

Experiences of Students Residing in Dorms in Relation to the Educational Skills to Improve tensions in Dorms

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ABSTRACT

Dorm Life has different aspects such as establishing healthy relationships with other students, especially roommates, participation in dorm life activities, division of tasks and responsibilities, and dealing with problems that arise in dorms. Dorms is a place where one can learn group life and acceptance of different tastes, self-denial, and compassion. While living in a group, there is a greater need for flexibility and thus, the privacy becomes less. The present study aims at further introducing the training skills in order to improve tensions in dorms from the perspective of students and office of students affairs. We used qualitative content analysis here. The population consisted of students residing in dorms (N=25), heads of students accommodation (N=2). They were selected through purposeful method and interviewed deeply. Initial codes obtained from data analysis included 165 codes. These codes were obtained from careful implantation and review of participants statements in order to achieve a deep understanding of their experiences and to select key words about the phenomenon under study. After the classification of the code, at last and basic concepts were extracted, which included essential needs of dorm students as to improvement of tensions.

The results suggested that the students under study are facing with shortage of skills and certain problems over their residence in dorms, for instance cleaning, observance of the time when the lamps are to be turned off, notice tolerance, cultural and ethical differences. Social issues, ridicule and humiliation, dorm life training, mental health, beliefs, and values.

KEYWORDS: Training skills, Stress Improvement, Students, residing in dorms

INTRODUCTION

Back ground and purpose :

One of the issues that young people may face is dorm life. In order for a young person to get along with the period he (she) spends in a dorm, he (she) must know specific skills. Living in a dorm has special features some of which can be highly attractive, amusing, fun, and enjoyable, however it may cause some problems, such as living in a dorm with a roommate who does not care for cooperation. However, dorm life has various aspects including establishment of a healthy relationship with other students, especially roommates, involvement in dorm life activities, division of tasks and responsibilities, and dealing with the problems which arise in dorm life. A dorm is a gathering place for different tastes, a place where people of different cultures come together. So, to establish a safe and attractive environment, there should be mutual respect as a basic principle among those living there. Living in a dorm is stressful and stress-inducing by itself. Though students learn coexistence and coping with different people from various cultures over time, still conflicts would occur in dorms. One of the most striking features of students' life is sharing a room with a few of different cultural backgrounds. Such new experience requires the students to identify adaptive strategies. An individual may at first have good feeling of freedom, but not too long they will face with difficulties of dorm life. While living in a group, there is a greater need for flexibility and thus, the privacy becomes less. Also you are forced to share things with some others and issues like cleaning the rooms, complying with the scheduled time for turning off the lights, notice tolerance, timing, and guests visits would unconsciously double beds, stacked books, humming (making noise), unwashed dishes, and cultural-ethical differences are most common things that can be found in small rectangular rooms of student accommodation – a small room where many students have to spend a few hours a day in it. Despite all its shortcomings and difficulties, a dorm can create one of the most endearing memories of one's life. It is a place where one can learn things like group (collective) life, acceptance of different tastes and interests, self-denial, and compassion. A four-

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wall place in which many national as well as international figures have spent time . some would go to university because of their interest in science and knowledge , and some because of social forces . In a small room, with students residing in it, some tensions will arise, which can be eliminated with a little patience and self-denial . one would like to study , another one to make phone call , another to listen to the music , which irritates the one who is going to go to bed . most students , on arrival at the university , face with a host of situations and experiences , encounter individuals , each coming from other cities or villages with different languages and cultures and having specific opinions on various subjects and topics . They have to begin a new life in the new city , far from their families . A Student dorm is in which a group of people as knowledge seekers being in the younger age group- after dealing with scientific concerns and mentalities for some time in the class , could rest , restore and enhance their physical and mental strength in a pacific environment. Moreover, student dorms with their lively and friendly atmosphere make it possible for the idea list students mind to exchange cultures as well as subculture and the social issues of the day.

RESEARCH METHOD

The present study is qualitative one is which the phenomenological approach is used. The term phenomenology has been derived from a GREEK work which means to show, to be seen , and to appear . phenomenology is essentially the study of lived experience or life world . phenomenology attempts to reveal meanings as they are lived in everyday life . the data were collected from students residing in dorms (N=25) , heads of student accommodation (N=2) and student accommodation advisors (N=2) in Mare fat Dorm , Islamic Azad University of Dehaqan (a city in western , ISFEHAN province). They expressed their interest to participate in this study and had the ability to recall and describe their experiences of conflict with their roommates. They were selected through purposeful sampling and then were exposed to in-depth interviews. After the researcher introduced himself , expressed the purpose of this research project , and won the confidence and trust of participants on confidentiality of the interview , being free to leave the study at any time , and compliance with ethical issues , he launched the interview in a quiet and private atmosphere in one of the dorm rooms . A total of 29 people were interviewed. The time of interview was ranging from 5 to 40 minutes , depending on the interviewees willingness to continue the dialogue . such interviews are appropriate for qualitative students , due to their flexibility and depth . The general question of the study was as follows : tell me about the reasons for your tensions with your roommates . since the issue of order and cleaning was the main problem they mentioned in their responses , in most interview , there was little need to conduct interviews towards the topic under study . Interviews were recorded with a mobile phone . the recordings , then , were carefully listened to and written down on a paper . seven –step Colaizzi phenomenological approach was used for data analysis , as follows :1-All descriptions provided by the participants (protocol) were carefully read by the researcher , so that he could gain sufficient proficiency in overall understanding of the interview 2- Then the researcher referred to each protocol and extracted the sentences and expressions which were directly associated with the study : This stage is known as Extracting Important sentences . 3-The researcher has tried to find out the meaning Of Important sentences . which is known as formulating the meanings , in which the meaning of each important sentence is extracted and written down on the margin of the interview paper (code) . 4- The researcher repeated the above stages for each protocol and put the relevant formulated meanings in clusters of themes (main topics) , which is called classification of codes . Then the researcher examined the validity of the clusters were by referring to main protocols. Next, these clusters were referred to the initial protocols , so that their validity could be verified . 5 – Next, the Researcher combined the results in the form of a comprehensive description of the topic under study . 6- Then the researcher dealt with formulating the comprehensive description of the phenomenon under study in the form of a clear statement of basic structure of the studied phenomenon . 7- The researcher referred to each participant and asked them for their comments on findings, then he performed final validity assessment of findings. However colaizzi believes that the researcher should be flexible to these stages . sampling began in 2/2/93(Persian calendar) and continued until date saturation (N=29) was achieved (30/3/93). In qualitative researcher, the repetition of previous data or themes with highlights indicates an adequate sample size.

Findings:

Shortage of required education skills among student residing in dorms is an issue which was perceived, in the present study, from the statement made by participants. The findings of this study in this area were classified in 165 codes ,11 sub concepts and concepts , presented in two tables . Findings of Table (1) contain initial codes from data analysis. These codes are obtained from implementation and careful review of participants statements in order to achieve a deep understanding of their experiences and select important expression about the phenomenon under study.

*cleaning the rooms: 1-sweeping 2-washing the dishes 3-Arranging things

From early childhood we have always been taught by from early childhood we have always been taught by our religion that, "cleanliness is part of faith". Cleanliness of rooms in the dormitory, thought seems a trivial during the exam season, is of great significance, since the room does not belong to just one person so that they could act according to their personal tastes. Accordingly, messing up the room is considered some kind of disrespect for others privacy, to which same items of the interview pointed: "any room ought to have its own discipline and regulation followed by the roommates(1). One roommate is orderly and washed the dishes shortly after a meal, while some leave the dishes around the room and go away (2). One student scatters his (her) clothes all around the room and thereby irritates other orderly students (6). Tensions and conflicts with roommates is mainly due to sweeping the rooms and washing the dishes (9).

Roommates either do not sweep the room or sweep it carelessly(7)

*Noise tolerance : 1- time to turn off lights 2- making a lot of phone calls 3-listening to the music and making noise . Adequate sleep is an important source of energy conservation for students . Irregular sleep pattern is one reason causing fatigue among students . one of the causes of this disorder may be disagreement over an issue among members of a room . sleep is one of the largest and most important components of human life, such that there is a high association between sleep quality and professional and mental performance of students. " my roommate is a talkative person . he sparks all the time day and night and bothers other students who would like to study or sleep " (2). " some students play the music aloud and would not care for other roommates who want to study or sleep " (5). " my roommates would invite their friends to the room and stay awake late at night , making noise, so we cannot study or sleep " (22). " some roommates would smash the door \and disrupt our sleep . we would not tolerate their conduct and tell them not to act like that , which leads to tensions between us " (6). "I have the habit of studying aloud , so when I study in the room , a conflict is unavoidable between me and my roommates " (9). "we do not have a scheduled time for Turing off lights , there is a lot of noise and disorder in our room , which causes annoyance and tension " (10) .

3- cultural and ethical differences

One experience of the students residing in dorms is sharing the same room with individuals from different cultural background . students need trainings in this regard so as to cope with one another . university provides an opportunity to meet people from the opposite sex , different ethnicity, and diverse life styles full of novelties and unknown things .here we represent some examples of the items stated by participants in order to further clarify the concept: " : If emotions , moods, and thoughts of the those living in a dorm room are not similar , it will lead to tension "(item1)." A selfish roommate who desires others to be dominated by him , would . make trouble" (item 1)." It would be Q wise to put those coming from the same city or village in the same room , since sharing the same room by students from different cities and cultures would certainly lead to tension and conflict"(item 7)

5-social Issues

Dormitory is where men become a ware of their latent skills and abilities , since it is a field that you have to experience after you have spent many years at home and in relatively good environmental conditions, with everything at hand as much as possible . now you are an environment (dorm) where you not only have to manage your self and bear your anger and somehow be able to tolerate behaviors and acts of others which are not consistent to your desire and sometime irritate you , that is , you should be flexible and adapt yourself to the new atmosphere , so that you could tolerate others . you should have the patience of Job (great patience) , so that you could live in a dorm , and only those who have already experienced this dorm life can perceive this fact. " at times , someone's things would get lost in the dormitory, for example no one ever dares to leave their shoes , dishes, or clothes , since they would get last in a wink for ever . (item 14) . " the best experience of living in a dorm is socialization and involvement in the society or meet different people (item 4). " occasionally , adherence to a political party, favoring a sports team , etc would lead to a conflict (item 18).

5) Ridicule and contempt: accepting that others like you and that every person has a unique style And character would direct not think or behave like you that every person has a unique style and character would direct you towards achieving good results in your relation ships with others , without controversy and yelling . your attitude towards others is also important in this respect . if you talk to them with an ironic or degrading sense, undoubtedly it leads to nan adverse effect on their behavior towards you . if your roommate tells a secret to you or in case you learn about some of his (her)confidential secrets by chance , you should never reveal them , since it is a highly unethical practice . " in TV room , those from the same ethnicity are more intimate and mock other ethnicities " (item 13) . "when we were studying , other roommates would make Jokes at bus and bother us for so much studying " (item 5). " some roommates would make fun of us and we should be patient to tolerate them " (item 5) . " because my roommate was older than me , he used to give orders "(item 7). " last semester when I resided in a dormitory , my roommates charged me with theft far a SIM card , which strongly affected my morale " (item 25). " we feel

lonely after quarrelling , we become enemies and any body goes to college by itself “ (item 10). “ Even if I am not guilty for the conflict, when I leave the room , other student ask me about the reason for quarreling , which has a negative effect on my personality (item 10).

6-Dorm life training

1- Overcoming homesickness: turn to spiritual connection for more tranquility . man finds from quality and a feeling of hope and power in prayer and remembrance of god . when you pray , an emotional bond is established between and self-confidence . this calmness can help you efficiently spend years away from your home .” one participant said that he can not study in the atmosphere of dorm . he said” :when I feel that I have come here along way , I can not study , because I feel homesick”(item 15). “ many participants expressed concern for being miles away from their families and heavy attachment to them “ (item 29). “ because my roommates were older than me , they did not like me to stay in their room , so I felt lonely and homesick”(item 22). “ sometimes being away from home and feeling homesick would cause impatience and conflict between roommates for no good reason “(item 17) . “ being away from home and family would cause lack of emotion and emotional attachment to ones friend , so one is unable to study “ (item 15). “ we come from a far away city , so when we quarrel , we feel homesick, thus unable to study , whatever we read does not stick in our minds”(item 10). “ at times when I feel deeply sad , I would have a quarrel with my roommates so as to be relaxed . sometimes my roommates do so . this causes us to have a big quarrel over trivial things and thus , we become unable to connect rate for one week and feel nervous”(item 4).

2- Independence : living in a dorm away from home and family , one may at first feel independent and positive , however , it also has some costs as well . one of these costs is ones attitude towards roommates as well as to those from other dorm rooms , who share kitchen or toilet with one , which at times would lead to tension and quarrel between students . however , self-identification helps you in your responsibility to manage your attitude towards, including how to participate in caring for things within the room space and facilities , clean the room , cook , invoke quests , time for rest and study and purchase food items on a daily basis –what is not already experienced by one who used to put his (her) burden on his (her) family and now he (she) have to do every thing alone without the help from family. This now experience would at first cause some chaos and confusion , but it makes the person ready for future life within society . “ you have to depend on your own abilities . when you come to dorm from class, though tired , you have to cook and this makes you nervous” (item 4), “ you have to wash your clothes by yourself , cook , do shopping , though you are tired and out of mood : (item 4). When you first come to dorm , you are so tired and exhausted-you have to do everything alone and that’s when you get to know that how helpful your parents used to be for you at home “(item 11). “ you have to plan so that you could both attend your classes and study your books and do your personal everyday tasks. This is awful at first (item 7).

7) mental Health: the concept of mental health is defined as the ability to establish a balanced and harmonious relationship with others “.

1- stress management : stress is a physical or mental need which stimulates certain responses within us and makes it possible for us to deal with danger or evade it. stress may result from external events or conditions, individual responses to tensions or a combination of them . through identifying stressful conditions and finding solutions to deal with them , we can minimize them . “ people who are easily irritated mentally and emotionally , have a low tolerance threshold and they are always vulnerable(item 18) . “ my roommates charged me with theft, which led to my stress, headache and irritation . as a result , I was unable to study , headache and irritation . as a result , I was unable to study “ (item 25) . “ when some one first comes to a dorm . it puts some pressure on them and causes impatience and conflict (item 4) . “ during exam season , some roommates would cause your stress by their disappointing remarks, for example they say some professor are very strict in exams and you may not manage to pass their exams despite your hard work. Such remarks make me nervous “ (item 13) “ most students in my room study only at the night before the exam and since both them and their families expect them to have good marks , they would suffer from high stress and feel guilty “ (item 15) . “ since he has not recognized his identity , his identity is not stable and he does not know whether what he does is right or not . such personalities are constantly under the dominance of their roommates’ (item 15).

2-economic pressure : some times lack of a proper program and irregularities in the current use of money in dorms would cause you to be unable to adjust your money to your expenditure and spend it sooner than expected . this would make you nervous. Those who consume resources properly and correctly , are more successful in their lives . some one may have little income or budget, however, through a strong business acumen and an appropriate program , they will manage to consume it in a certain though having more time . on the contrary, some individual,

though having more income or budget , may consume it in a litter time period , which leads to s hostage of money for other purposes. This would cause stress and confusion . “ Due to economic problems which may arise, someone may use his roommates things without permission , while his roommate is sensitive to his personal things. This would cause conflict and tension “(item 26). “ some individuals misuse others personal things in the dormitory, which leads to conflict “(item 26).

3-lack of entertainment : lock of entertainment in dorm environments makes you bored and you may have a conflict with your roommates, since 3 or 4 individuals have to live in a small room , that would cause irritability , aggression , and mental disorders. They feel imprisoned in their dorm . individuals already used to have various entrainment facilities , new does not have any hobbies available to spend time with. Thus, they would lose their patience and become a little depressed. However, living in dorms has its special qualities some of which could be very attractive , amusing , fun , and enjoyable. It would be better if there were audio-video devices as well as internet and various books by which we could entertain ourselves and thus, not feeling depressed n” (item 3).

8-values and beliefs: one of the good characteristics of humans is interest in values and beliefs. One who lives in the community is required to adhere twosome value or norm , since it is norms which form the structure of a community. However . if interest to some value or belief is inclined towards extremes , it would be harmful and disrupting . A man with no belief or value is a lonely emotionless creature who cares but for transient pleasures and will be broken over ups and downs of life. It is beliefs and values that determine the direction of a purpose full life ,create confidance inside man , and encourage man to continue their way a head. “ no one would get up to say their morning prayer, and if I get up to say my prayer, anybody would quarrel me for disrupting their sleep “(item 16). “ they caring for prayer and Hijab n(Islamic veil for women) would have conflict with others . who don’t care (item 2)” though my roommates stayed awake until 1 A. M, they expected me not wake up for morning proyer, so that their sleep would not be disrupted. But I told them from the first day that I would get up to say my morning proyer , whether you like it or not . At first thy would not accept but over time they coped with it “ (item 19).

***Table2 :**

| Constituent codes | Sub concepts | Main themes |
|-------------------|---------------------------------------|------------------------------------|
| (1-6) | Sweeping the room | 1-cleaning the room |
| (7-14) | Washing the dishes | |
| (15-18) | Arranging thing | |
| (19-23) | Observance of time to turn off lights | 2-noise tolerance |
| (24-26) | Making phone calls | |
| (27-42) | Listening to music and making noise | |
| (43-56) | | 3-cultural and ethical differences |
| (57-97) | | 4-social issues |
| (98-117) | | 5-mocking and humiliation |
| (118-124) | Management of homesickness | 6-dorm life training |
| (125-129) | independence | |
| (135-149) | Stress management | 7-mental health |
| (150-154) | Economic pressure | |
| (155-160) | Lack of fun (entertainment) | |
| (161-165) | | 8-beliefs and values |

Conclusion:

The research findings are reviewed and interpreted according to the objective of the study. Findings of the present study indicates significance of students knowledge and way of social behavior in reducing tensions and conflicts in dorms. This is a qualitative study and represents a now perspective on the importance of the training needed to improve tension level within dorms. Some findings of the present study confirm the significance of enhancing the abilities of students residing in dorms in accepting other testes and coping with them and thus , reducing tensions . in this regard experiences of the participants (subjects)indicate the importance of observance of cleanliness, being orderly , and discipline in dorms. The results suggested that student participating in interviews have multiple choices in terms of conduces (behaviors) associated with the improvement of tensions in dorms , which stop them from appropriately performing order and cleanliness. Accordingly, it seems useful to train students as to the outcomes of their choice of conduct and to underline the desirable choices. The significance of this issue reveals more when different factors such as lack of knowledge and mutual understanding may drive them towards aggressive behaviors. Accordingly we suggest to train such student as to conditions and principles of dorm life, social conditions encouraging adaptive behavior , flexibility , and enhancing ones tolerance threshold against others behavior and acts. Another concept extracted from this study is the observance of a scheduled time for turning off lights, that is going to bed on time. This issue can be dealt with by developing a scheduled time for sleep,

established by those in charge of student accommodation, so that the students develop and reinforce the habit of on time sleep . Another concept obtained from the present study is the concept of noise tolerance. Students, prior to coming to university , used to be in the relaxed and simple place of home. Now he (she)has entered a new environment with a lot of students coming from different cities and village . here the student faces with noisy atmosphere of dorm , which is at first seems rather terrifying or a long with confusion .residing in a small room which provides place. For only 3 or 4 people with different thoughts, acts, and ways of behavior , drives him (her) towards nervousness. This nervousness may at first prevent him (her) from doing his (her) tasks in front of others and finally drives him (her) impatient and confused . thus a noisy dorm would be rather intolerable for him (her). One concept of the present article is making a lot of phone calls by student residing in dorms almost always. These loud noisy phone calls may be irritating for those feeling bored or homesick or those who would like to study or rest (sleep). Another concept discussed listening to music. Playing the music loud or listening to different songs can be rather irritating for those who try to concentrate on their study tasks. Cultural and ethical differences are among essential needs which should be trained so as to reduce tensions in dorms . multiple researches can be stress – inducing among ethnical groups . we recommend that some investigation be conducted in the area co0mbining and interrelating different cultures into a unity , with the aim of improving tensions in dorms. Evidence indicates that knowledge is not adequate by itself , rather efforts to combine different cultures in to a unity is of great important in dealing with everyday tensions and conflicts . however , unlike this theory, the results showed that integration of cultures , though it may have an effective role in bringing different cultural groups into unity, is stressful among dorm students. The present study indicated that dorm students who were ready to face with social issues , could better tolerate them and also they were more consistent and flexible toward such issues while those not still really to face with such differences , would have tensions with their roommates . another concept being discussed in this study was mocking and humiliation . some students make fun of other and behave contemptuously towards them , which leads to tensions , Another concept was dorm life training a large part of participants underlined the importance of dorm life training. This need has been introduced under the subtitles of “dominance over homesickness” and “ independence “ . as a result of such training , students would become motivated and independent individuals who could control their emotion and feelings . this is very essential in succeeding to control tensions which is defend as self-reliance based on social theory in some studies. This theory investigate the interaction between behavioral , individual , and environmental factors in improving tensions . findings of the present study show that one major challenge of tensions among student is weakened attitude. Our results emphasize the need to plan for strengthening the students attitudes , represented under the title of mental health mental health is one of the skills needed to be trained . it includes those dimensions of emotion and skill that enable an individual to better manage THEIR PHYSICAL AND MONTAL CONDITIONS A FAVORABLE RESPONSE TO THIS critical need can provide individuals with self-confidence and stress management. One of its subconcepts is economic pressure “ and lack of fun in dorms. Students can deal with these issues through training and personal experiences regarding management of behaviors associated with mental health . how ever further research is needed to verify the above suggestions . Another concept studied in this research is beliefs and values . it shoelace noted in this regard that humans can not think a like, since in case they think alike, then there would be no thought ever. Since any student considers their thought and values right as compared to others, conflicts and tensions over such issues is unavoidable, unless student repel to other beliefs and values.

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