

## NEGATIVE IMPACT OF LIVING CONDITIONS IN A HOSTEL ON STUDENTS

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### Abstract

The negative impact of dormitory living conditions on students is an important and large-scale problem related to the study of student life and studies. The dormitory is not only a place for students to live, but also an important factor influencing the socio-psychological environment, as well as physical and mental health. This article presents the results of a study of performance and factors influencing it. no, from students of the Tashkent Medical Academy. Thus, information and understanding are presented on how living in a dormitory affects a student's health and academic performance, as well as the negative consequences of these conditions.

**Keywords:** Student dormitory, living conditions, psychological impact, stress, personal space, health, sanitary conditions, quality of sleep, violation of confidentiality, academic performance.

### Introduction

Student age is one of the critical periods in the biological, mental and social development of a person, and is characterized by intensive work on the formation of personality, development of a style of behavior. Young people during this period have great opportunities for intense academic work and social activities. Intensive mental work has a particularly acute effect on the state of the central nervous system and on the course of mental processes, which can lead to a decrease in the level of performance.

Dormitory has a significant impact on the lifestyle, health and academic performance of students. Dormitory conditions, especially its discomfort and sanitary conditions, can create difficulties for many students. Living in a dormitory can cause various negative consequences for students, which in turn affects their social, psychological and physical condition. In this article, we will look at the negative impact of dormitory living conditions.

**Psychological effects of dormitory conditions:** Dormitory conditions can seriously affect students' psychology. Uncomfortable dormitory living conditions, such as small and cramped rooms, bad air, and lack of personal space, lead to the development of such psychological conditions as stress and depression in students. They may constantly feel uncomfortable and face factors that interfere with their personal life. This situation has a negative impact, especially on students who need personal space, peace and quiet. In addition, unfavorable dormitory living conditions can reduce

students' motivation to study. Stress, anxiety, and lack of sleep reduce cognitive functions (attention, memory, and concentration). Deterioration of psychological health, in turn, reduces the success of the educational process.

**Lack of personal space and privacy:** One of the biggest disadvantages of dorm living is the lack of privacy. Many students have to share dorms with other people, which leads to a violation of privacy. The lack of privacy when living with roommates reduces the students' ability to express their individuality. They are forced to constantly communicate with others, which makes social relationships too close and uncomfortable. In addition, students lose their right to privacy in a dorm setting. They live in the eyes of other students, and this situation deprives them of a sense of freedom. The lack of privacy and disruption of peace worsens the mental state of students and causes them constant discomfort.

**Impact on physical health:** Accommodation in a dormitory can also have a negative impact on the physical health of students. First of all, the sanitary conditions of dormitories can sometimes be dangerous for students. Many dormitories do not pay enough attention to cleanliness, which leads to the spread of various diseases. For example, places where germs and viruses can spread, humidity and poor air quality can worsen the health of students. In addition, the lack of adequate sleeping conditions in the bedrooms affects physical health. Insufficient or poor quality sleep weakens the student's immune system and leads to deterioration in physical health. Lack of sleep plays a particularly important role in combating stress and maintaining overall well-being. During their stay in a dormitory, students may experience sleep disorders, which affects their physical and psychological condition.

**Security concerns:** Living in a dormitory can create safety issues. The lack of security measures in some dormitories poses a danger to students. Theft, physical and psychological violence, and even strong social and psychological pressure inside the dormitories can create dangerous conditions for students. Such problems prevent students from feeling safe, and they can live in constant anxiety. In particular, safety issues can exacerbate relationships between students. Students will have to treat each other with distrust and carefully live away from each other. Such conditions make the social environment uncomfortable and worsen psychological well-being.

**Social connections and interactions:** Another negative effect of dormitory living is the impact on social connections and relationships. Students have to be in constant contact with each other, which can cause social stress. The emergence of mutual misunderstandings and conflicts between roommates, conflicts of personal needs negatively affect the quality of social relationships. Many students may have difficulty communicating with each other when they begin living in dormitories. Permanent residence in a dormitory helps students solve social problems, make friends and adapt,

but sometimes this process is complicated. Such situations can increase social isolation among students, worsen the learning environment and have a negative impact on overall morale.

**Impact on quality of life and academic performance:** Dormitory conditions can reduce the overall quality of life of students. Lack of sleep, poor sanitation, interpersonal problems, and stress negatively affect students' academic performance. Lack of sleep and rest limits students' ability to concentrate, retain information, and devote themselves to their studies. This, in turn, leads to a decrease in academic performance. Inconvenient dormitory living conditions make it difficult for students to find time for studying, social activities, and other daily activities at home. Therefore, dormitory conditions directly affect their academic performance. If students are not provided with comfortable and clean living conditions, they will face difficulties in improving their academic performance. Activities to improve dormitory conditions include the following standards.

Tasks. Based on the purpose of our research, we set the following tasks:

1. To assess the mental performance of students of the Medical Academy.
2. To study the general condition, focus of attention during activity, psycho-emotional state, average duration of sleep, arterial pressure, heart rate and weather sensitivity in students
3. Assess the influence dependence living conditions in the hostel for students.

### Materials and Research Methods

The study involved 128 students. Among those surveyed were 74 girls and 54 boys, of whom 64 live at home, 64 live in a dormitory. The average age of all subjects was  $19.1 \pm 0.2$  years. All respondents were informed about the goals and objectives of the testing and gave their consent to the processing and publication of the results of the research data. The main methods of our research were: questionnaire-survey method.

Research methods: questionnaires, operational assessment methods. Impact Assessment living conditions in the hostel on the mental performance and general condition of students was carried out during the height of educational activity. The following factors were taken into account: attention stability – this term the general direction of attention in the process of activity is understood; psycho-emotional state; average duration of sleep; arterial pressure; heart rate; weather sensitivity. When studying the stability of attention, it was found that high stability of attention was determined in 7 (6.2%) students living at home; above average level - in 46 (40.7%) subjects; and in 45 (39.8%) of the studied students living in the dormitory - average and below average 15 (13.3%). During the operational assessment of "Well-being", we obtained the following data: a high assessment of well-being was revealed in 43 (41.7%) respondents living at home, average - in 52 (50.5%) and low assessment of well-being - in 8 (7.8%) students living in the dormitory. During the study of "Activity" the following were revealed: high assessment of activity - in 29 (28.1%) respondents

living at home, and average - in 62 (60.3%) and low assessment activity – in 12 (11.6%) of those living in the dormitory. Analysis of the registered data during the operational assessment of "Mood" allowed us to establish that: high mood assessment – in 67 (65%) of respondents living at home, average – in 32 (31.1%) of mood and low – in 4 (3.9%) of respondents living in the dormitory.

Daily routine: Those who live at home: Daily routine is well organized, average sleep duration is 7.5 hours, balance between work and rest is observed from time to time.

Those living in the dormitory had a disrupted daily routine, with an average sleep duration of 6.2 hours and mixed evening rest and reading hours.

Various cases of rapid heartbeat: Residents at home: heart rate is stable 5 (7.8%) students had high or low heart rate. Students living in the dormitory: heart rate often fluctuates in contrast to those living at home 15 (23.4%) students have heart rate fluctuates depending on stress and external conditions. Sleep duration is short (6-7 hours) than students living at home, which negatively affects the psycho-emotional state of students.

Living conditions for those living at home are more comfortable compared to a dormitory. The room has fresh air, personal space and silence, while in a dormitory there are a lot of people, noise in the room and poor air circulation, which affects the overall health of students.

### Conclusion:

Dormitory conditions have a significant impact on students' lifestyle, mental health, and academic performance. Uncomfortable conditions, psychological stress, sanitation, and safety issues can negatively impact students. However, improving dormitory conditions can help provide students with a healthy and productive learning environment. It is important for students to feel safe, comfortable, and calm, and to successfully complete their studies and social activities. Improving dormitory conditions can improve students' quality of life and academic performance.

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