

A Study to Explore the Stress and Related Factors among the Students of Hostel Accommodation of Selected Residential Schools at Hubballi

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Abstract

Background: Students living in hostel face many difficulties and hurdles such as financial crisis, adjustment issues, personal helplessness, distress, changes in eating and sleep habits and many other issues. *Objective:* To assess the level of stress and related factors leading to stress among the students of hostel accommodation in selected residential schools. *Methodology:* A descriptive study was conducted to explore the stress and related factors among the students of hostel accommodation of selected residential schools at Hubballi, Karnataka. Totally 45 hostel students were selected by non-probability convenient sampling technique. The level of stress and related factors were assessed by structured stress assessment scale. *Results:* The study result reveal that highest mean stress score of 46.66% was obtained in the area of interpersonal relationship in hostel, 45.42% score in academic stress, 43.06 % of stress related to hostel environment and the lowest mean stress score 25.50% was found in the area of hostel policy. The combined mean stress score found to be 44.26 per cent. In relation to level of stress 15 (33.33%) were having Mild stress, 29(64.40%) were having moderate stress and 01(02.22%) were having severe stress. With regard to the significance of the association between the level of stress with their selected personal variables; age, distance of hostel from residence, family income and duration of stay in hostel were found significant at 0.05 levels. *Conclusion:* The study findings concluded that the majority of hostel students of residential

schools were had moderate level stress.

Keywords: Level of Stress; Hostel Students; Residential Schools.

Introduction

Stress is experienced by every human being irrespective of age, religion and nationality. The word stress is derived from a Latin word "stringers" that means to bind tight and it is the shortened form of distress which denotes noxious human experiences [1].

Education is a part of child develop, it stated with the birth and lasted till the time of death. It is a process in which an individual learn new skills and information. The main goal of education is to encourage the individual to acquire tasks, knowledge, facts and traits which previously not obtained [2].

The hostel is place where students stay for pursuing formal education away from their home. But the concept of hostel is not only limited to place of residence, hostel is a human practical laboratory. Therefore hostel is not simply a place for living; it is a center of education [3].

A hostel is like a family of students with the superintendent as the head. Students develop a sense of friendship and fellow feeling. Students learn the value of discipline. It teaches them a sense of responsibility in matters of taking care of books, clothes and health. Students do all the works with their own hands, thus becoming self-dependent. While it is equally important to find time for using a library and reading room, play grounds, health club, swimming pool and getting trained to improve their skills and

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achieve wholesome development [4].

Living away from family for a specific period of time leaves some enduring experiences in the life of the students. In these new life style students learn to live independently and learn how to compromise with the other students and roommates [5].

Students living in hostel face many difficulties and hurdles such as financial crisis, adjustment issues, personal helplessness, distress, changes in eating and sleep habits and many other issues [6].

Methodology

The exploratory descriptive survey was conducted at selected residential schools of Hubballi. Administrative approval to conduct the survey was taken from the head of the residential school and informed consent was taken from each participant individually to participate in the survey. Forty five hostel students were selected for study by using non probability convenient sampling technique. Structured stress assessment scale was administered to all the participants to collect the data. The stress assessment scale consisted of two sections: 1&2. Section 1 consisted the items related demographic variables and section 2

consisted 50 items related to level of stress and hostel related factors leading to stress.

Results

Findings Related to Personal Variables of Hostel Students of Selected Residential Schools

Majority of students 19(42.22%) were in the age group of 13 years, in terms of gender majority were males 31(68.88%), majority of student's hostel from residence was within 50 Kms 26(57.77%), majority of student's family income per month was above Rs.5000 per month 37(82.22%), majority of students belonged to nuclear family 38(84.44%), majority of students had duration of hostel stay less than one year 33(73.33%) and majority of students not had the experience of previous stay in hostel 39(86.66%).

Findings Related to Area Wise Distribution of Stress Scores and Level of Stress

Table no. 1 reveals that, area wise mean stress scores among students of selected residential schools, highest mean stress score of 46.66% was obtained in the area of interpersonal relationship in hostel, 45.42% score

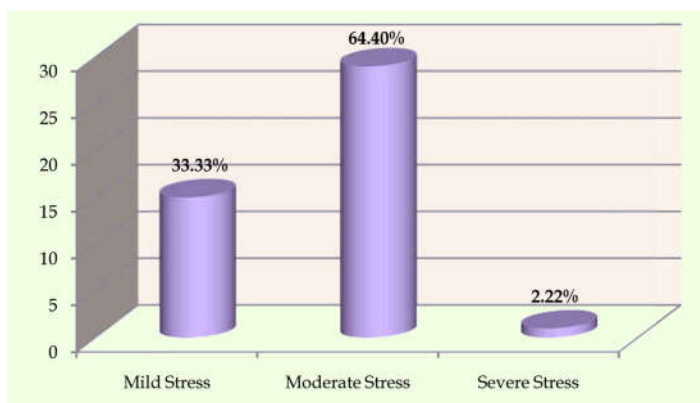
Table 1: Area wise mean stress scores of hostel students of selected residential schools

No	Stress Areas	Statements	Max. score	Range score	Stress score		
					Mean	Mean (%)	SD
A	Academic stress	14	11	4-11	6.36	45.42	1.69
B	Hostel environment	16	10	4-10	6.89	43.06	1.46
C	Interpersonal relationship in hostel	18	12	6-12	8.40	46.66	1.55
D	Hostel policy	02	01	0-1	0.51	25.50	0.50
	Combined	50	33	17-33	22.13	44.26	3.36

Table 2: Level of stress among hostel students of selected residential school

n=45

Level of Stress		
Mild stress Frequency (%)	Moderate Stress Frequency (%)	Severe Stress Frequency (%)
15(33.33)	29(64.40)	01(2.22)



Graph 1: Percentage distribution of level of stress among hostel students of residential schools

in academic stress, 43.06 % of stress related to hostel environment and the lowest mean stress score 25.50 per cent was found in the area of hostel policy. The combined mean stress score found to be 44.26 per cent.

The data presented in the Table no. 2 shows that, 15(33.33%) were having Mild stress, 29(64.40%) were having moderate stress and 01(02.22%) were having severe stress.

Findings Related to Association between the Level of Stress among Hostel Students and Their Selected Personal Variables

With regard to the significance of the association between the levels of stress with their selected personal variables; some variables like age, distance of hostel from residence, family income and duration of stay in hostel were found significant at 0.05 level and the variables like gender, type of family and previous stay in hostel were not significant at 0.05 level.

Discussion

The findings of the present study reveal that, the majority of hostel students of residential schools were having moderate level of stress. Highest level of hostel student's stress was related to the area of interpersonal relationship in hostel and lowest level of stress was related to the hostel policy. It also revealed association between levels of stress was found with only few socio-demographic variables. The findings of the present study are in contrast to the study undertaken in Nigeria [7] which showed that 53% of the respondents were dissatisfied with their residences & the variables which explained satisfaction were the social qualities of the residences.

Conclusion

Physical separation from beloved parents may lead

to mount the stress continuously with change in the environment, climate, food, language; decision making etc, constant parental pressure to excel in studies may also become the added stress among the children at hostel stay. Facilities at the hostel aids in stress-reducing from the entities like separation from the parents, restriction for food, clothes, outing, etc. so it is advisable to frame the rules and regulations with some relaxation in order to help students to cope better, and also the facilities like recreation, meditation, play hours needs to be given importance while framing the rules and regulations of the hostel which would enable the students to grow as responsible citizen and contribute to the development of the nation.

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