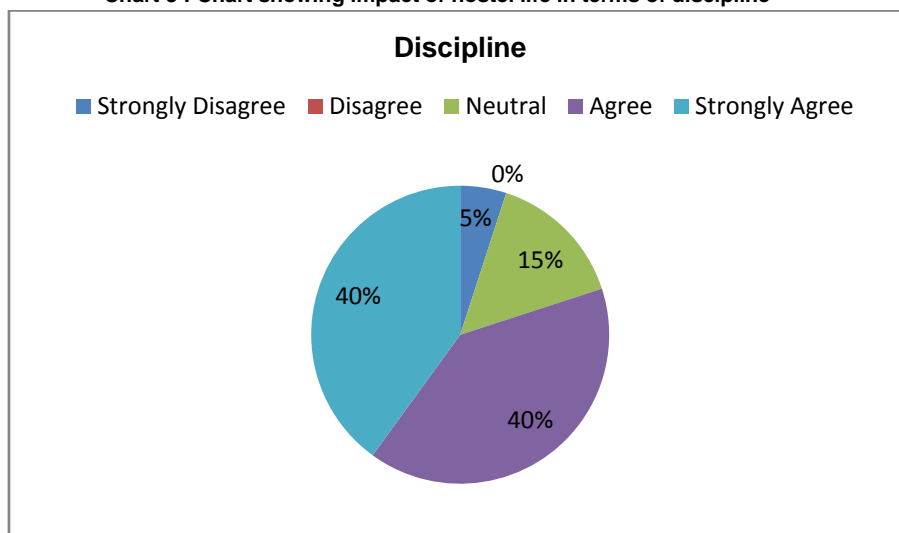


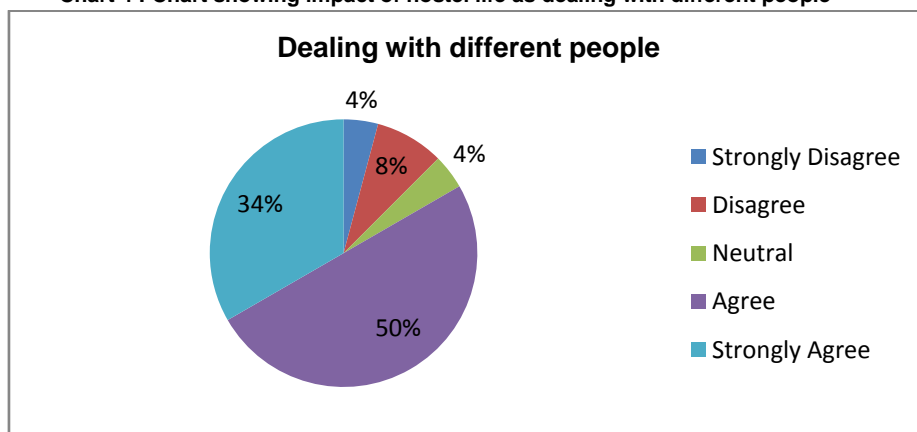
Chart 3 : Chart showing impact of hostel life in terms of discipline



Inference: Figure 5 represents that 40% of the students strongly agree, 40% agree, 15% are neutral about that they have encompassed discipline. Therefore representation is

made that hostel life plays a vital role in imbining discipline amongst students.

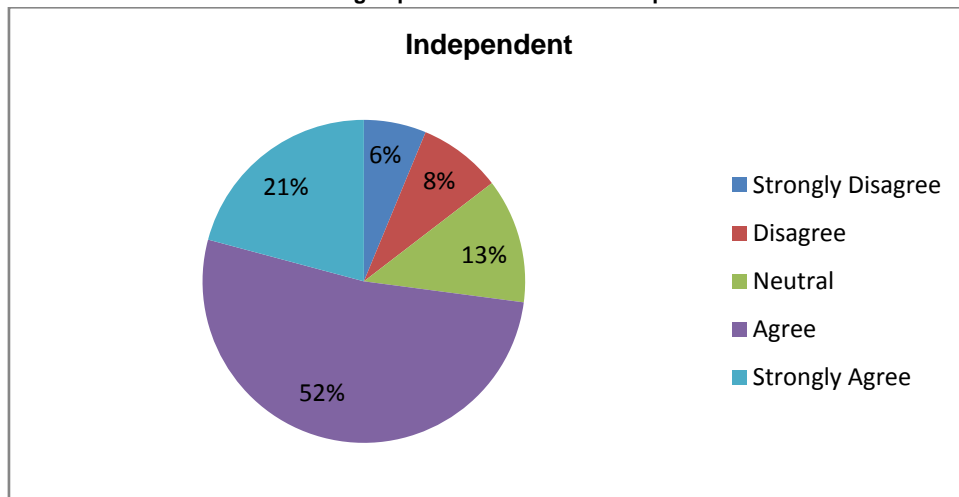
Chart 4 : Chart showing impact of hostel life as dealing with different people



Inference: The above figure 6 represents that 50% of the respondents strongly agree 34% agree that they have acquired skill of dealing with different people since hostel life provide them with exposure to living with different people,

whereas 8% disagree and 4% of them disagree with the above statement that they get to manage with various kinds of people.

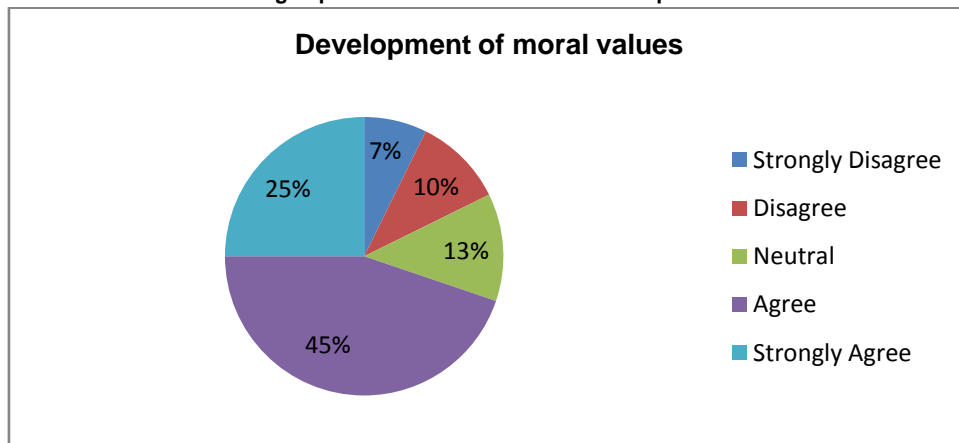
Chart 5 : Chart showing impact of hostel life as independent status



Inference: Figure 7 denote that 73% of the respondents agree upon incorporation of the technique of being self

sufficient. Thus it shows how hostel life assist in acquiring this indispensable technique.

Chart 6 : Chart showing impact of hostel life in terms development of moral values



Inference: Figure 8 demonstrate 45% respondents strongly agree, 25% respondents agree, 7% are neutral, 10% respondents disagree and 13% respondents strongly

disagree that hostel life brings about development of moral values.

Chart 7 : Chart showing impact of hostel life in terms of boosting the morale of the students

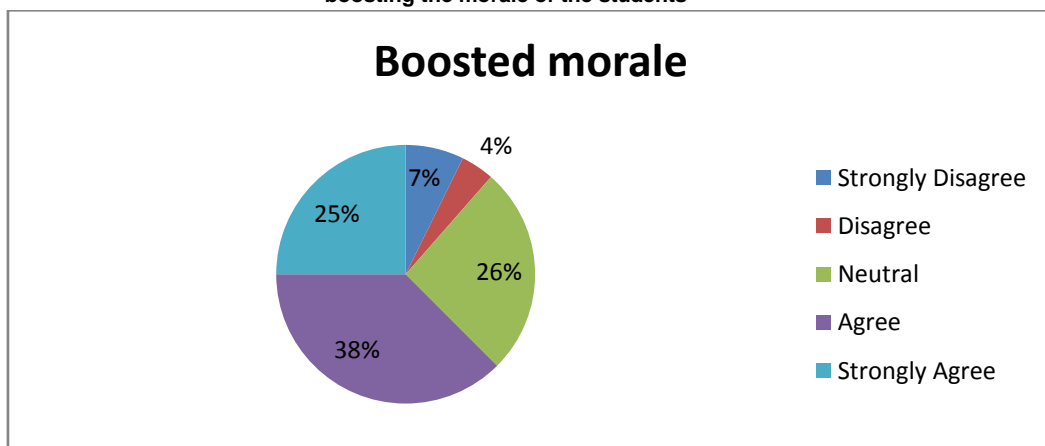


Figure 9 represents that 38% respondents strongly agree that they witnessed boost in their morale, 25% agreed on that , 26% respondents say that it does not affect much

on their morale , whereas 4% disagree and 7% of the respondents strongly disagree that hostel life did not helped them much in boosting morale.

9. Impact of Hostel Life

• Opportunities

Among new people in a new environment, new place, in a new life one is free to go about and explore various areas that were not thought of before. It consists of both good and bad things but integratedly signify new doors for a hostler. In hostel one get to meet new people and consequently get involved in newer things. With an independent life that one witness, one get to take up many opportunities consisting enormous and versatile activities from playing some sport, or going on road trips to making it big like internships, jobs, competitions etc.

• Sociality

Hostel life also involves interacting with different types of individuals. For an introvert it's a challenging thing to built interactions initially but gradually one ends up being friends with almost every candidate at hostel and making memories and some best friends for the entire life. This is essentially a part of our grooming as a better formed person.

• Newness

Each person require newness in life. Stepping out of your house and living a totally different life in a hostel is one of the finest way to bring this necessity in one's life. The regular monotonous, planned, organized and predictable lifestyle goes for a toss the moment you go into a hostel. Life changes absolutely, which brings about overall growth and a change of temperament.

• Growth

With each passing day we tend to grow. Hostel life adds a big chunk of growth in our lives. And living along, caring for ourselves, makes one physically independent and stronger. With lessons like handling out our own emotional space one learn to be emotionally independent, also making new friends and meeting new people makes us emotionally stronger. While one learn to deal with difficult times, new situations, solve our own problems, protect ourselves one grow emotionally. In addition to it, while dealing with difficulties, getting exposed to a new world, learning to adjust one witness self psychological growth.

• Independence

One is dependent on family for little and big things even if we may work, we may earn, we may do our things on own, spend less time at home yet one is dependent on their family for many things. This dependence, however complex to get over, hostel life assist in vanishing once stepping out of the house. One become sole responsible for looking after oneself.

• Freedom

At some point of time we all feel trapped within the four walls of our house. Hostel life grants us the freedom to fly in the open and pursue things which we could not do sitting at home. These involve both good and bad things. As it is said "with freedom, comes great respsuronsibility". The freedom therefore that we gain from hostel life is certainly an immense opportunity to live our lives in our own way, on our own terms, doing what we want, but only

when we choose the right ways, we can make the best of this freedom.

• It trains for entering the world after hostel life

When you leave the hostel you are fully prepared to face the world outside. You are mentally, physically and emotionally mature and ready to enter the battlefield.

• Mastering management

When allotted a small wardrobe and a single bed, you know very well how to make use of every nook and corner. Even a little space can serve a great purpose. From clothes and space to sleeping hours and money, you become adept at taking care of everything on your own.

• Managing expenses

The real value of money is realised after experiencing hostel life. One is mostly low at pocket. Gradually realization of even Rs10 comes knowing it can get you 2 assignments Xeroxed. People survive on mere Rs 100 for a week which seemed too less just for a day when they used to stay at home. When you are given a particular amount of money for a month you definitely learn its value. You remain cautious while lavishly spending your money keeping in mind that you may need in future for some important work. Hostel life teaches you to use your money wisely.

10. Suggestions

- Enough security should be provided especially to girl students who reside in hostels away from their to pursue their higher studies
- Counseling should be undertaken especially for introverts who are not very sociable.
- The hostel management should strive to maintain discipline, ensure adherence to rules and regulations and see that students be at their best behavior at all times.
- Every student at certain point of time should avail the experience of hostel life.
- Though there is widespread services of hostels in India yet it need to more growth.
- Hostels must provide a cordial environment for students who are less interactive such that they become more participative.

11. Conclusion

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 that girl students witnessed development and improvement in their personality, behavior and learned various self management techniques such as time management, being more disciplined, dealing with people from different backgrounds , being independent emotionally as well as psychologically from managing expense to taking care of oneself. Yet there is lot more to ameliorate such as being more participative, adjusting with others and other spheres which not only leads to self development but also boost morale to do and become better each day.

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