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Perceived psycho-social values and psychological counselling need in female hostellers of university

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Abstract

The present study entitled “Perceived psycho social values and psychological counselling need in female hostellers of university students” was conducted on one hundred girl hostellers residing in the hostels of State Agricultural University. The purpose for taking up the present study was based on the fact of frequent reported incidences of non-adjustment (frequent and repeated requests of hostellers to change the room) and consequently face stress. In previous study by Kaur and Kanwar (2017) ^[4] it was found that in comparison to their male counterparts, female hostellers felt more loneliness while living in the campus and need support from their peers. They need someone to listen them and validate their feelings. Students also reported that when often their peers do not meet these expectations, they suffer emotionally and socially. When these students are not able to resolve their conflicts in their day-to-day hostel life they underperform in their academics. The purpose of the study was to find out the different and common psycho-social values which female hostellers of the University look up in people living in their close environment which Bronfenbrenner defined as microsystem i.e their Roommates, Close friends and Classmates. A self-structured questionnaire was used in order to collect the data from the respondents. The results of the study revealed that the common psychosocial values that hostellers mostly looked up in all the three levels like Roommates, Close friends and Classmates were being helpful, caring, understanding, supportive, funny and entertaining, cooperative and good nature. Psycho social values liked in their Classmates and Close Friends were being good listener, secret keeper, cheerful and kindness. The two qualities which girl hostellers looked up to in their Close friends and Classmates were Trustworthy and Honesty while values of Hardworking, Friendly nature liked by female hostellers in their Classmates and Roommates. Girl hostellers reported when their roommates classmate or close friend lack these values they feel stress and thus their academics also get affected.

Keywords: Perceived psychosocial values, psychological counselling need, Female hostellers and microsystem

Introduction

According to Bronfenbrenner individual's microsystem has most direct and immediate impact on the individual (Cherry 2023). As per the Ecological theory of Bronfenbrenner the Home life, parents, friends, classmates comprise of individual's microsystem. When students join educational institutes away from their home and start living in the hostels then their roommates, close friends and classmates become part of their microsystem. While studying in educational institutes, living in hostels becomes an effortful activity and is challenge for the students. Though students enjoy the liberty of living on their own but when they face difficult times, they find it difficult to rely on and seek help from their friends, roommates, classmates, and seniors. On one hand, while living in the hostels, they look for certain values in their peers to make an adjustment and overcome stress, while on the other hand, they dislike certain values which create stress for them and make it difficult to live in the hostels and then they opt for other alternatives like staying in PG (Paying Guest) accommodation. In one of their earlier studies conducted by Kaur and Kanwar (2017) ^[4] it was found that in comparison to their male counterparts, female hostellers felt more loneliness while living in the campus and need support from their peers. They need someone to listen them and validate their feelings. In extreme situations, hostellers are neither able to share their daily problems with their parents and nor they were able to disclose their problems to their roommates and classmates. Students also reported that when often their parents and peers do not meet these expectations, they suffer emotionally and socially. When these students are not able to resolve their conflicts in

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their day-to-day hostel life they underperform in their academics. They need someone to listen them and validate their feelings (Bjornstad 2006) ^[2]. Social support is a crucial factor for enhancing the psychological well-being in the girl hostellers (Fernandes *et al* 2014) ^[3]. Psychosocial values like helping nature, kindness, sharing are important for affective relations for the whole life (Berk 2000) ^[1]. When there is imbalance between what an individual think of the disturbing event and his own capability to overcome the difficulty it lead to stress (Cox, 20).

In the current research study, effort is made to explore those psychosocial values which the university female students look up in their roommate, close friends and classmates to fulfil their psychological needs and their perceived alternative to address their psychological needs while living in the campus hostels.

Objectives

1. To assess the perceived psychosocial values of their roommates, close friends and classmates of the girl hostellers of the Agriculture University.
2. To explore the perceived alternatives to address their psychological needs while living in the hostel.

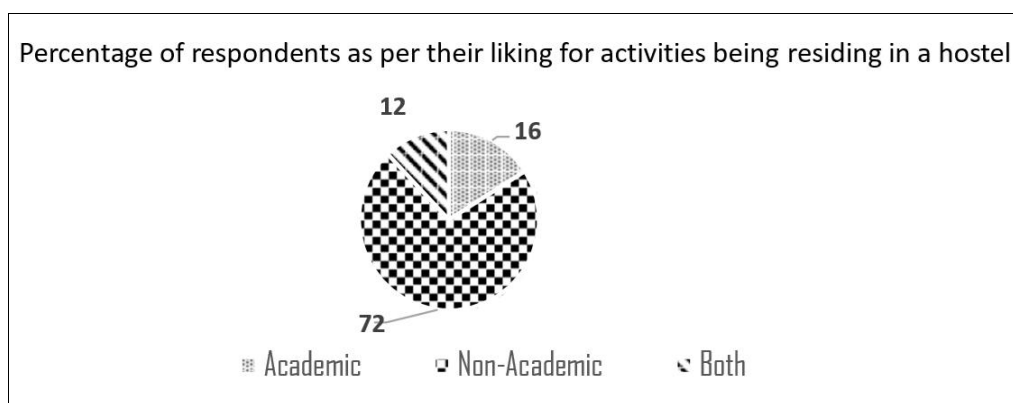
Methodology

The sample comprised of fifty girl students of Agricultural University residing in the campus hostels. The criteria for selection of the sample was simple like Participants who volunteered to share their views and the students must be residents of the hostel and they had spent at least one year in the hostel. A self-structured questionnaire was developed in order to assess the perceived psychosocial values in the girl hostellers. Questions in the tool were kept open ended. Like what are the three most -liked psychosocial values in three categories namely roommate, close friends and classmates separately. After seeking the consent of the participants, they were given self- structured questionnaires. Participants were assured that confidentiality will be maintained at all levels. Percentages were calculated on the basis of the psychosocial values mentioned by the respondents in the three categories and their perceived need for psychological counselling in different areas.

Results and Discussion

The following information was sought from the participants to assess their perception of psycho-social values being the hostellers.

Table 1.1: Liking for academic and non -academic activities



The research study implied that majority of the students (72%) were interested in non-academic activities like playing sports, gossiping with friends, spending time with friends, doing physical exercises, drawing, dancing, painting, watching series, poetry, celebration of special days like hostel night, DJ night at hostel, festivals, singing, sleeping and travelling, only 16 percent of the girl students enjoyed academic activities like searching journal/articles, lab work,

research, exams and assignments while 12 percent of the hostellers were interested in both academic and non-academic activities like studying, writing and in spending time with friends, painting, sports and reading fiction.

Perception of female hostellers about their academic and nonacademic stress

Table 2: Percent of Girl hostellers regarding their Attribution to failure-related stress

Hosteller's Attribution to:	Percent of Girl Students
Academics-related stress before and after joining campus	30
Non -Academic stress	34
Never faced stress in academics and non-academic activities	36

The result findings indicated that 30 percent of the girl students perceived their inability to clear entrance exams which they appeared was a major source of academic stress prior to joining their institute and tried to overcome this feeling of failure by putting efforts and focusing in their current academic fields. After joining the university, the students reported that not getting good grade points was their major source of stress which they tried to overcome by putting more efforts, in the coming examinations but they were still struggling to succeed. 34 percent of the students

perceived non -academic stress like losing a friendship, losing hope, not being able to meet the expectations of their parents, trusting people easily, trying to keep everyone happy and not being able to achieve the set career goal. In comparison to academic stress, all girls find it difficult to overcome non-academic stress. 36 percent of the respondents reported that they have not yet faced any kind of stress and they disclosed that they were able to cope due to the readily available support of their parents, teachers and friends.

Perceived psycho-social values of their roommates liked by the girl hostellers

Table 3: Psycho Social Values of Roommates liked by the girl hostellers

Psychosocial values being looked up in the roommates	Percentage of Girl Students
Helpful	64
Caring and	36
Cooperative	24
Understanding & Room Cleanliness	16
Good manners	12
Supportive, adjusting, Trustworthy, Honest, Friendly	8

The study showed that 64 percent of the girl respondents liked the psychosocial values in their Roommates were being helpful which meant that they expected their roommate to render help in their academics and non- academic works like in making assignments, in accompanying them to go to different places within campus or off campus followed by 36 percent of the students who felt their roommates to be caring when they feel lonely, when they miss their family their roommate should be present at their side, respond to the messages and calls otherwise they feel dejected, 24 percent of the respondents perceived that their roommates may possess psychosocial values of being cooperative. Girl hostellers (16%) wished that their roommates to be understanding and keep the room clean. Their roommates must cooperate in

keeping the light on or off. Involve them when their roommate call her friends or classmates in their room. Or they meet her friends and classmates outside the room. They should be patient and kind. 12 percent of respondents who expressed that their roommates must be good mannered, well behaved like being polite, well maintained, punctual. 8 per cent of the respondents felt that their roommates ought to be honest and must not pretend or boast and should be trustworthy. They expressed that their roommate need to maintain secrecy of room and do not share with classmates and close friends. This feeling was expressed by those hostellers who were having roommates from other than their own departments.

Table 3a: Ranking of liked values, of their Roommates, by the girl hostellers

Rank	1	2	3	4	5	6
Psycho- social values	Helpful (64)	Caring (36)	Cooperative (24)	Understanding and Room cleanliness (16)	Good manners (12)	Supportive, Trustworthy Honesty, adjusting Friendly, hardworking Good nature, Funny (8)

From the table-3a it was evident that majority (64%) of girl hostellers ranked the value of Helpfulness (1st Rank) At The Top Followed By Caring (2nd), Cooperative(3rd), Understanding and Room Cleanliness (4th), Good Manners (5th) and Supportive, Trustworthy, Honesty, Adjusting, Friendly, Hardworking, Good Nature, Funny (6th)

Values in Their Room Mates Disliked by the Girl Hostellers: From the results it was evident that, larger proportion (68%) of the respondents felt that they feel

disturbed by their Roommates and the disturbances reported were like talking loud in the room, not letting them sleep because of which they couldn't focus. Other disliked qualities of the respondents were being lazy (36%), unhygienic (28%), always on the phone (24%), and talkative (16%). In addition to the above mentioned values, being dominant, arrogant, bad temperament, using things without permission gossiping and not being able to adjust, are values which were disliked by the respondents though the proportion was only 8 percent.

Table 4: Psycho Social values of their roommates disliked by girl hostellers

Psychosocial values	Percent Hostellers of Girl
Disturbance	68
Lazy	36
Unhygienic	28
Always on the phone	24
Talkative	16
Using things and clothes without permission	16
Dominant	8
Other values disliked	
Involving third person in their issues Bad language (disrespectful, boasting, Loud), and Over cleaning	4

A few of the respondents (4%) said that they disliked other qualities in their roommates such as ignorance, involving third person in their issues, using clothes without permission, using bad language (calling bad names), over cleaning.

Psycho-social values liked by the hostellers in their close friends: When girls hostellers were asked about the liked psycho social values of their Close friends, 48 percent of them told that they liked the quality of being helpful and caring in their close friends.

Table 5: Values they look up to in their Close Friends

Psychosocial values	Percent of Girl Students
Helpful and Caring	48
Understanding	32
Trustworthy	28
Honesty	24
Supportive	20
Kind and Secret Keeper	16
Cheerful, Good Nature, Funny, Cooperative	12
Non-Judgmental, Positive Mindset, Loyalty, Confident, Listening	8
Humble, Smart Workers, Share Academic Notes, Bunk Classes Together and Comfortable	4

32 percent of girl students said they liked the PSV-understanding in their close friends, while 28 percent of the respondents endorsed that being trustworthy is the most liked value in their close friends. 24 percent of respondents expressed the quality of being honest, being supportive (20%) and maintaining secrecy with in friendship and kindness (16%) was most sought-after value among friends.

Psycho social values being cheerful, good nature, being funny

and cooperative, was liked by 12 percent of the respondents and values of being non-judgmental, positive mindset, being loyal, confident and being able to listen to them was liked by 8 percent of the hostellers. In addition to these values 2% of respondents also like values of being humble, smart workers, share academic notes, bunk classes together and who were able to provide comfort to them.

Table 5a: Ranking of liked values, of their Close friends, by the girl hostellers

Rank wise liking for psychosocial values in close friends of girls hostellers								
Rank	1	2	3	4	5	6	7	8
Psycho-Social Values	Helpful (48) And Caring (48)	Understanding (32)	Trustworthy (28)	Honesty (24)	Supportive (20)	Kindness Secret Keeper (16)	Cheerful, Good Nature, Funny, Cooperative (12)	Non-Judgmental, Positive Mindset, Loyalty, Confident Good Listener (8)

From the table-5a it was evident that majority of girl hostellers ranked the value of Helpfulness and Caring at the top followed by being Understanding (2nd rank), Trustworthy (3rd rank), Honest (4th rank), Supportive (5th rank), Kindness and Keeping secrets (6th rank), Cheerful, Good Nature, Funny, and Cooperative (7th rank), Non-Judgmental, Positive Mindset, Loyalty, Confident and Good Listener (8th rank).

Perception of hostellers about psycho-social values they liked in their classmates

The hostellers were asked to express the three most liked values in their classmates. The percentage was calculated according to the number of hostellers who expressed their liking for the particular specific psychosocial value.

Table 6: Values they look up to in their Classmates

Liked Psychosocial values	Percentage of Girl Students expressed liking for value
Helpful	60
Caring, Friendly, Kindness	24
Supportive, Funny & entertaining, Understanding	20
Cooperative, Hardworking, Good listener Intelligent	16
Sharing notes and Motivating	12
Patience, Secret keeper, Responsible Behavior, Presentation skills, Good nature Cheerful	8

Majority of the girl respondents (60%) revealed that they like the quality of helping nature in their classmates. 24 percent of respondents expressed that they admire the qualities of kindness, caring, and being friendly in their classmates followed by 20 percent of the girl respondents who like their classmates being supportive, understanding, and entertaining. The results revealed that 16 percent of the respondents liked their classmates who were cooperative, hardworking, able to listen their problems and if they are intelligent (all perceived

that being intelligent means they were good in academics and high OCPAs).

The study results also indicated that 12 percent of students like their classmates if they share academic notes, motivate them and if they bunk the classes together. The attributes namely being patient, secret- keeper, responsible behavior, good nature, cheerful were liked by 8 percent of the respondents.

Table 6a: Ranking of liked values, of their Classmates, by the girl hostellers

Rank wise liking for psychosocial values in classmates of girls Hostellers						
Rank	1	2	3	4	5	6
Psycho-Social Values	Helpful (60)	Caring, Friendly and Kindness (24)	Supportive Funny Understanding (20)	Cooperative, Hardworking Good Listener Intelligent (16)	Notes-Sharing Motivating (12)	Patience, Secret Keeper, Responsible Behaviour, Presentation Skills, Good Nature And Cheerful (8)

From the table-6a it was evident that majority of girl hostellers ranked the value of Helpfulness at the top, followed by Caring, Friendly and Kindness at the 2nd rank and being Supportive, Funny and Understanding, at 3rd rank,

Cooperative, Hardworking, Good Listener and being intelligent at 5th rank and Having Patience, Secret Keeper, Responsible behaviour, Presentation Skills Good Nature, and being Cheerful, at 6th rank.

Table 7: Percent distribution of respondents as per their liking for common Values in their Classmates, Close Friends and Room Mates

Helpful	60	Helpful	24	Helpful	32
Caring	24	Caring	24	Caring	18
Understanding	20	Understanding	16	Understanding	8
Supportive	20	Supportive	10	Supportive	4
Funny & entertaining	20	Funny	6	Funny	4
Cooperative	16	Cooperative	6	Cooperative	12
Good Nature	8	Good Nature	6	Good Nature	4
Good listener	16	Listening	4	----	
Secret keeper	8	Secret Keeper	8	-----	
Cheerful	8	Cheerful	6		
Kindness	12	Kind	8	-----	-----
----	-----	Trustworthy	14	Trustworthy	4
-----		Honesty	12	Honest	4
Hardworking	8	--	----	Hardworking	4
Friendly	12	-----	-----	Friendly	4
Responsible Behavior	4				
		Non- Judgmental	4		
Presentation skills	4	Positive Mindset	4	Adjusting	4
Intelligent	8	Sweet	4	Room Cleanliness	8
Patience	4	Loyalty	4		
Sharing notes	6	Loving	6		
Motivating	6	Gossip	6		
		Confident	4		
		Smile	4		

Seeking alternatives to address their psychological need while living in the hostel.

Table 8a: Percent distribution of Girl hostellers as per their Need for Counselling Services

Need for counselling	Percent of Girl Students
Yes	68
No	32

a) Need for counselling services: Majority of the girl respondents (68%) showed interest towards receiving

counselling services while 32 percent of the respondents conveyed that they do not feel the need counselling services.

Table 8b: Percent distribution of Girl hostellers as per their need of Counselling in different areas

Areas of Counselling	Percent of Girl Students
Managing stress	52.9
Good Oral Presentations, Surviving Peer Pressure, Improving Social Skills, Health Management and Information Updates	29.4
Managing time	20.6
Educational guidance, Career guidance, and Personality development	14.7
Managing emotions	11.8
Mental wellbeing, Self-esteem, Job opportunities, Boosting confidence	8.8
Accepting and managing failure Communication skills Competitive exams preparation	5.9

Among the students who showed interest in receiving counselling services, large proportion i.e. percent required counselling for managing their stress, Girl respondents (29.4%) were interested in counselling services in areas like good oral presentation, surviving peer pressure, improving social skills, health management and information updates, 20.6 percent wanted guidance in managing their time, 14.7 percent needed counselling for career guidance, education, and for personality development. The results further indicated that 11.8 percent of the students required help in managing their emotions and 8.8 percent are in requisite of counselling services in each area separately in mental well-being, enhancing self-esteem, job opportunities, boost confidence. The study also revealed that 5.9 per cent

needed counselling to improve their communication skills, and preparing for competitive examinations.

Conclusion

Overall, the study results showed that majority (72%) of the students enjoyed non- academic activities as compared to the academic activities. The results showed 30 percent perceived academic related stress, 34 percent of the student's perceived non -academic stress. Rank wise assessment of Psycho social values revealed that Helpfulness (1st rank), Caring (2nd rank) and Cooperative (3rd rank) were the top three values of their roommates liked by the hostellers. Among their close friends the top three values liked were helpful & caring (1st rank), Understanding (2nd rank) and Trustworthy (3rd rank)

whereas among their classmates top three values liked by the hostellers were Helpful (1st rank), caring friendly and kindness (2nd rank), and supportive, Funny and Understanding (3rd rank),

Psychosocial values that hostellers most commonly looked up to in all of the three categories i.e Roommates, Close Friends and Classmates were Helpful, Caring, Understanding, Supportive, Funny and Entertaining, Cooperative and Good Nature. Common Values that were found among their classmates and close friends were Good Listening, Secret Keeper, Cheerful and Kindness. Trustworthy and Honesty were the two common values liked in their close friends and classmates while Hardworking and Friendly Nature were the two values which female hostellers looked up to in their Classmates and Roommates.

Limitations

1. The results cannot be generalized as the sample size was small.
2. The study was limited only to the hostellers.
3. Only girl students were sample of the research study.

Recommendations

1. There is need to create awareness in students about their own values and sensitize the students about values of their classmates, friends and their roommates living in the campus.
2. The students need to be capacitated in their educational institutes and hostels in maintaining harmonious relationships with their friends, classmates and roommates.
3. Same study may be replicated in other agricultural universities with large sample size and also gender differences may be analysed so that findings can be generalized and appropriate interventions may be carried out in higher educational institutes to meet the psychosocial needs of the students.

Implications

Hostellers find it difficult to maintain good and strong relationships with their Roommates, Classmates and Close Friends. The findings of this research study will help in creating awareness and sensitivity in students in understanding the values of their own as well as of their roommates, classmates and close friends. This understanding will help them in adjusting to the environment and achieving desired results.

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