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The Influence of College Dorm Environment on Academic Performance

Mr. Rajesh Kumar Kamat[1], Ms. Kumari Deepshikha[2], Ms. Mala Singh[3]

[1,2,3]Department of MBA, Noida Institute of Engineering and Technology, Greater Noida, Uttar Pradesh, India
[1]rajeshkamat1997@gmail.com, [2]deepshikha.mdb@gmail.com, [3]malasingh836@gmail.com

ABSTRACT*:*

College dorms are more than just a place to sleep; they are a living environment that can significantly impact a student's academic performance. This study investigates the relationship between college dorm environment and academic achievement. It explores how factors such as noise levels, room temperature, roommate compatibility, access to study spaces, and sleep quality can influence academic outcomes. The research analyzes existing literature on the influence of these environmental factors on student sleep patterns, concentration levels, and overall well-being. It also highlights potential benefits and drawbacks of different dorm configurations and living arrangements. This research aims to contribute to a deeper understanding of how college dorm environments can be optimized to promote academic success. By identifying key factors that contribute to a positive learning environment, institutions can develop strategies to create dorms that support student well-being and academic achievement.

Keywords: Digital Age College dorm environment, academic performance, sleep quality, noise levels, roommate compatibility, study spaces

1.0 Introduction

The transition to college is a significant life change for young adults. They gain independence, navigate new social dynamics, and face the demands of rigorous academic coursework. While academic preparation is crucial for success, a student's environment also plays a vital role in their overall well-being and academic achievement. This research paper focuses on the influence of the college dorm environment on academic performance.

College dorms are more than just a place to sleep. They serve as a living and study space, significantly impacting a student's daily routine and habits. Factors like noise levels, room temperature, roommate compatibility, access to study spaces, and overall atmosphere can all influence how well students learn and perform academically.

This study delves into the existing research on how these environmental factors interact with student sleep patterns, concentration levels, and overall well-being. Understanding these connections is crucial for creating dorm environments that are conducive to academic success. For instance, research has shown that excessive noise levels in dorm rooms can disrupt sleep patterns and concentration, leading to decreased academic performance. Similarly, studies have found that temperature regulation can impact student alertness and focus during study sessions. Furthermore, roommate compatibility can significantly influence sleep quality, study habits, and overall academic motivation. Students with compatible roommates may experience less stress and disruption, leading to a more positive learning environment. Easy access to dedicated study spaces within the dorm environment is also important. These spaces provide students with a quiet and focused environment to complete coursework and prepare for exams. Finally, the overall atmosphere and amenities offered by the dorm can contribute to a student's sense of well-being and academic engagement. Dorms that foster a sense of community and offer amenities that support student needs, such as fitness centers or laundry facilities, can contribute to a more positive and productive living experience.

2.0 Objectives of the study

This study aims to investigate the influence of the college dorm environment on academic performance among college students. The specific objectives are:

1. Examine the impact of noise and temperature on sleep, focus, and academic performance.
2. Evaluate the link between roommate compatibility and academic outcomes.
3. Assess the importance of dorm study spaces and overall atmosphere for student well-being and academic engagement.

3.0 **Literature Review**

The college dorm environment plays a significant role in student life, impacting not only their social well-being but also their academic performance. This literature review explores how various factors within the dorm environment can influence student sleep patterns, concentration levels, and overall academic success.

Noise and Sleep/Concentration

Several studies have established a clear link between noise levels and sleep quality. Carney et al. (2011) found that college students with shorter sleep durations, often caused by noise disruptions in their dorms, exhibited lower academic performance. Chellappa (2013) further highlights the negative effects of sleep deprivation on cognitive function, including impaired concentration, memory, and decision-making abilities, all crucial for academic success.

Temperature and Focus

The temperature within dorm rooms can also significantly impact student well-being and academic performance. Research by Langhorne et al. (2013) suggests that extreme classroom temperatures, hot or cold, can negatively affect learning outcomes. Similarly, Yagoub et al. (2017) conducted a review on the thermal environment's effects on schoolchildren's performance, indicating that optimal room temperature can enhance focus and concentration.

Roommate Compatibility

The relationship between roommates can significantly influence the overall dorm environment. Positive roommate relationships can contribute to a sense of belonging and support, potentially leading to improved academic performance (Swant, 2014). Conversely, Gilmartin (1983) points out that negative roommate dynamics can be an overlooked factor that hinders student adjustment and academic success.

Study Spaces and Atmosphere

Access to dedicated study spaces within the dorm environment is crucial for student academic achievement. Astin (1993) emphasizes the importance of the overall college environment, including the availability of study spaces, in influencing student success. Terenzini et al. (2001) further highlight how colleges that foster a positive atmosphere and offer necessary amenities can contribute to students' academic engagement and well-being.

4.0 Research Methodology

Our study employed a survey instrument with a sample size of 200 valid responses collected from Greater Noida, Uttar Pradesh.

Data Collection:

Primary Data: We utilized a structured questionnaire to gather primary data from participants.

Secondary Data: The research was further enriched by incorporating data from relevant academic journals and reputable websites.

5.0 Data Analysis and Interpretation

Table1: In the Survey Conducted by me and my team mates there are total 200 Respondents.

Particulars	**No of Respondents**	**Percentage**
18 - 19 Year	44	22%
20 to 21 Year	102	51%
22 to 23 Year	48	24%
Above 24 Year	6	3%

Q1. How would you describe the typical noise level in your dorm room during weekdays?

Table 2: Noise level in dorm room during weekdays.

Particular	**No of Respondents**	**Percentage**
Very quiet	6	3%
Somewhat quiet	38	19%
Moderately noisy	112	56%
Very noisy	44	22%

Data interpretation

The above data state that there is moderate noise in dorm room on weekdays.

Q2. How would you describe the typical noise level in your dorm room during weekends?

Table:3 Noise level in dorm room during weekdays.

Particular	No of Respondents	Percentage
Quiet	28	14%
Noisy due to parties	78	39%
Noisy due to roommates	94	47%

Data Interpretation

The above table indicate that there on weekends the dorm room is noisy due to roommates.

Q3. Does noise in your dorm room ever disrupt your sleep?

Table4: disruption of noise in dorm room

Particular	No of Respondents	Percentage
Never	34	17%
Rarely	12	6%
Sometimes	52	26%
Often	72	36%
Always	30	15%

Data interpretation

The above table state that students faces often disruption while sleeping.

Q4 Does noise in your dorm room ever disrupt your ability to focus on studying?

Table:5 Is study effect with the noise dorm.

Particular	No of Respondents	Percentage
Never	82	41%
Sometimes	70	35%
Often	28	14%
Always	20	10%

Data Interpretation

The above table indicate that students face sometime disruption in study.

Q5. How would you describe the typical temperature in your dorm room?

Table:6 Temperature of dorm room.

Particular	No of Respondents	Percentage
cold	4	2%
Comfortable	138	69%
Slightly warm	37	18.5%
Very warm	21	10.5%

Data Interpretation

The above table indicate that dorm room temperature is comfortable.

Q6. Does the temperature in your dorm room ever disrupt your sleep?

Table:7 The temperature in your dorm room ever disrupt your sleep.

Particular	No of Respondents	Percentage
Never	128	64%
Rarely	37	18.5%
Sometimes	21	10.5%
Often	14	7%

Data Interpretation

The above table state that dorm temperature does not disruption in sleeping.

Q7. How well do you get along with your roommate(s)?

Table:8 do you find your roommate compatible.

Particular	**No of Respondents**	**Percentage**
Excellent	78	39%
Good	34	17%
Neutral	52	26%
Somewhat difficult	36	18%

Data interpretation

The above table indicate that on an average roommate are compatible with each other.

Q8. How often do you and your roommate(s) have disagreements about noise levels, study schedules, or guests?

Table:9 How frequently do you experience disagreements with your roommate(s) regarding dorm room habits, such as noise level, study schedules, or guests.

Particular	No of Respondents	Percentage
Never	62	31%
Rarely	68	34%
Sometimes	43	21.5%
Often	27	13.5%

Data Interpretation

The above table state that students experience disagreements with their roommates.

Q9. Do you feel your roommate(s) support your academic goals?

Table:10 Do your roommate(s) ever offer help or encouragement with your academic work?.

Particular	No of Respondents	Percentage
Strongly agree	45	22.5%
Agree	68	34%
Neutral	56	28%
Disagree	31	15.5%

Data Interpretation

The above table state that dorm roommates support each other in aspect of academic goals.

Q10. How satisfied are you with the availability of quiet study spaces on campus?

Table:11 satisfaction from quiet space available for study on campus.

Particular	No of Respondents	Percentage
Very satisfied	42	21%
Somewhat satisfied	78	39%
Neutral	56	28%
Somewhat dissatisfied	24	12%

Data Interpretation

The above table state that students are satisfied with the availability of quiet study spaces on campus.

Q11. How would you describe the overall atmosphere in your dorm building?

Table:7 overall atmosphere in dorm building.

Particular	No of Respondents	Percentage
Very quiet and studious	62	15.5%
Somewhat quiet	45	25.5%
Neutral	70	50.5%
Somewhat noisy and social	23	11.5%

Data Interpretation

The above table state that dorm building atmosphere is quiet.

6.0 Findings

This study investigated the impact of the college dorm environment on academic performance. The research explored the influence of noise levels, temperature, roommate compatibility, dorm study spaces, and overall atmosphere.

Noise and Temperature:

- The typical noise level in dorm rooms during weekdays was found to be moderate. Weekends, however, saw an increase in noise due to roommates.
- Overall, noise disruptions were reported to occasionally disrupt sleep and focus on studies for some students.
- The dorm room temperature was generally comfortable and did not significantly disrupt sleep.

Roommate Compatibility and Support:

- On average, students reported having a good rapport with their roommates.
- Disagreements about noise levels, study schedules, or guests did occur occasionally.
- Despite these occasional disagreements, students generally felt their roommates supported their academic goals.

Dorm Study Spaces and Atmosphere:

- Students expressed satisfaction with the availability of quiet study spaces on campus, suggesting they utilize these resources when needed.
- The overall atmosphere in the dorm building was perceived as quiet, potentially contributing to a positive study environment.

7.0 Limitations of the Research

This study acknowledges several factors that influence the interpretation and generalizability of its findings:

1. **Sample Representativeness:** The research involved a limited participant pool. While the data provides valuable insights, it may not necessarily reflect the experiences of the entire college student population. Future studies with a larger and more diverse sample could strengthen the generalizability of the conclusions.

2. **Sample Bias:** The participant recruitment methods might have introduced bias. Further research could benefit from employing more rigorous sampling techniques, such as stratified or random sampling, to ensure a more representative participant pool.
3. **Self-Reported Measures:** The study relied on participants' self-reported experiences. This data can be susceptible to biases, as participants may unintentionally or intentionally misrepresent their experiences. Future studies could explore incorporating objective measures alongside self-reported data to provide a more comprehensive understanding.
4. **Uncontrolled Variables:** Several factors beyond the investigated aspects might influence academic performance in a dorm environment. This study couldn't account for all potential confounding variables. Future research designs could explore more controlled settings or employ statistical techniques like regression analysis to better isolate the specific effects of noise levels, roommate compatibility, and dorm atmosphere.
5. **Resource Constraints:** Limited resources might have influenced the scope of the study. Future research with greater resources could explore the influence of specific factors in more detail, such as the impact of different noise types (e.g., constant vs. sporadic) or roommate conflict resolution strategies.

8.0 Conclusion

In conclusion, this study sheds light on the complex interplay between the college dorm environment and academic performance. The findings support the notion that environmental factors like noise and temperature can influence sleep quality and focus, potentially impacting academic outcomes. However, the research also highlights the mitigating role of social factors. While occasional roommate disagreements may occur, a generally positive rapport with roommates can contribute to academic support. The availability of quiet study spaces further empowers students to seek focused environments when needed, potentially buffering the negative effects of dorm noise. From a theoretical standpoint, this study aligns with Socioemotional Selectivity Theory, which suggests that as students prioritize academic goals, they may seek environments that minimize distractions and promote well-being. Future research can delve deeper into the causal relationships between these environmental and social factors, ultimately informing strategies to optimize college dorms for student success.

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