

Case Study

Difference in Neuroticism and Tough Mindedness Levels among Days Scholars and Hostellers – A Case Study

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ABSTRACT

For many years, parents have believed that boarding schools help improve and regulate the personality of a child. But does it really have a significant positive or negative affect on the child? (Napsindia.org, 2022) The main aim of this research was to find out if there was any significant difference in the levels of neuroticism and tough mindedness among students based on their mode of schooling. Here, the mode of schooling refers to being a day's scholar or a hosteller. The research is a case study consisting of a sample size of 300 students from a school in Andhra Pradesh with the pseudonym - SVHS. This quantitative study is done by administering the junior Eysenck personality questionnaire to the students from grade 6 to 9 from the school. The results showed that the hostellers were more neurotic than the days scholars but these findings cannot be generalized to other settings because this is a case study.

Keywords: Days Scholars, Hostellers, Neuroticism, Tough Mindedness.

Every day millions of students go to school but not all back home some may go back to a place called hostel. Although the place of study is the same what makes students different from each other is what they do after school hours. Days scholars have the freedom to go back home to the comfort of their family while the real struggle is seen when hostel students see their own friends run to their home while they have to go to the hostellers. There are typically hundreds of students living in the hostel. These students have diverse social, economic, geographic, and ethical backgrounds. Students who are away from their homes to pursue formal education reside at the hostel.

But a hostel is more than just a place to sleep; it's also a kind of living experiment. During their stay in a hostel, students pick up knowledge from both their lecturers and fellow residents. Through critical conversation among the students residing in the hostellers, it enhances curriculum understanding and could even help develop character. In addition, hostel students also develop their personal skills and learn how to live independently (Mishra, 1994). The pupils' experiences of spending a certain amount of time apart from their families have a lasting impact on their lives. This new way of living teaches students

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how to live independently and how to compromise with their housemates and fellow students (Khozaei et al., 2010).

Financial crises, adjustment troubles, feelings of personal impotence, anguish, changes in eating and sleeping habits, and many other problems are challenges that hostel students must overcome. According to research, students living in hostels will likely exhibit higher levels of empathy, altruism, and mental stability. Students have the chance to interact socially in a hostel setting (Mimrot, 2012).

Considering all of the points above it is important to realise what makes a hostel student and a day's scholar different from each other, or is it just myth that people associate a lot with. There is a huge role a demographic area plays in the lives of the students. To interconnect these dimensions and understand their dynamics this research is very important because this topic is explored by very few researches.

People high in Neuroticism are tense, anxious, moody, and more emotionally reactive to events than emotionally stable people. In this crisis, many people have been observed feeling hopeless and meaningless. During such a stay, loneliness is typical, and the discomfort it brings leads to a lack of neurotransmitters called Oxytocin in the brain. This is also known as the love hormone or a feel-good factor produced in response to physical touch and eye contact. So, the result shows higher Neuroticism lowers well-being.

Prior research has established that both Neuroticism and learning styles are associated with academic achievement. Neuroticism refers to the degree of emotional instability and insecurity. This has been reflected in this study of students' behaviour due to fear of death, sense of meaningfulness, and homesickness in hostel staying for a prolonged period. Students' high score on Neuroticism indicates disengagement from the learning process and inconsistency in facing difficulties; hence it was found that is related to students' psychological well-being.

This is seen in students' behaviour in this research of those who spent a long time living in a hostel because of homesickness, a feeling of significance, and dread of mortality. This dimension was discovered to be related to students' psychological well-being because pupils with high Neuroticism scores show disengagement from the learning process and inconsistent problemsolving.

METHODOLOGY

Participants and Sampling

The sample consisted of 291 participants who are students of SVHS. Out of 291, 150 of them were Hostellers and the rest 141 were Days Scholars. The population for the data collection were students who belonged to the classes of 6, 7, 8, and 9 respectively. It was a convenient sampling and the sampling technique used was Simple random sampling that provides equal probability for everybody in the population to be part of the sample. The data was manually collected, i.e., it was a pen-paper test and the data received was manually uploaded for result analysis on the laptop. The sample was tested on their levels of Neuroticism and Tough mindedness and the aspect of comparison was mode of schooling. (See Appendices to know how many students from the classes 6 to 9 were part of the study).

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Research Instrument

Eysenck Personality questionnaire was developed for people of ages above 18 by Hans J Eysenck and Sybil B G which was revised as the Junior Eysenck personality questionnaire (JEPQ) to accommodate the ages of 7 to 17 by Corulla, a behaviour psychologist. The test measures the neuroticism and the tough mindedness of the subject. It was used because it aligns with the objectives of our study that is find out the neuroticism and tough mindedness of the students studying in hostels and days scholars from SVHS.

The reliability for JEPQ is 0.84 for neuroticism and 0.74 for tough mindedness with the reliability and concurrent validity of the scale found satisfactory. The other reason JEPQ was used is that it is easy to administer on the subject because it has only 24 yes or no questions out of which 12 questions are for neuroticism and the other 12 for tough mindedness (see appendices). It is less complicated and time consuming, also collecting and calculating the data for the researcher is comparatively simple and less tedious. A standard evaluation scale was given through which the evaluation was done.

Research Design

The present study followed a quantitative approach with Case Study as the research design. There is one set of discrete variables and one set of continuous numerical variables in the study. The Mode of schooling – being a day's scholar or a hosteler is the discrete variable while the levels of neuroticism and tough Mindedness are the continuous numerical variables. A case study is a type of research methodology that produces a thorough, multifaceted knowledge of a complicated problem in its actual setting. The reason for choosing case study over other designs is that in case study no variables are manipulated and the data is collected naturally, it is for this reason that it is sometimes referred to as a "naturalistic" design and it is the reason for choosing this as the research design.

Procedure

The principal of the school was first contacted and he was briefed about the entire research, the aims, objectives, and the predications. The informed consent form was sent online which the principal signed and sent back. The school in charge's contact was given and he was sent the questionnaires which they printed in school. The school management randomly selected the students and they were given the junior Eysenck personality questionnaire in their respective classrooms. After which clear instructions on how to answer, the questions were given including that their answers have no criteria of being right or wrong by the teachers there. The test was an offline pen-paper test. The timing was for a period of 25 minutes after which their response sheets were collected. We were sent the collected forms through an acquaintance from Andhra to Bangalore. After receiving data was analysed and the results and conclusions were formed.

Ethical Considerations

The ethical considerations considered while interacting with the sample during the course of the research are as follows, Informed consent, no harm, Confidentiality and Assessment done only on relevant components. A consent form (see in appendices) was sent to the principal of the school which was signed by him and sent back to us giving us the permission to conduct the research. Since the sample consisted of under 18 students, on behalf of the days scholars, the principal signed and for the hostellers the Head Warden had given permission. Assent form was signed by the students too before answering the questionnaire and they had complete freedom to withdraw if they did not wish to participate

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in the study. The answer sheets are not provided under appendices for confidentiality purposes.

Data Analysis and Hypothesis Testing

The Null Hypothesis (H0) for our research was: There is no Significant difference in the levels of Neuroticism and Tough Mindedness among Days Scholars and Hostellers. The Alternative Hypothesis (H1) was: There is a significant difference in the levels of Neuroticism and Tough Mindedness among Days Scholars and Hostellers. It was found that the data was not normally distributed after conducting the Shapiro Wilk test to find the normality, hence a Mann Whitney U test was used rather than independent samples t test. The results of the Shapiro Wilk test and the Mann Whitney U test are shown below in the two tables, for further understanding see the appendices for group descriptives.

Table 1 Normality Test (Shapiro-Wilk)

	W	p
Neuroticism	0.979	< .001
Tough Mindedness	0.974	< .001

Note. P-value > 0.01 shows the data is not normally distributed hence a Mann Whitney U test must be administered.

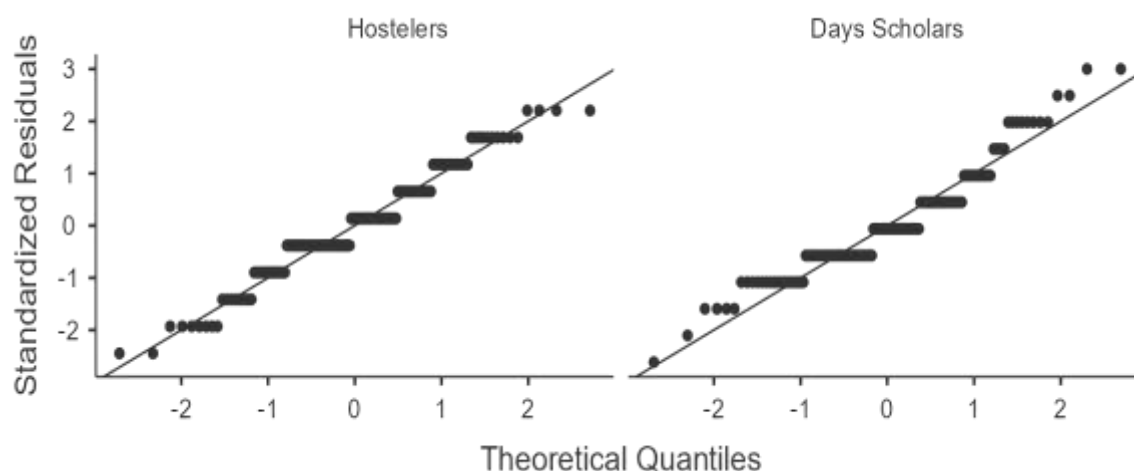
Table 2 Independent Samples T-Test

		Statistic	df	p
Neuroticism	Student's t	2.68	89	0.008
	Mann-Whitney U	8241		< .001
Tough Mindedness	Student's t	-3.61	289	< .001
	Mann-Whitney U	8147		< .001

Note. H_a μ Hostellers \neq μ Days Scholars

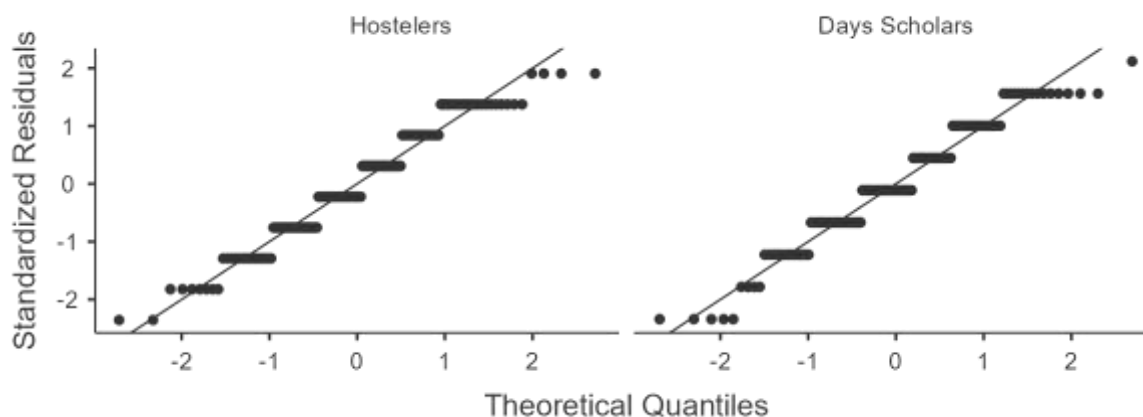
We found a difference in Neuroticism and Tough Mindedness after conducting the Mann Whitney U Test between Day's Scholars and Hostellers which is consistent with our alternate hypothesis that there is a significant difference. The following figures will graphically show how.

Figure 1 Figure depicting the difference in Neuroticism



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Figure 2 Figure depicting the difference in Tough Mindedness



Interpretation

From the above interpretations and illustrations, it is evident like how we proposed in the hypothesis that there is a significant difference in the Neuroticism and Tough Mindedness among Days Scholars and Hostellers and that Hostellers are more neurotic than day scholars.

DISCUSSION AND RESULTS

When comparing the existing research done on Hostellers and day scholars, the results from most of the researches showed that hostellers were comparatively more tough minded. According to Khozaei, in the hostel of living, students are taught how to live freely and reach agreements with their roommates and fellow students. Financial crises, adjustment troubles, feelings of personal impotence, anguish, changes in eating and sleeping habits, and many other problems are challenges that hostel students must overcome. According to this research, students living in hostels will likely exhibit higher levels of empathy, altruism, and mental stability. The hostile setting provides pupils with a chance to interact socially.

Another research done by Ahmad and his colleagues has similar conclusions. He explains that Hostel life 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 the practical life more confidently (Ahmad, 2006). Another study done by Yadav and Raju revealed that hostel and home are interrelated. At home individuals have the support of parents and siblings and in hostel students have to deal with their problems with the help of hostel friends and roommates. Nature of responsibilities changes in the hostel. They learn to take care of themselves, become sensitive toward others, and learn to avoid others' irritating behaviours.

On the other hand, there are some more researchers like Kleinfeld & Bloom, Carden & Feicht, Mishra and Dambudzo whose studies beg to differ the above-mentioned research conclusions. Children living in hostels have been found to have social impairment, mood disorders, homesickness, and a lack of emotional expressiveness, all of which contribute to poor self-concept. Day students have also been found to be more emotionally and physically stable and self-assured than hostel students. The current research that we have done also has results showing that there is a significant difference in the levels of neuroticism and tough mindedness among hostellers and day scholars and that hostellers are more neurotic than day scholars.

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Our results contradict the conclusions of other researchers that tell hostellers are more tough minded and our results side with the researches that show hostellers are more neurotic than day scholars. The results that we have got are what we predicted. They are consistent and inconsistent to the past research at the same time. This is because ours is a case study and the hostel environments change from school to school and location to location.

Limitations and Implications

The main limitation of this study was that these results that were obtained cannot be generalised to other schools because the hostel environments, school management, locality, background of the students differ greatly. What some researchers found in one country, state or even the same region can never be the same in another. There are many inconsistencies with the review of Literature and the conclusions that we have come to after getting the results because of the above-mentioned reason. But on the other hand, these results will help the school to understand the need to bring in positive interventions to make the hostel environment more holistic to the students.

Research Gap for Future Studies

The Research Gap is very vast in the purview of Hostellers vs Days Scholars. No researches end up with same conclusions because the location and the environment of the schools vary from place to place. This is a very important revelation because if the sample size of the study can be increased and participants can be chosen from various schools across different locations then we can ensure the study can be generalizable. Variables such as Urban and rural differences, socio economic status among the students can be incorporated into the studies.

SUMMARY AND CONCLUSION

The study was conducted to find out if there is any significant difference in the neuroticism and tough mindedness levels among the students of SVHS, Andhra Pradesh. In order to do so the children were administered with a junior Eysenck personality questionnaire and the participants in the study were students from class 6 to 9 selected randomly following the simple random sampling. The results that were obtained after the data was analysed using the jamovi software has shown that there is indeed a significant difference like we predicted and that the hostel students were more neurotic than the day scholars. These results will help the school to understand the need to bring in positive interventions to make the hostel environment more holistic to the students. The only limitation is that these results cannot be generalised to other schools because the hostel environments, school management, locality, background of the students differ greatly.

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Conflict of Interest

The author(s) declared no conflict of interest.

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