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An evaluation of quality of life among hostel inmates

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Abstract
Quality of life reflects the difference between the hopes and expectation of a person & their present experience in which Adjustment was the important observable factor. Early adulthood was a period of adjustments to new patterns of life and new social expectations especially when they enter into organization stage. This work aims at studying the specificity of the social living conditions, organization, regimen, psychosocial and other factors of life and their effect on the thinking, working status of students living in the hostels. This study was carried out in three hostels of Babasaheb Bhim Rao Ambedkar University (BBAU), Lucknow University (L.U.) and National. P.G (NPG) of Lucknow city. This study was carried out on 120 female hostler's belonging to the age group of 15-30 years. The tools were pre designed and pre tested schedule comprising family and individual. Their quality of life was measured by evaluating their self-efficacy with Self efficacy scale, their emotional intelligence via Emotional intelligence scale & stress through Stress scale. In result the relationship showed a higher significance value at .001 level in which self-efficacy was measured high in N.PG. (15%), medium in L.U. (75%) and low in (15%) in BBAU. Emotional intelligence was high in L.U. (65%), medium in BBAU (25%) and low in N.PG. as (5%).Stress scale high in 50% in BBAU, medium in L.U. 25% and low in N.PG. (13%). This study shows that effect on self-efficacy, emotional intelligence & stress and via this Quality of life was affected.

Keywords: Hostel, self-efficacy, emotional intelligence, stress, satisfaction with life

Introduction

Quality of life reflects the difference between the hopes and expectation of a person & their present experience in which Adjustment was the important observable factor. Early adulthood was a period of adjustments to new patterns of life and new social expectations especially when they enter into organization stage. They expected to play new roles, attitudes, interests and values in keeping with new environment and it regards more valuable place, When they came to hostel.(Hurlock E.B.1981).Self-control, it means to the development of control over emotions of through a very unrelated conditions contributing to assess the qualities of any individual to effected by both intrinsic and extrinsic factors in itself.(Li *et al*.2007).Depression was state of behaving abnormally to any normal situation in which the normal individual have a situation of sadness shown by feeling of inadequacy, lowered activity, and hopelessness about the future.(Feldman & Newcomb, 1969; Lundgren & Schwab, 1979; cited in Rinn, 2004)Life satisfaction was the way person evaluate their lives. There was a direct co-relation between the satisfaction levels and the hostel environment. Basically, when the environment meets the individuals' expectation a higher degree of satisfaction has been noted. On the other hand, incongruence between housing needs and aspirations leads to dissatisfaction. (Mishra *et al*., 1994) [1].

Objective: To know Quality of life by use Self-efficacy, Emotional & Stress scale.

Material and Methods: The Cross-sectional research design was used for the study. This study was carried out with the female hostler of three hostels, BBAU, L.U. & N.PG. Of Lucknow city. A total of 120 samples were selected from Lucknow district. In the selection of sample it was divided into three groups as N=40 from BBAU campus=40 from L.U. campus & N=40 from N.PG. Campus. In the Conducting of this research Two stage random sampling was used for the collection of the data from various hostels. In random sampling sample size N=120 drawn from every campus so that chance of selecting every individual was same.

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A self-structured nutrition proforma &various standardized scales related to different aspects was used to analyze the quality of life among hostlers which was measured through the use of three scales as Self-Efficacy scale, Stress scale and Emotional Intelligence scale. Anova & t-test used to analyze the data and Statistical analysis was done by using SPSS version 20.

Result and Discussion

Table 1: Evaluation of Quality of life among the hostlers of BBAU campus.

| Scale	BBAU (n=40) Mean±SD	F	Sig.
Self-efficacy scale	68.85±6.727	3.831	.002
Emotional Intelligence scale	20.10±3.342	9.045	.000
Stress scale	18±5.378	2.640	.019
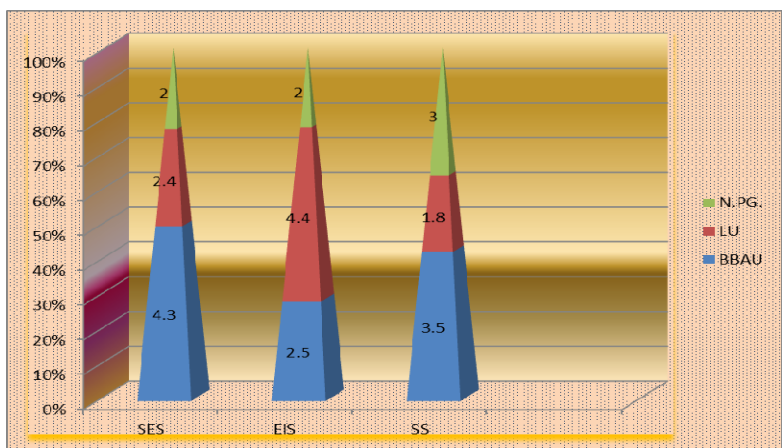
In this table (1) shows the quality of life of hostlers who live beside in BBAU campus where the life satisfaction of students was measured through the evaluation of their self-efficacy as its Mean SD was 65.85±6.727and the value of significance was .002, by their emotional intelligence as its Mean SD was 20.10±3.342 & value of significance was .000, by their stress level Mean SD was 18±5.378 & significance value was .019.all the relation was found very highly significant.

Table 2: Evaluation of Quality of life among the hostlers of LU campus.

| Scale	LU (n=40) Mean±SD	F	Sig.
Self-efficacy scale	70.05±7.157	8.264	.000
Emotional intelligence scale	23.83±3.922	1.803	.109
Stress scale	67.25±15.977	4.808	.001
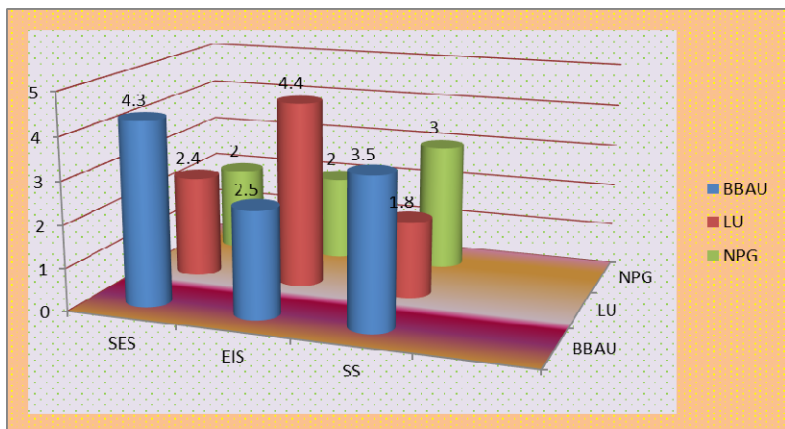
In this table (2), it shows the quality of life among hostlers of L.U. campus where the life satisfaction of students was measured through the evaluation of their self-efficacy as its Mean SD was 70.05±7.157 &the value of significance was .000, by their emotional intelligence as its mean SD was 23.83±3.922 & value of significance was .109, by their stress level as its Mean SD was 67.25±15.977 & significance value was .001.all the relation was found very highly significant.

Table 3: Evaluation of Quality of life among the hostlers of N.PG. Campus

Scale	N.P.G. (n=40) Mean±SD	F	Sig.
Self -Efficacy scale	64.10±7.739	3.303	.009
Emotional Intelligence scale	21.05± 5.277	3.892	.004
Stress scale	16.60±5.768	1.749	.133
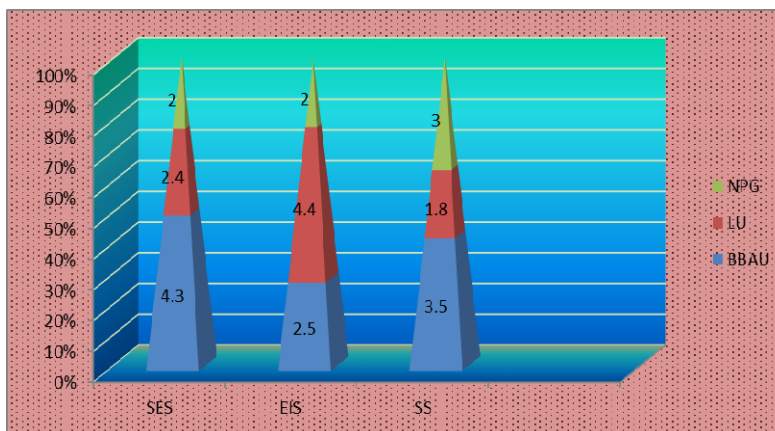
In this table (3), it shows the quality of life among hostlers of N.PG. campus where the life satisfaction of students was measured through the evaluation of their self-efficacy as its Mean SD was 64.10±7.739 and the value of significance was .009, by their emotional intelligence as its Mean SD was 21.05±5.277 & value of significance was .004, by their stress level as its Mean SD was 16.60±5.768 & significance value was .133.all the relation was found very highly significant**.**

Conclusion
In this study of research topic An Evaluation of Quality of life among hostel inmates shows the relation of self-efficacy scale with quality of life. It was significantly related with the self-efficacy of any person that it gives impact on the respondent's ability to think, to do anything with their self-confidence.

- There is also a significant relationship seen between Emotional intelligence with quality of life that emotional stability of any individual and working with full wiseness is dependent on the supply of all ingredients with full proportion, when this is not possible it results in malfunctioning of mind with working according to the situation.
- Stress level of any respondent's shows that how much he is worried for his conditions and how he cop up with them. Its shows that all round environment of hostel, timing of working, education status and its pressure, all are significantly related with one another. The relationship with quality of life of any respondent show a good score with self-efficacy, emotional intelligence and with stress that if any person has a good confidence in self, has a quality of leadership within themselves, they can have control over their emotions throughout the various situations then it can be said that he is satisfied with his life and quality of life can be spent in a good way.

Recommendations
Satisfaction with life of any respondent depends on his perspective of viewing things it means that how much he is dependent on others for his survival, for his activities, in every situation of his life, how he related with them and through what ways he control over them. A good correlation of significance with life of all factors shows that if any person is able to successfully achieve all targets with full courage and motivation in life then he can satisfied with his life and also the quality of life can be achieved in a better way.

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