

## Lifestyle: A Comparative Study of Hostel and Home Students

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### ABSTRACT

The present study's the main aim comparison on Lifestyle among Hostel and Home areas Student reference to Anand district area. The present study sample 200 students from Anand district areas different collages. Research Design: In this research 2 x 2 factorial design was used for the study. This scale has been designed by S. K. Bawa and S. Kaur. It is standardized for students of higher education. This scale consists of 60 items with the inclusion of six Dimensions. The validity of this questionnaire is 0.86 which is very good. The reliability coefficient has been found to be 0.96. The difference in lifestyle is due to the accommodation conditions of the students. There is a difference in lifestyle due to the gender of the students.

*Keywords: Life Style, Hostel, Home, Students*

Human personality is shaped by the experiences of life. When a child is born the family provides a protective environment for the child, at the beginning the interactions are limited later social interactions increase, and the process of socialization starts. Which enable individuals to become an effective member of society,

A human's lifestyle and personality are affected by his/her surroundings. Therefore, the social structure plays a vital role in the development of personality and behavior. Lifestyle is the interests, opinions, behaviors, and behavioral orientations of an individual, group, or culture. The term was introduced by Austrian psychologist Alfred Adler in his 1929 book, the case of miss r., with the meaning of "a person's basic character as established early in childhood". The broader sense of lifestyle as a "way or style of living" has been documented since 1961. Lifestyle is a combination of determining intangible or tangible factors. Tangible factors relate specifically to demographic variables, i.e., an individual's demographic profile, whereas intangible factors concern the psychological aspects of an individual such as personal values, preferences, and outlooks.

A rural environment has different lifestyles compared to an urban metropolis. Location is important even within an urban scope. The nature of the neighborhood in which a person resides affects the set of lifestyles available to that person due to differences between various neighborhoods' degrees of affluence and proximity to natural and cultural environments. For example, in areas near the sea, a surf culture or lifestyle can often be present.

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A lifestyle typically reflects an individual's attitudes, way of life, values, or worldview. Therefore, a lifestyle is a means of forging a sense of self and creating cultural symbols that resonate with personal identity. Not all aspects of a lifestyle are voluntary. Surrounding social and technical systems can constrain the lifestyle choices available to the individual and the symbols she/he can project to others and the self.

### *The meaning of hostel*

In some countries the term hostel is used specifically for the accommodation of students and travellers. Although hostels are considered residences in India that houses schools, colleges or universities, all hostels are supervised by the hostel warden and other staff. The hostel usually houses hundreds of students together and it all forms a group of students. These students come from diverse ethical, social, geographical and economic backgrounds. Hostels are places where students stay away from home for formal studies and education. But the concept of hostel is not limited to the residence only, the hostel is the human practical laboratory so the hostel is not just a place to live, it is a center of learning. As much as students learn from their teachers and as well as enrich their understanding during their stay in the hostel, they can also contribute to the curriculum, hostel and character building through analytical discussions among the students living in the hostel. In the hostel, students not only learn theoretical material but also learn to enhance their personal abilities and learn to live independently.

### *Impact of Hostel Life*

Being away from the family for a certain period leaves some lasting experience in the life of the students. In this new lifestyle the student learns to live independently, and learns how to adjust to other students and roommates (as cited in Khojai et al., 2010). Students living in hostels face many difficulties and hurdles like financial crisis, adjustment problems, personal helplessness, distress, change in eating and sleeping habits and many other problems. Research shows that empathy, altruistic behavior, emotional stability will be more prevalent in hostel students. Hostel environment provides opportunities for socialization among students (Mimrot, 2012). Students living in the hostel share their personal thoughts with other students, and learn many new ideas from their dorm mates. Hostel life also influences students' thoughts and perceptions about religion. Hostel life also makes students more ambitious, students living in hostels are more self-sufficient than other students. Students in the dorm learn the courage and spirit of other students, and this can help students cope with Practical life with greater confidence (Ahmed, 2006). There is a general perception that hostel life has a unique effect on the life patterns of the students. Staying in the hostel makes the students socially and behaviorally different. Boarding or hostel life Hostel life is a combination of different cultural backgrounds. Students learn to live with people from different cultural backgrounds (Shah, 2010). A popular quote is "times change, people change". Best applicable for hostel students. Hostel life will change how a student is, personality behavior, its effect on thinking and even dressing. The students in the hostel are surrounded by other students of almost the same age as they are, all the students have different characteristics. In hostel life, all students have to adjust. Other students stay in the hostel (Thakkar, 2012).

## **REVIEW OF LITERATURE**

**Jackson, R. A., Berry, T. R., & Kennedy, M. D. (2009).** The study looked at the relationship between lifestyle and on-campus eating behavior among male and female university students. The aim of this study was to investigate the relationship between lifestyle and on-campus eating behavior. In this study, 132 male and female undergraduate

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students from a Canadian university were sampled. The information was collected through questionnaire. The results showed that students who stayed in high school drank less alcohol than those who moved away from their previous residences. Fast food intake was also significantly associated with lower levels of physical activity and higher costs of on-campus meals. Men also drank more alcohol than women and spent more money on food on campus. Conclusion. Relationships exist between lifestyle and on-campus eating behavior.

**Mishra, A., Banwari, G., & Yadav, P. (2015).** The study looked at the lifestyle factors of the students living in hostels. The aim of this study was to evaluate PMS symptoms in medical students and those with PMDD to study socio-demographic variables and lifestyle factors. A total of 179 students residing in the hostels of the Indian Medical College and its affiliated teaching hospital were sampled. The information was collected by questionnaire method. The results showed that premenstrual dysphonic disorder is more common among Indian medical students living in hostels, although cultural factors may influence the manifestation of symptoms. This study suggests that premenstrual dysphoric disorder is associated with lifestyle factors in young, professional, urban women. Thus, lifestyle changes were found to be an important approach to the management of premenstrual dysphonic disorder.

**Abolfotouh, M.A., Bassiouni, F.A., Mounir, G.M. & Fayyad, R.Ch. (2007).** The study looked at the lifestyles of students living in Australia. Samples were drawn from 600 students from Alexandria living in university dormitories. The information was collected through questionnaire. The results showed that the majority of students were not satisfied with their position in terms of housing, health and support. About 86% ate unhealthy foods, 33.8% were physically inactive, 25.3% were overweight or underweight, 17.5% of male students smoked and 32.2% slept poorly. About 28% of students have adopted 3 or more current risky behaviors. About 23% reported a low reported health condition and 80.3% felt they had low to moderate social support. There were significant sex differences with respect to some of the behaviors

### ***Research Problem***

In the research process, the first and foremost step is selecting and defining a proper research problem. A researcher should at first find the problem. Then researcher should formulate it so that it becomes susceptible to research. To define a problem correctly a researcher must know what a problem is? The problem of the present research is as under:

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### ***Objective***

The objectives decided for the present research are as follow:

- To study of Life Style among male and female students.
- To study of Life Style among Hostel and Home students.

### ***Hypotheses***

- Ho<sub>1</sub>. There will be no significant mean difference between Male and Female student references to Lifestyle.
- Ho<sub>2</sub>. There will be no significant mean difference between Hostel and Home College student references to the Lifestyle.
- Ho<sub>3</sub>. There will be no interactional effect between gender and Residential Status with reference to Lifestyle.

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### Research Design

The main aim of this study is to get information about the students. Lifestyle creature another important variable like gender and types of residential status

**Table No.1 2 x 2 factorial research designs (N=200)**

Male A1 100		Female A2 100	
Hostel B1 50	Home B2 50	Hostel B1 50	Home B2 50

### Variables of the study

Sr. No.	Name of Variable	Nature of Variables	Levels of Variables	Level Name of Variables
1.	Gender	Independent Variable	2	Male Female
2.	Residential Status	Independent Variable	2	Hostel Home
3.	Lifestyle	Dependent Variable	1	Scores of Various Level of Lifestyle

### Control variables

1. Only Anand district student were selected for the present study.
2. The sample was drawn from Gujarat State hence it can be not applicable to the whole of India.
3. While selecting the sample religion is not taken into consideration, so religious-wise differences cannot be inferred from the data.

### Sample

The research work was presented for the simple random sampling method used and operated in the hostel and home student of 200 male and female respondents. All the respondents have been taken from Anand District College. Out of which 100 male and female respondents were hostel students as well as 100 male and female respondents were home students.

### Tools

The following research tools were used in the present study:

1. **Personal Data Sheet:** The investigator used a personal data sheet to collect information regarding types of gender, residential status, and type of faculty.
2. **Lifestyle Scale:** This scale has been designed by S. K. Bawa and S. Kaur. It is standardized on students of higher education. This scale consists 60 items with the inclusion of six Dimensions as i) Health-Conscious Life Style, ii) Academic Oriented Life Style, iii) Career Oriented Life Style, iv). Socially Oriented Life Style, v) Trend Seeking Life Style, and vi) Family Oriented Life Style. Validity: The validity of this questionnaire is 0.86 which is very good. Reliability: Reliability coefficient has been found to be 0.96. Scoring procedure: Lifestyle scale contains 60 items. Each item has five optional responses, i.e., strongly Agree, Agree, Indifferent, Disagree and Strongly Disagree. The respondent has to select one option out of the given five responses: there are 43 positive item and 17 Negative items. The positive item scored as 4,3,2,1,0 and negative item scored as 0,1,2,3,4 for the responses

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Strongly Agree, Agree, indifferent, Disagree and Strongly Disagree. In this test the Reliability coefficient has been found to be 0.96. The reliability index is .98 the author has reported satisfactory validity of the questionnaire.

### *Statistical analysis*

In this study, 'F' test was used for statistical analysis.

## RESULTS AND DISCUSSION

The result according to 2x2 factorial design, Mean, SDs and n of level of Gender, Residential Status with reference to Lifestyle is present in table No.1.

**Table No. 1 Means and SDs of overall Lifestyle with reference to gender and Residential Status (N=200)**

Independent variable		Hostel	Home
Male	Mean	156.48	154.34
	SD	9.94	18.19
	N	50	50
Female	Mean	174.86	153.08
	SD	11.91	17.19
	N	50	50

The result according to 2x2 factorial design, mean difference of the lifestyle with reference to level of gender and residential status are present in table no.2.

**Table No.2 ANOVA Summary of overall Lifestyle with reference to gender and Residential Status. (N=200)**

Source of variance	Sum of squares	Df	Mean sum of squares	F	Sign. Level
GENDER	3663.68	1	3663.68	16.89	NS
RESIDENTIAL STATUS	7152.08	1	7152.08	32.97	0.01**
GENDER * RESIDENTIAL STATUS	4821.62	1	4821.62	22.23	0.01**
SSW (Error)	42509.40	196	216.88		
SST	5158326.00	200			

\*\*P>0.01, NS= Not Significant

The result according to 2x2 factorial design, ANOVA of level of gender, Residential Status with reference to Lifestyle is present in table No.3.

**Table No. 3 Difference between the mean score of overall Lifestyle with reference to gender and Residential Status (N=200)**

Independent variable	N	Mean (M)	Difference between mean
Male	50	155.41	8.56
Female	50	163.97	
Hostel	50	165.67	11.96
Home	50	153.71	

**Main Effects**

**Gender and Lifestyle**

To study the subject of there is a significant difference or not between the Lifestyle and level of gender. Null hypothesis No.1 was constructed.

**Ho1. There will be no significant mean difference between male and female student references to life style.**

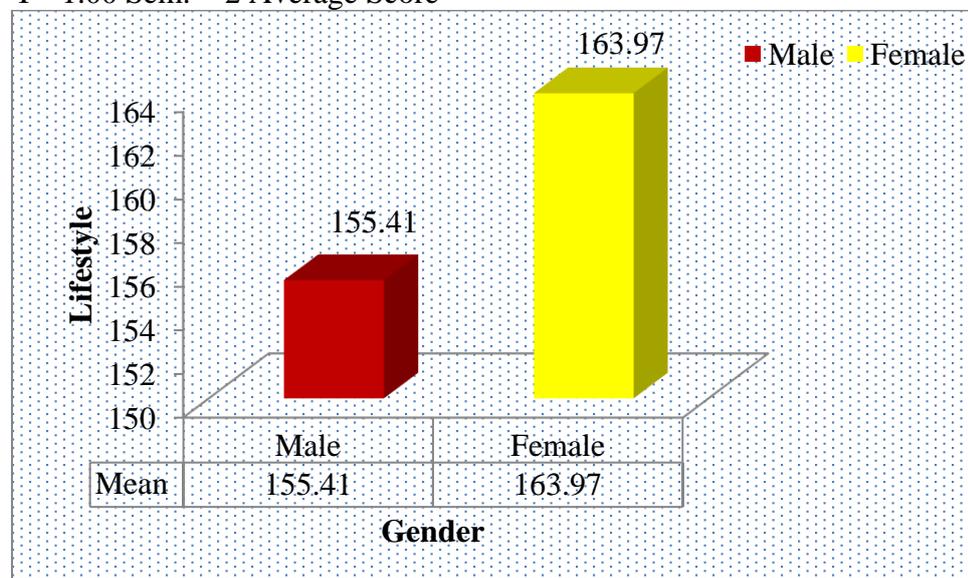
The hypothesis developed by the researcher when the 'F' test was used to test the effect of lifestyle on gender can be clearly seen from the table number above. Table No. 3 shows that the average lifestyle scores of men and women were 155.41 and 163.97 respectively and the difference between the two is 8.56 which is not small. Table no. 2 The average sum of square values was 3663.68, F (ANOVA) value is 16.89 and the numerical value is not negligible. Therefore, Hypothesis No. 1 is accepted with the conclusion that there is a significant effect between women and men on lifestyle. Female lifestyles were found to be better compared to males.

**Column No. 1**

**Chart Showing Mean Scores of Lifestyle with reference to gender.**

X = Gender (Male Female)

Y= 1.00 Sem. = 2 Average Score



According to the findings of the statistical analysis, the above graph number 01 was created. The horizontal x-axis shows gender (male, female) while the vertical y-axis shows the value of the mean score. These twelve diagrams show that there were different types of species in different communities. The average score for males is 155.41 and for females is 163.97 respectively and the difference between the two is 8.56. The above graph clearly shows that the lifestyle of women is better than that of men. This difference can also be seen from the chart no. 1 Prepared on the basis of the result obtained

**Residential Status and Lifestyle**

To study on the subject of there is significant difference or not between lifestyle and residential status. Null hypothesis no.2 was constructed.

**Ho2. There will be no significant mean difference between hostel and home college student references to the lifestyle.**

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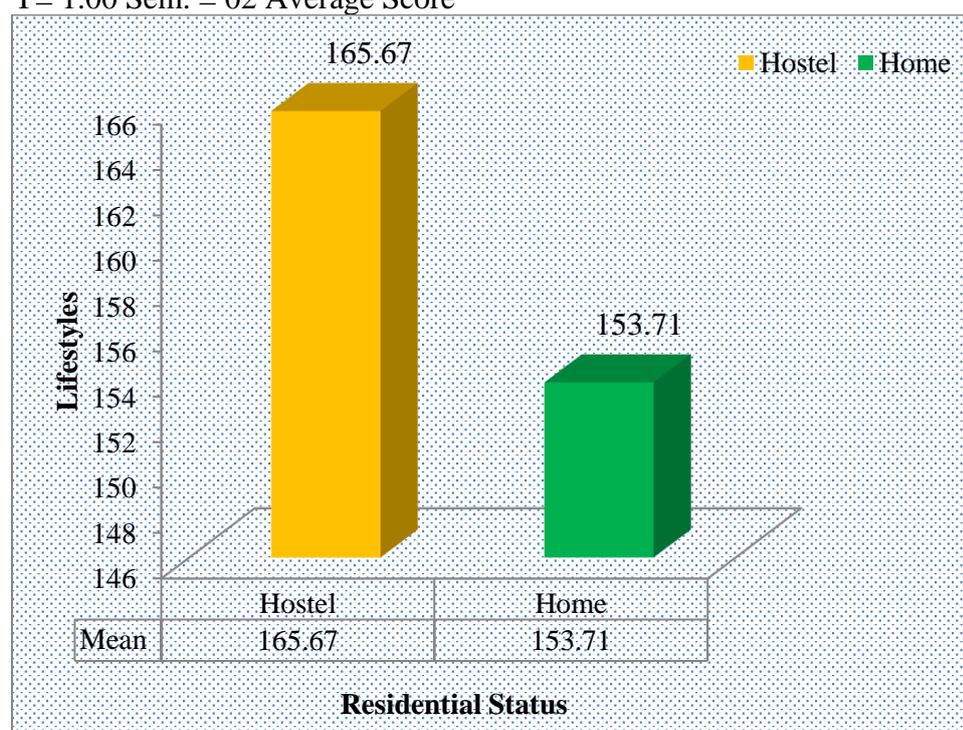
The above hypothesis was formulated and the 'F' test was applied to test the effect of lifestyle on the Residential Status, as can be clearly seen from the table number above. 3 showed that the average score of post-graduate and undergraduate Lifestyle trends was 165.67 and 153.71 respectively and the difference between the two is 11.96, it is high but not negligible. Table no. 3 The average sum of square values was 7152.08, and their F value was significant. The (ANOVA) value was 32.97 and is a significant value at the 0.01 level. Consequently, the rejection of hypothesis No. 2 concludes that there is a significant difference between the lifestyle of students in the hostel and home residential. There is a difference in the lifestyle of the students in the hostel and in the home residential.

### Column No. 02

Column showing mean scores of lifestyles with reference to residential status.

X = Residential Status (Hostel and Home)

Y= 1.00 Sem. = 02 Average Score



In the graphical representation no. 08, based on the results obtained after conducting statistical analysis, the horizontal X-axis indicates the type of residence (hostel or home) whereas the vertical Y-axis indicates the mean score. The mean score of the hostel is 165.67 And the home score of 153.71, and the difference of 11.96. The graph above clearly shows that the lifestyle of the hostel home and hostel is better than that of home.

### Interactional Effect

- Hereunder were tested the hypothesis related to the interactional effect: (AXB)
- Lifestyle with reference to the effect of the interaction of gender and Residential Status (AXB)
- To check the interaction effect between gender and residential status on the lifestyle, null statement number three was framed.

**H<sub>03</sub>. There will be no interactional effect between gender and residential status with reference to life style.**

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Table 2 shows that the f value of 22.23 indicates that gender and residential status interact significantly to affect lifestyle ANOVA. The value f is statistically significant, so the null hypothesis of no.3 is rejected. Therefore, the interaction of gender and residence has an effect on Lifestyle.

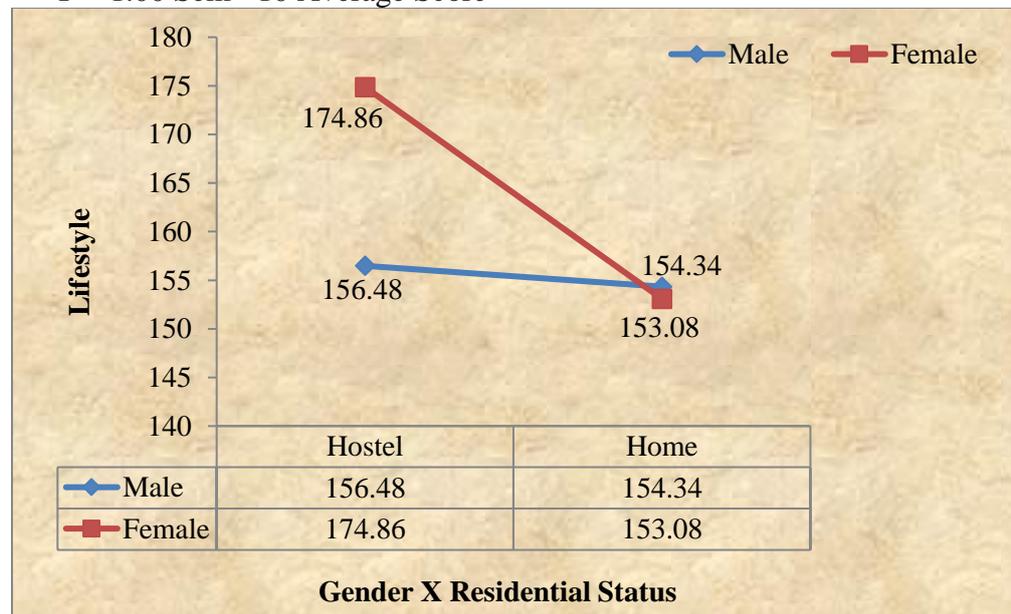
### Column No. 03

**Figure no: 03 figure showing mean score of lifestyle with reference to interaction on of the gender and residential status**

X = Gender (Male and Female)

Residential Status (Hostel and Home)

Y = 1.00 Sem =10 Average Score



A graph is presented in Figure 3 in which the horizontal Y-axis shows the mean score values, the vertical Y-axis the gender (male or female), and the residential status (hostel or home). The mean score of men's hostel and home is 156.48, 154.34 respectively. And the mean score of the female hostel and home is 174.86, 153.08 respectively. The graph above clearly shows that male and female students living in hostels are good lifestyles than students living at home.

## CONCLUSION

- Studies in the context of lifestyle have shown that there is a difference in the lifestyle of men and women. Female lifestyles were found to be better compared to males.
- There was a difference in lifestyle between hostel and home college students. The lifestyle of hostel students was found to be better compared to home college students.
- Gender and residential status have significant interaction effect on life style among college students.

### Suggestions for Future Research

All examinees of the present study were college students, which were rather similar in characteristics and backgrounds. In near future, we plan to distribute the survey in more heterogeneous examinees to acquire more generalized results. Furthermore, new methods and techniques would also be implemented in future studies to improve the whole quality of

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the scale, including the exploration of the elaborated characteristics of the items, the item functioning differences across genders and the measurement invariance across groups.

### Limitations

- Men and women from rural and urban areas of Anand district were selected as samples, so the results of the research cannot be applied to other district or area.
- The study did not take a sample of men and women who are mentally handicapped or handicapped, so the results of the research cannot be applied to other handicapped men and women

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### Conflict of Interest

The author(s) declared no conflict of interest.

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