

**THE BEHAVIOURAL AND PSYCHOLOGICAL  
EFFECT OF HOSTEL ACCOMODATION ON  
UNIVERSITY OF BENIN STUDENTS**

**A RESEARCH PROJECT SUBMITTED TO THE  
DEPARTMENT OF ARCHITECTURE,  
FACULTY OF ENVIRONMENTAL SCIENCES,  
UNIVERSITY OF BENIN, BENIN CITY, NIGERIA.**

**IN PARTIAL FULFILLMENT OF THE  
REQUIREMENTS FOR THE AWARD OF THE  
DEGREE OF BACHELOR OF SCIENCE (B.SC.)  
IN ARCHITECTURE.**

**BY:**

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**(2024/2025)**

## **DECLARATION**

This is to Declare that I, OMOIGUI-ORIAKHI OSAMEDE ANITA, Student of the Department of Architecture, University of Benin with MAT.NO.: ENV2103369 under the supervision of Arc. Erimona, conducted the research on this project topic “The Behavioural and Psychological effect of Hostel Accommodation on University of Benin Students” and that all the information provided in this research was taken from the proper factual sources of information.

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Signature

## CERTIFICATION

This is to certify that this project report for the 2024/2025 session is written and submitted by OMOIGUI-ORIAKHI OSAMEDE ANITA with matriculation number ENV2103369 under the supervision of ARC.ERIMONA, meets the required regulations governing the award of the bachelor's degree in architecture of the university of Benin, Benin City, Edo State, Nigeria. We thereby certify that it has not been submitted in this or any other university for the award of bachelor's degree and is approved for literacy presentations.

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**Arc.Erimona**

**PROJECT SUPERVISOR**

.....

**Arc.(Dr.) Iwuchukwu O.U**

**HOD**

## **DEDICATION**

This project is dedicated to God, I am grateful for his grace. Also, I dedicate this project to my Parents, Siblings, Project Supervisor, Teachers and Friends. Lastly, I dedicate this project to myself, it is the evidence of my unyielding strength and I take pride in my ability to see my potential.

## ACKNOWLEDGEMENT

Firstly, I have to acknowledge the efforts of my mother; Mrs Susan Omoigui-Oriakhi, for making my architectural journey possible, I am forever indebted to her. To my father; Late Dr. Harrison Oriakhi, for shaping my mindset, and seeing that “life is coming for you, not at you”, I see my potential through his lens and mine.

To my siblings; Aisosa, Osayamen, Etinosasere, Osadebamwen, the weight of this journey felt lighter knowing they had my back. To my friends and colleagues, I am grateful for all your supports and hope to see you all succeed.

I must acknowledge the effort of my supervisor; Arc.Erimona, for his guidance and the grace for me to explore my desired topic. Thank you sir. My lectures; departmental and non departmental, their efforts and influence can never be undermined, I am forever grateful.

Gratitude must be shared to past researcher and their contribution to this project, with their intellectual properties this project was actualised.

Lastly, with fulfillment in my heart I acknowledge my efforts. I; Omoigui-Oriakhi Osamede Anita, was able to prove to myself that I am more than I think and I should strive for more, because there is more for me to achieve, and whenever I feel small, I should remember I studied Architecture.

## **ABSTRACT**

This study investigated the behavioural and psychological effects of hostel accommodation on students of the University of Benin (UNIBEN). The study adopted a descriptive survey research design to examine how hostel living conditions influence students' behaviour, mental well-being, and academic experiences. Data were collected from 101 hostel residents through a structured questionnaire administered electronically, consisting of both quantitative and qualitative items. Quantitative data were analyzed using descriptive statistics such as frequencies and percentages, while qualitative responses were analyzed through content analysis.

The findings revealed that hostel accommodation contributes to positive behavioural outcomes such as increased independence, social interaction, and adaptability among students. However, challenges including noise, peer pressure, overcrowding, and poor facilities were found to negatively affect concentration and behaviour. Psychologically, many students reported experiencing stress, anxiety, and homesickness, largely due to inadequate maintenance, inconsistent water and electricity supply, limited privacy, and overcrowding. The study also found that improved facilities, regular maintenance, counselling services, and recreational spaces were widely perceived as effective strategies for enhancing students' well-being and academic performance.

The study concludes that hostel accommodation has a significant influence on both the behavioural and psychological well-being of UNIBEN students. It recommends improved hostel management, reduced overcrowding, enhanced facility maintenance, and the provision of student support services to create a more conducive and supportive living environment.

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## CHAPTER ONE: INTRODUCTION

### 1.1 BACKGROUND OF THE STUDY

The University a tertiary educational level, is a crucial level in the development of adults who seek to pursue education. A cross road where academic aspirations, social relations and individuality intersect. University learning environments bring together students from diverse cultural, social, and economic backgrounds, each with unique beliefs, abilities, and experiences that influence how they engage academically and socially (Astin, 1993)

One of the necessities in this stage is accommodation. the most common and affordable housing solution peculiar among students is hostel accommodation. The foundational intentions of a hostel is to serve as a safe, convenient and a social hub, where students can live, relate with others while pursuing their academic goals. Hostels are more than just a place to live; they shape students' daily habits, social interactions, and emotional health, influencing both their personal growth and academic outcomes (Akinyemi & Iruonagbe, 2018).

The environment in which a student lives has a direct impact on academic performance, quality of mental health and social interactions. . Developmental psychologists emphasize that young adults are highly impressionable during university years, and their immediate living conditions often shape their attitudes, coping strategies, and adjustment to academic life, (Erikson, 1968). Hostel accommodation, while providing opportunities for peer bonding, independence, and cultural exposure, can also be associated with challenges such as overcrowding, poor sanitation, lack of privacy, peer pressure, and inadequate facilities, (Okonkwo, 2019). These conditions can be stressors creating psychological strain, thereby impacting students' behavioural and academic exhibitions.

Studies globally have shown that hostel living conditions influences students but positively and negatively. Studies in Nepal have shown that students living in hostels often face considerable mental health challenges, including elevated rates of depression, anxiety, and stress, largely linked to homesickness and hostel regulations (Shakya et al., 2017). largely due to homesickness, strict rules, and peer-related disturbances, (Shakya et al., 2018). Likewise Batool-Niazi et al, found that first-year nursing students living in hostels in Pakistan reported significantly higher levels of loneliness and psychological distress compared to their senior, however the effects reduced as students became accustomed to the hostel environment. On the other hand, some studies have reported positive results such as improved responsibilities management, improved confidence, better environment adaptation skills, concluding that hostel life has both it risks and rewards.

In Nigeria, hostel facilities often face challenges of overcrowding, poor sanitation, poor infrastructure, inadequate maintenance among other challenges have proved to be a catalyst for stress, health issues and behavioural issues among residents, (Omonijo et al., 2013; Akinyemi & Iruonagbe, 2018). At the University of Benin UNIBEN, the demand for hostel accommodation drastically exceeds the supply, resulting in competition for limited space, to combat this overcrowding and congestion of spaces was birthed. Students from different social, cultural, economic and mental backgrounds are brought together under one roof, and this accommodation arrangement can have complex and lasting effects on their behaviour and psychology. While some students may thrive in this environment by developing resilience, leadership, and social networks, others may struggle with stress, peer influence, and declining motivation. (Okonkwo, 2019).

In spite of the cruciality of hostel accommodation in shaping the experience of students, there is limited systematic research on the effect of hostel life both behaviourally and psychology within the Nigerian university context, particularly UNIBEN. Available studies center around physical housing conditions, overcrowding, or academic performance, without deeply studying the behavioural and psychological dimensions, (Omonijo et al., 2013). This research gap highlights the need for an in-depth study that examines how hostel accommodation shapes the behavioral patterns, psychological well-being, and academic outcomes of students in UNIBEN.

This research is therefore designed to explore the **Behavioral and Psychological effects of hostel accommodation on UNIBEN students**, with the goal of providing insights that can guide university administrators, policymakers, and hostel managers in creating a healthier and more supportive living environment.

## **1.2 STATEMENT OF THE PROBLEM**

Shelter is a central part for human survival, university student, particularly in Nigeria tend to seek accommodation on campus as it presents so advantages. In the University of Benin, hostel accommodation is often characterized by overcrowding, inadequate facilities, poor sanitation, and irregular access to electricity and water. These conditions have the potential to influence students' behaviour, academic performance, and psychological well-being.

Although hostels provide a supportive environment that fosters learning, independence and social interaction, the reality varies among students. Reports from students indicate experiences of stress, depression, sleep deprivation, inferiority complex, bullying, conflict

among roommates and difficulty maintaining concentration due to noise and congestion. Such conditions may not only affect their mental health but can also influence academic outcomes, social relationships, and general quality of life.

Previous studies have examined housing and student performance in universities, little attention has been given to the specific behavioural and psychological effects of hostel accommodation in Nigeria, particularly in UNIBEN. This creates a gap in knowledge, as there is limited verifiable evidence on how the hostel environment influences the attitudes, emotions, and coping mechanisms of students.

Therefore, the problem this study seeks to address is the lack of sufficient research on **The Behavioural and Psychological Effects of Hostel Accommodation on University of Benin Students**. Understanding this relationship is crucial for developing policies and interventions that will improve hostel conditions and enhance student well-being and academic success.

### **1.3 AIM AND OBJECTIVES OF THE STUDY**

#### **1.3.1 AIM OF STUDY**

This study aims to investigate the **Behavioural and Psychological Effects of hostel Accommodation on University of Benin Students**, with a view to understanding how hostel living conditions influence student well-being and academic outcomes.

#### **1.3.2 OBJECTIVES OF THE STUDY**

The specific objectives of the study are to:

- I. Examine the behavioural effects of hostel accommodation on UNIBEN students.
- II. Analyze the psychological effects of hostel accommodation on UNIBEN students.
- III. Propose strategies for improving hostel conditions to promote student well-being and academic performance.

### **1.4 RESEARCH QUESTIONS**

This study seeks to answer the following questions:

- I. What are the behavioural effects of hostel accommodation on UNIBEN students?
- II. What are the psychological effects of hostel accommodation on UNIBEN students?

- III. What strategies can be implemented to improve hostel conditions for better student well-being and academic performance?

## **1.5 SIGNIFICANCE OF THE STUDY**

This study is significant because it addresses an important aspect of student life in Nigerian universities; hostel accommodation, and its impact on behaviour, psychological well-being, and academic performance. The findings will be useful in the following ways:

- I. For Students- The study addresses how accommodation conditions influence them either positively or negatively in different aspects such as their behaviour, quality of mentality, and academic performance. This creates awareness and may assist students adopt better coping methods and advocate for improved living standards.
- II. For University Management- The study provides valuable and necessary insights into the challenges student face in the hostels and assist management in formulation of policies and interventions aimed at improving hostel facilities and student welfare.
- III. For Policy Makers and government- The results presented from the study will inform education policy, particularly in the aspect of student housing and campus infrastructure, thereby contributing to the development of strategies that enhance learning environments.
- IV. For Future Researchers: The study will serve as a reference material for other researchers who may seek to explore related topics, thereby contributing to the existing body of knowledge on student housing, behaviour, and psychological well-being in higher institutions.

## **1.6 SCOPE AND DELIMITATIONS OF THE STUDY**

### **1.6.1 Scope**

This research focuses on the **Behavioural and Psychological Effects of Hostel Accommodation on University of Benin Students**. It will cover undergraduate students residing in the university hostels. The study will examine the living conditions of the hostels, and how these conditions influence the behaviour, psychological well-being, and academic performance of students. Data will be collected through questionnaires and interviews administered to students currently residing in the hostels.

### **1.6.2 Delimitation**

The study is delimited to:

- I. Students who are currently residing in UNIBEN hostels, excluding the experiences of students living off campus
- II. Behavioural and psychological effects, excluding detailed analysis of other possible effects such as economic or social impacts.
- III. The University of Benin only; findings are not be generalized to other universities in Nigeria or globally without caution.

### **1.7 LIMITATIONS OF THE STUDY**

Although this study aims to be as comprehensive as possible, certain limitations are acknowledged:

- I. Time Constraint: The limited duration of the academic session may restrict the depth of data collection and analysis.
- II. Financial Constraint: Insufficient financial resources may limit the ability to reach a larger number of respondents or adopt more advanced research tools.
- III. Response Accuracy- The study relies on self-reported data from questionnaires and interviews based on different students experiences, therefore the possibility of exaggeration, biasness, filtered answers by respondents exists.
- IV. Generalization of Findings: The study is restricted to on campus hostel residents of the University of Benin; therefore, the findings may not be generalized to students living off-campus or to those in other universities without precaution.
- V. Despite these limitations, this research will adopt appropriate methods to ensure the reliability and validity of the study, thereby making the findings useful and relevant.

### **1.8 OPERATIONAL DEFINITION OF TERMS**

- I. Hostel Accommodation: The residential facilities provided by the University of Benin for students within the campus. It includes dormitory buildings, shared rooms, sanitation facilities, electricity, and other basic amenities provided to students.
- II. Behavioural Effect: The observable influence of hostel life on students' attitudes, habits, discipline, interpersonal relationships, and patterns of social interaction.

- III. Psychological Effect: The impact of hostel living conditions on students' mental and emotional state, such as stress levels, anxiety, coping strategies, academic motivation, and overall psychological well-being.
- IV. Well-being: A state of mental, emotional, and social stability that contributes to students' ability to adapt, learn, and thrive in their academic environment.
- V. Students: A person enrolled in a school or other educational institution, or more generally, a person who takes a special interest in a subject.
- VI. For this study, the term refers specifically to undergraduate students of the University of Benin who are currently residing in the university's hostels.
- VII. Academic Performance: The measurable outcomes of students' learning process, usually reflected in their grades, class participation, and ability to meet academic demands, which may be influenced by their living conditions.
- VIII. University of Benin (UNIBEN): A federal government-owned tertiary institution located in Benin City, Edo State, Nigeria. It serves as the study location and case study for this research.
- IX. Accommodation Condition: The overall state of hostel facilities, including availability of space, sanitation, security, electricity, water supply, and the level of comfort provided to students.

## **CHAPTER TWO: LITERATURE REVIEW**

### **2.1 INTRODUCTION**

The importance of accommodation in higher education cannot be overstated as it is a basic human necessity. Students' accommodation conditions are more than shelter and a place for resting, it is a major element that affects one's quality of life, from their behaviour to psychology to academic and sometimes financial state.

A literal piece of research affirms that the type, quality, and management of student housing directly influence social integration, emotional well-being, and cognitive outcomes (Owusu & Essel, 2017). Nationally, hostel accommodation is especially significant due to the socioeconomic realities of most undergraduates, where private off-campus options are unaffordable and institution-provided hostels become the default choice (Olatunji & Olujide, 2021).

This chapter reviews relevant scholarship to build a foundation for this study. The review is structured into conceptual clarifications, theoretical frameworks, and verifiable evidence drawn from international, African, and Nigerian contexts, with particular attention to the University of Benin (UNIBEN). The review also identifies key gaps that the current research aims to address.

### **2.2 CONCEPTUAL REVIEW**

#### **2.2.1 Hostel Accommodation: Meaning and Purpose**

Hostel accommodation is commonly defined as institutionally provided student housing within or near university campuses. Beyond serving as residential quarters, hostels represent a socio-cultural and psychological environment that influences daily life (Arslantas et al., 2017). Hostels are designed to provide affordable, safe, and accessible housing for students, thereby facilitating concentration on academic tasks. In Nigeria, they are critical in reducing the burden of commuting, ensuring security within campus environments, and promoting peer-to-peer support (Adebisi & Akinlolu, 2018).

Globally, hostels are recognized as learning communities rather than just physical spaces. Li and Wong (2020) describe student hostels in Hong Kong as "developmental spaces" where learners acquire life skills, cultivate multicultural competence, and engage in collective problem-solving. Hostels thus serve both utilitarian and developmental purposes.

### **2.2.2 Behavioural Outcomes of Hostel Living**

The behavioural effect of the quality of hostel accommodation manifest both positively and negatively. Positively, hostels encourage socialization, teamwork, and leadership development. Students often become more independent, adaptable, and cooperative (Eze & Nwokolo, 2019). Many hostel residents also acquire conflict management skills, as living in close quarters necessitates tolerance and compromise.

Conversely, peer influence in hostels can promote deviant behaviours. Research shows that students in hostels are more susceptible to cultism, substance abuse, noise-making, and absenteeism compared to off-campus counterparts (Ugwu & Ogbu, 2020). Overcrowded hostels also foster aggression and indiscipline, creating behavioural problems that spill over into academic and social life (Olatunji & Olujide, 2021).

### **2.2.3 Psychological Outcomes of Hostel Living**

Psychological outcomes of hostel life include resilience, coping strategies, and improved social confidence. Fawole and Adeyemo (2018) found that hostel students in Nigeria reported higher adaptability to stress compared to commuters, primarily due to stronger peer networks. Hostels provide emotional support systems that mitigate homesickness.

However, psychological stress is one of the most reported effects of hostel life. Poor living conditions such as overcrowding, noise, and lack of privacy increase anxiety and depression (Thawabieh & Qaisy, 2021). A study at UNILAG found that 72% of hostel students experienced higher stress levels than their off-campus peers (Obioha & Ojo, 2020). Similarly, Onuoha (2019) found that hostel congestion contributed to emotional exhaustion and academic burnout among undergraduates in southeastern Nigeria.

### **2.2.4 Hostels as Micro-Societies**

University hostels can be seen as small-scale societies, where students acquire social norms, values, and informal leadership skills through daily interactions and shared experiences (Owusu & Essel, 2017). Cultural, social, and economic diversity within hostels expose students to different worldviews. At UNN, Ugwu and Ogbu (2020) found that first-year students learned both academic habits and deviant behaviours by imitating senior residents.

## **2.3 THEORETICAL FRAMEWORK**

### **2.3.1 Maslow's Hierarchy of Needs**

Maslow's hierarchy of needs theory explains that individuals are motivated by a progression of needs beginning with physiological requirements and moving toward self-actualization (Maslow, 1943). Within the context of hostel accommodation, adequate shelter, security, belongingness, esteem, and opportunities for academic growth are essential. When these needs are not sufficiently met due to poor hostel conditions, students may experience frustration, reduced motivation, and maladjustment (Adegbite, 2018).

### **2.3.2 Social Learning Theory**

Social Learning Theory proposes that individuals acquire behaviours through observation, imitation, and reinforcement (Bandura, 1977). In hostel environments, students are continuously exposed to peer behaviours that may influence their conduct. Ugwu and Ogbu (2020) found that peer modelling significantly predicted substance use among hostel residents at the University of Nigeria, Nsukka.

### **2.3.3 Ecological Systems Theory**

Bronfenbrenner's Ecological Systems Theory emphasizes that human development occurs within multiple interacting environmental systems (Bronfenbrenner, 1979). Hostel accommodation forms part of the students' immediate microsystem, influencing daily interactions, stress levels, and behavioural development (Dawodu, 2019).

### **2.3.4 Person-Environment Fit Theory**

Stress levels among hostel students depend on the congruence between expectations and living conditions. Ibrahim and Lawal (2021) found that misalignment, such as expecting privacy but experiencing overcrowding, was a predictor of dissatisfaction and psychological distress.

### **2.3.5 Stress and Coping Theory**

The Stress and Coping framework developed by Lazarus and Folkman (1984) explains stress as a process that occurs when individuals perceive environmental demands as exceeding their coping resources. Within hostel settings, stressors such as overcrowding, noise, and limited privacy may trigger psychological strain. Coping responses may include seeking social support or engaging in maladaptive behaviours (Ndom & Maphosa, 2018).

## 2.4 EMPIRICAL REVIEW

### 2.4.1 International Studies

- I. In **Nepal**, Shakya et al. (2017) reported that 67.2% of hostel students experienced depression, 84.6% anxiety, and 69.2% stress due to homesickness, strict rules, and peer disturbances.
- II. In **India**, Singh and Kumar (2018) found that hostel residents displayed greater independence but also higher academic stress compared to day scholars.
- III. In **Hong Kong**, Li and Wong (2020) showed that hostel living improved cross-cultural competencies, enhancing employability and global outlook.
- IV. In the **United States**, a study by Brown and Rhoades (2019) highlighted that campus housing promoted retention, but students in poorly maintained dorms reported greater academic distraction.

**Case Study (Nepal):** Hostel students at Tribhuvan University reported significantly higher stress levels than commuters, with many attributing mental health challenges to restrictive hostel environments.

### 2.4.2 African Studies

- I. **Ghana:** Owusu and Essel (2017) revealed that hostel accommodation promoted peer learning but overcrowding diminished productivity.
- II. **South Africa:** Ndom and Maphosa (2018) found that while hostel students developed resilience, they were also exposed to significant psychological strain due to infrastructural inadequacies.
- III. **Ethiopia:** Gebrehiwot (2019) noted gender disparities, with female hostel students reporting higher stress due to safety concerns.
- IV. **Kenya:** Mwangi (2020) showed that hostel congestion and poor sanitation increased exam-related stress at the University of Nairobi.

**Case Study (KNUST, Ghana):** Students reported that overcrowded hostels forced them to study in lecture halls at night, negatively affecting rest and academic performance.

### 2.4.3 Nigerian Studies

- I. **University of Ibadan:** Adebisi and Akinlolu (2018) found that hostel residents engaged more in group studies but also reported higher peer pressure.
- II. **University of Nigeria, Nsukka (UNN):** Ugwu and Ogbu (2020) showed that peer modelling in hostels significantly influenced substance use.
- III. **University of Lagos (UNILAG):** Obioha and Ojo (2020) reported that 72% of hostel residents experienced stress from overcrowding and poor sanitation.
- IV. **University of Benin (UNIBEN):** Anecdotal reports indicate severe competition for limited hostel spaces, leading to congestion and student dissatisfaction. However, systematic research remains limited.

**Case Study (UNIBEN):** Students describe hostels as “war zones” during allocation periods, with overcrowding leading to shared spaces far beyond capacity. Despite this, hostels remain attractive due to proximity and affordability.

## 2.5 SYNTHESIS OF LITERATURE

### Positive Effects:

- I. Peer learning and collaboration (Owusu & Essel, 2017).
- II. Development of independence and resilience (Fawole & Adeyemo, 2018).
- III. Enhanced cultural competence (Li & Wong, 2020).

### Negative Effects:

- I. Stress, anxiety, and depression (Shakya et al., 2017; Obioha & Ojo, 2020).
- II. Peer-induced deviant behaviours (Ugwu & Ogbu, 2020).
- III. Overcrowding and poor facilities (Mwangi, 2020).

Positive Outcomes	Negative Outcomes	Sources
Resilience, independence	Stress, anxiety, depression	Shakya et al. (2017); Obioha & Ojo (2020)
Peer learning, collaboration	Peer pressure, substance use	Owusu & Essel (2017); Ugwu & Ogbu (2020)
Cultural competence	Overcrowding, poor sanitation	Li & Wong (2020); Mwangi (2020)

## **2.6 CURRENT PRACTICES IN HOSTEL ACCOMMODATION**

Globally and nationally, universities are adopting modern practices to enhance student housing quality. These include:

### **2.6.1. Facility Maintenance Systems**

Many universities now implement:

- I. Scheduled maintenance plans
- II. Rapid-response repair teams
- III. Digital reporting platforms
- IV. Preventive maintenance on electrical and water systems

### **2.6.2. Health, Safety, and Sanitation Programs**

Current best practices include:

- I. Regular fumigation
- II. Waste segregation
- III. CCTV monitoring
- IV. Controlled building access
- V. Gender-separated living arrangements.

### **2.6.3. Student-Centered Services**

These include:

- I. Counselling rooms
- II. Peer mentorship programs
- III. In-hostel orientation sessions
- IV. Wardenship support systems

### **2.6.4. Environmental and Energy Sustainability**

Leading institutions now adopt:

- I. Energy-efficient bulbs
- II. Natural ventilation systems

- III. Solar lighting
- IV. Rainwater harvesting

Nigeria is gradually integrating these models, though implementation remains inconsistent.

## **2.7 FUTURE DIRECTIONS IN HOSTEL DEVELOPMENT AND RESEARCH**

### **2.7.1. Smart and Automated Hostels**

Future hostels should include:

- I. Automated lighting,
- II. IoT-based ventilation controls,
- III. Smart access cards
- IV. Energy-saving infrastructure

### **2.7.2. Mental Health-Oriented Design**

Architectural innovations now emphasize:

- I. Stress-reducing designs
- II. Green spaces
- III. Quiet study zones
- IV. Relaxation lounges

### **2.7.3. Sustainable and Eco-Friendly Hostels**

Climate-conscious designs include:

- I. Natural cooling strategies
- II. Solar power
- III. Green roofs
- IV. Recyclable materials

#### **2.7.4. Inclusive Research Approaches**

Emerging research priorities include:

- I. Long-term studies on student mental health
- II. Gender-specific hostel experiences
- III. Cultural determinants of hostel behaviour
- IV. Comparative studies across regions

### **2.8 RESEARCH GAPS**

Based on the literature reviewed, several gaps are evident:

#### **2.8.1. Limited Focus on Nigerian Public Universities**

Few studies examine how hostel accommodation affects behavioural and psychological outcomes in Nigerian federal universities.

#### **2.8.2. Scarcity of UNIBEN-Specific Literature**

Despite infrastructural challenges and large student population, UNIBEN is largely underrepresented in hostel-related research.

#### **2.8.3. Little Integration of Behavioural and Psychological Variables**

Existing research tends to examine behaviour or psychology separately.

#### **2.8.4. Lack of Environmental and Architectural Consideration**

Past studies rarely analyze how ventilation, lighting, headroom, room size, and sanitation influence mental health and behaviour.

#### **2.8.5. Minimal Student-Centred Qualitative Evidence**

Students' lived experiences are underutilized in existing studies.

### **2.8.6. Limited Comparative Research**

There is a lack of comparison between older hostels (Hall 1–3) and modern hostels (Daisy Danjuma), particularly regarding environmental comfort.

The present study fills these gaps by combining survey data, interview responses, and case study analysis specifically focused on UNIBEN hostels.

## **2.9 CONCLUSION**

This chapter reviewed the conceptual, theoretical, empirical, and contemporary perspectives on hostel accommodation and its behavioural and psychological effects on student life. The review demonstrates that hostel environments significantly influence student development, social behaviour, mental health, and academic outcomes. While international studies are abundant, Nigerian and especially UNIBEN-specific research remain limited. This chapter identifies significant gaps and establishes a strong foundation for the present study.

## **CHAPTER THREE: RESEARCH METHODOLOGY**

### **3.1 INTRODUCTION**

This chapter describes the methods and procedures adopted in carrying out the study. It explains the research design, population of the study, sample size and sampling technique, research instrument, procedure for data collection, method of data analysis, and ethical considerations. These methodological choices are anchored in established research practice and supported by related studies reviewed in Chapter Two.

### **3.2 RESEARCH DESIGN**

The study employed a descriptive survey design. According to Creswell (2018), a survey design is suitable when the goal of research is to obtain information from a population by collecting data through questionnaires or interviews and then describing trends, attitudes, or opinions. This design was considered appropriate because the study seeks to investigate the behavioural and psychological effects of hostel accommodation on the University of Benin students.

A survey approach is particularly effective in behavioural and psychological studies, as it allows researchers to capture the self-reported experiences of large groups of individuals within a relatively short period of time (Saunders, Lewis, & Thornhill, 2019). Similar to the works of Batool-Niazi et al. (2019) and Okonkwo (2019), who relied on surveys to examine hostel living conditions and their implications for student well-being, this study adopts the same strategy to generate reliable insights from respondents.

### **3.3 POPULATION OF THE STUDY**

The target population of this research comprised all students residing in hostels within the University of Benin. This includes male and female undergraduates living in the different halls of residence managed by the university. As noted in Chapter Two, hostel accommodation in Nigerian universities often brings together students from diverse cultural, social, and economic backgrounds, making it a crucial setting for studying behavioural and psychological outcomes (Okonkwo, 2019).

The total hostel population at UNIBEN runs into several thousands, but it was not feasible to study the entire group. Therefore, a representative sample was drawn from this population to ensure generalizability of findings.

### **3.4 SAMPLE AND SAMPLING TECHNIQUE**

A sample size, minimum of 100 students was selected for this study. The decision on sample size was guided by Yamane's formula (1967, cited in Kothari, 2016), which provides a simplified approach for determining an adequate sample in survey research.

The sampling technique adopted was stratified random sampling. The hostel population was stratified based on gender (male and female hostels) and hostel type (old hostels vs. newly built hostels). Within each stratum, respondents were selected randomly. This approach was considered appropriate because it ensured that students from different residential contexts were proportionately represented. This aligns with recommendations by Saunders et al. (2019) that stratified random sampling enhances representativeness.

### **3.5 RESEARCH INSTRUMENT**

The main instrument for data collection was a structured questionnaire. The questionnaire was divided into four sections:

- Section A: Demographic characteristics of respondents (age, gender, faculty, level of study).
- Section B: Behavioural effects (e.g., study habits, peer relationships, discipline, social interaction).
- Section C: Psychological effects (e.g., stress, anxiety, motivation, sense of belonging, emotional well-being).
- Section D- Strategies for improvement
- Section E- Open ended question.

This structure mirrors instruments used in earlier hostel-related studies, such as Batool-Niazi et al. (2019), which assessed stress and loneliness among hostel students, and Shrestha (2020), who evaluated living conditions and their psychological implications in Nepalese universities.

### **3.6 VALIDITY AND RELIABILITY OF INSTRUMENT**

To ensure the validity of the instrument, the questionnaire was carefully developed based on insights gathered from the literature reviewed in Chapter Two and aligned with the study's objectives. The items were designed to comprehensively cover the major variables of interest; hostel accommodation conditions, behavioural effects, and psychological outcomes, ensuring that the instrument measured exactly what it was intended to measure.

To confirm reliability, the questionnaire was tested with a small group of hostel students who were not part of the main study. Their responses helped to identify unclear or misleading

questions, which were then corrected before the final version was distributed. This process ensured that the instrument was clear, consistent, and dependable for collecting accurate data

### **3.7 METHOD OF DATA COLLECTION**

The questionnaire was designed and distributed using an online survey platform to make it easy for students to access and complete using their mobile phones or other devices. The link to the form was shared through student group chats, hostel networks, and other online platforms where UNIBEN students are active.

Participants were informed about the purpose of the study and assured that their responses would remain confidential and used strictly for academic purposes. The use of an online format made it possible to gather responses efficiently from students across different hostels without the need for physical contact or printed materials.

### **3.8 METHOD OF DATA ANALYSIS**

This section of Chapter Three describes in detail how the collected data were treated and analyzed. The method of analysis was determined by the research questions guiding the study. Each question influenced how the data were collected, organized, and interpreted.

After gathering the completed questionnaires, all responses were carefully coded and entered into Microsoft Excel for analysis. The data were analyzed using both descriptive and simple comparative methods to answer the research questions. Descriptive statistics such as frequency counts, percentages, and mean scores were used to summarize the data and present an overall picture of students' behavioural and psychological responses to hostel accommodation.

The analysis process was guided by the following research questions:

- **Research Question One:** *What are the behavioural effects of hostel accommodation on UNIBEN students?*

Responses to this question were analyzed using descriptive statistics such as frequency and percentage distribution to show common behavioural patterns and habits among students living in hostels.

- **Research Question Two:** *What are the psychological effects of hostel accommodation on UNIBEN students?*

Data for this question were analyzed using descriptive and comparative methods to

identify psychological conditions such as stress, anxiety, or adaptation challenges. Differences between groups (e.g., male and female students, or different hostel types) were compared using simple percentage and mean analysis.

- **Research Question Three:** *What strategies can be implemented to improve hostel conditions for better student well-being and academic performance?*

Responses to this question, especially the open-ended ones, were reviewed and grouped into categories. Common suggestions and themes were summarized and presented to highlight students' opinions on improving hostel living conditions.

The use of both quantitative and qualitative analysis helped to provide a broad understanding of the behavioural and psychological effects of hostel accommodation on students. This analytical approach is in line with previous studies by Shrestha (2020) and Batool-Niazi et al. (2019), who also combined descriptive and comparative methods in examining similar issues.

### **3.9 ETHICAL CONSIDERATION**

The researcher adhered to established ethical principles in conducting this study. Informed consent was obtained from all participants, who were assured of the confidentiality and anonymity of their responses. Participation was voluntary, and respondents were free to decline participation or withdraw at any stage without penalty. The study also avoided sensitive questions that could cause discomfort.

These measures align with ethical guidelines for research involving human participants (Resnik, 2018) and reflect best practices in psychological and behavioural research.

## **CHAPTER FOUR : DATA ANALYSIS**

### **4.1 OVERVIEW**

This chapter presents the analysis and interpretation of the data collected for the study titled “The Behavioural and Psychological Effects of Hostel Accommodation on UNIBEN Students.” The data were obtained from students residing in multiple hostels across the University of Benin, covering both male and female hostels and including both older halls and more recently constructed facilities. While the study draws on responses from a broad range of hostels, Hall of residence (Hall 1,2 and 3) and Daisy Danjuma Hostel are discussed in greater detail later in the chapter as representative examples to illustrate certain behavioural and psychological patterns.

The analysis in this chapter is guided by the research questions stated in Chapter One. Restating them here provides clarity and direction for the interpretation of findings:

- I. What are the behavioural effects of hostel accommodation on UNIBEN students?
- II. What are the psychological effects of hostel accommodation on UNIBEN students?
- III. What strategies can be implemented to improve hostel conditions for better student well-being and academic performance?

### **4.2 QUANTITATIVE DATA ANALYSIS**

#### **4.2.1 Survey Findings**

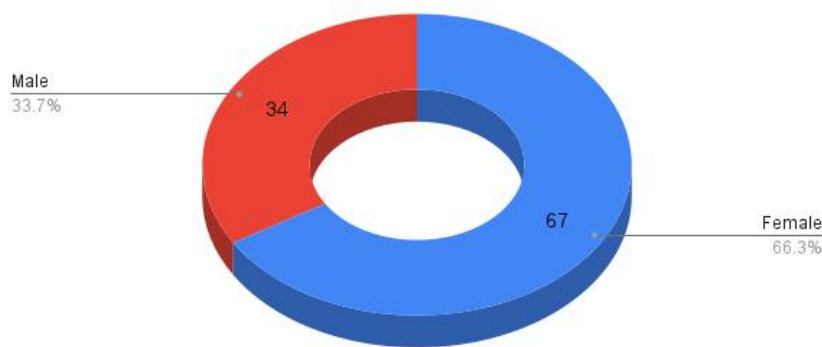
This section will present the findings of the survey conducted as part of the research on “The Behavioural and Psychological Effects of Hostel Accommodation on UNIBEN Students”. The survey data provides insights into respondents' perceptions and behaviors regarding the behavioural and psychological effects of their hostel accommodation . The survey had 101 respondents . The representation of survey results for each question is detailed in the following sections

The section begins with a presentation of demographic characteristics of respondents, including gender, age range, level of study, and the specific hostels where students reside. This demographic profile is important, as differences in hostel types or student backgrounds may influence behavioural patterns and psychological experiences.

Following the demographic section, the next section provides a detailed analysis of the behavioural effects of hostel living, highlighting how environmental conditions, population density, noise levels, facilities, and social interactions influence students' daily routines, study patterns, social behaviour, and lifestyle habits. These findings help reveal the behavioural adjustments students make in response to their living conditions.

The chapter then examines the psychological effects of hostel accommodation, focusing on issues such as stress, anxiety, comfort, perceived safety, emotional stability, and sleep quality. Comparisons are made across different hostels to identify recurring psychological challenges and variations that occur between older halls, newer accommodations, and differently managed hostel environments.

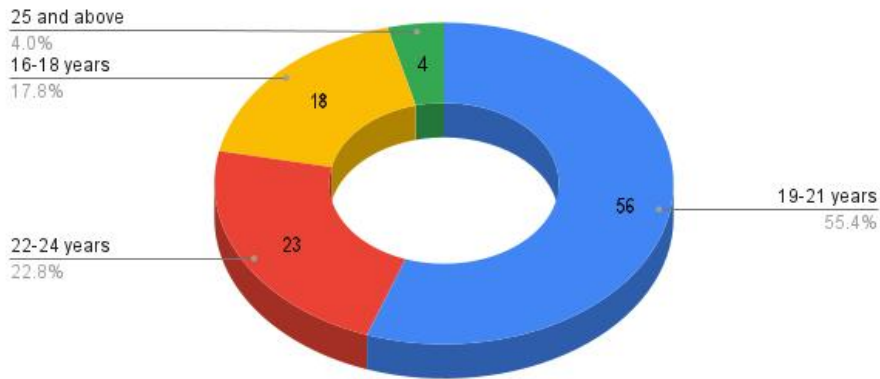
Gender



#### 4.2.1.1. Gender Distribution

The survey revealed that **66.3% of respondents were female**, while **33.7% were male**. This indicates a higher participation of female students, which may reflect hostel occupancy patterns and could influence the behavioural and psychological trends observed in the study. The University of Benin allocated more of its hostel accommodation to female students for reasons such as; security, parental concerns for young girls, and community bonding.

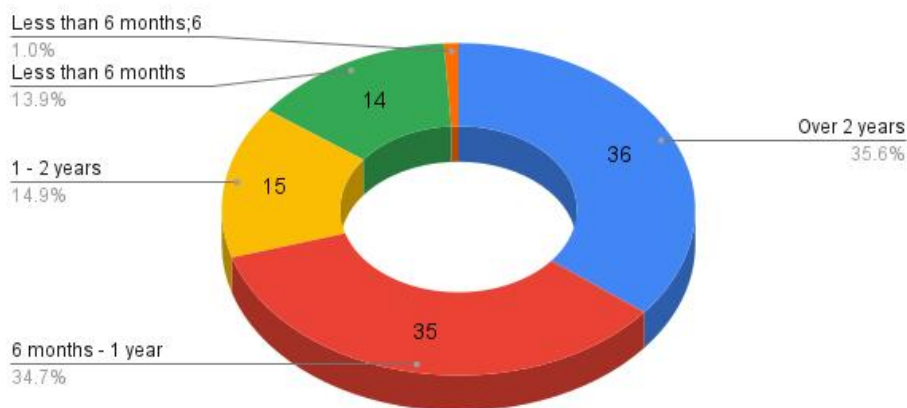
### Age Range



#### 4.2.1.2 Age Distribution

The results show that **55.4% of respondents were aged 19–21**, which reflects the typical age bracket of most undergraduate hostel residents. Students aged **22–24** made up **22.8%**, while **17.8%** were between **16–18**, representing mostly freshmen. Only **4%** were **25 and above**. This distribution indicates that most hostel occupants are young adults in a stage of high social interaction and psychological adjustment, making their living environment especially influential.

### Duration of Stay in Hostel

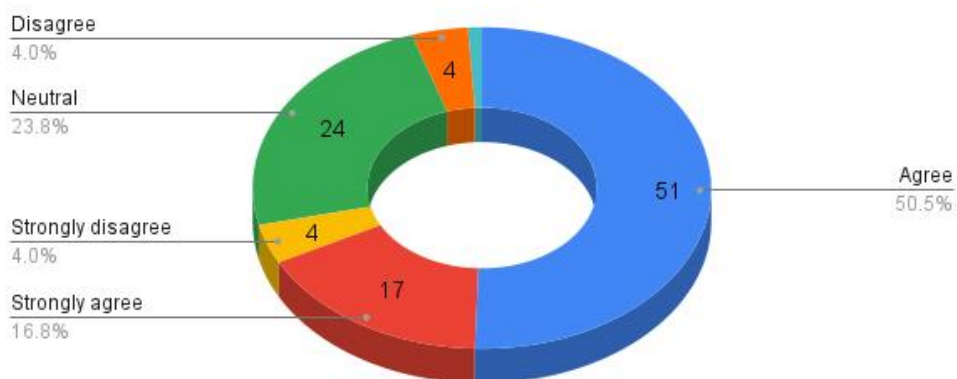


#### 4.2.1.3 Hostel Stay Duration

The survey indicates that **35.6% of respondents had stayed in their hostels for 6 months to 1 year**, while an equal proportion (**35.6%**) had stayed for over 2 years. Those with less than 6

months and 1–2 years of stay accounted for **14.9%** each. This distribution suggests a mix of both new and long-term residents, which may influence their adaptation, social interactions, and psychological experiences within the hostel environment. Results suggest newer residents face challenges during their early stay such as; adaptation problems, homesickness, bullying and intimidation from residents with longer stay history.

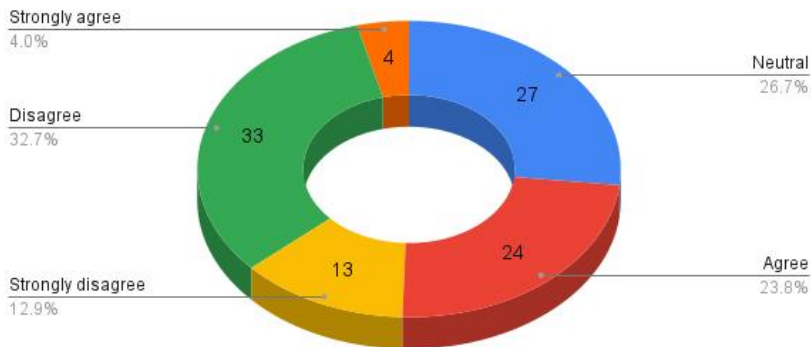
Hostel life has improved my social interaction with other students.



#### 4.2.1.4 Social Interaction

The results show that hostel life positively influences social interaction. **50.5% of respondents agreed** and **16.8% strongly agreed** that living in the hostel improved their social interaction with other students. Neutral responses accounted for **23.8%**, while **4% disagreed** and **4% strongly disagreed**. This suggests that hostel living fosters social engagement and peer networking, contributing to the social development of students. While some student thrive in a the hostel environment that is known to be noisy, crowded and lacks privacy other student respond to these conditions negatively, such as isolating themselves and avoiding the hostels.

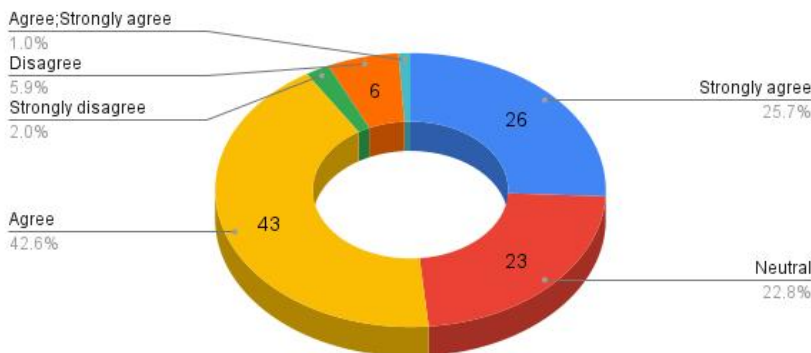
I often find it difficult to concentrate on my studies in the hostel.



#### 4.2.1.5 Concentration on Studies

When asked about concentration on studies in the hostel, the responses were mixed. **32.7% disagreed** that it is difficult, while **23.8% agreed**, and **26.7% were neutral**. A smaller number strongly disagreed (**12.9%**) or strongly agreed (**4%**). This indicates that hostel environments may present some distractions, but the majority of students are able to manage their academic focus.

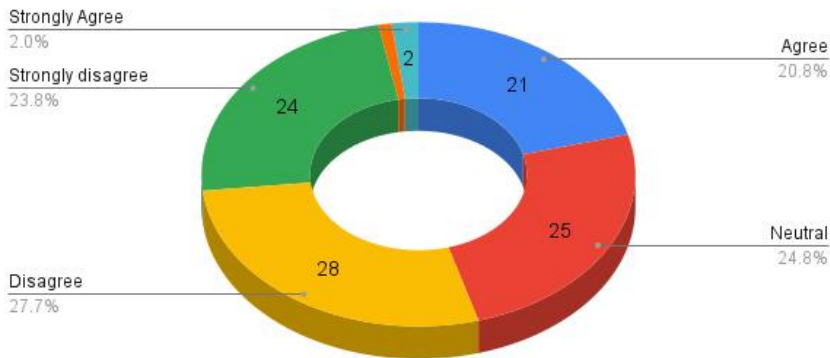
Living in the hostel has made me more independent and responsible.



#### 4.2.1.6 Independence and Responsibility

The survey indicates that a majority of respondents feel that hostel living has enhanced their independence and responsibility. **42.6% agreed** and **25.7% strongly agreed**, while **22.8% were neutral**. Only a small proportion disagreed (**5.9%**) or strongly disagreed (**2%**). This suggests that living in the hostel encourages students to take on personal responsibilities and develop autonomy.

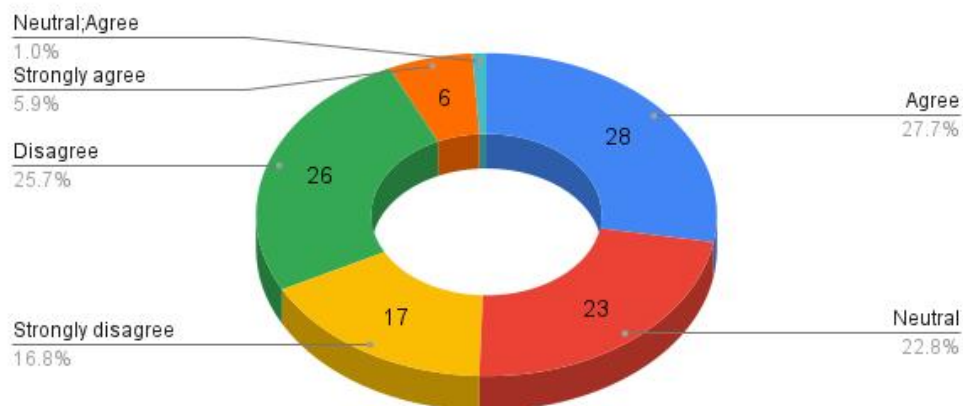
Peer influence in the hostel affects my behaviour.



#### 4.2.1.7 Peer Influence on Behaviour

The survey revealed that **27.7% disagreed** and **23.8% strongly disagreed** that peers influence their behaviour, while **23.8% agreed** and **3.0% strongly agreed**. **21.8% were neutral**. This indicates that peer influence affects some students, but many maintain independence in their behaviour.

I participate more in group or social activities because I live in the hostel.

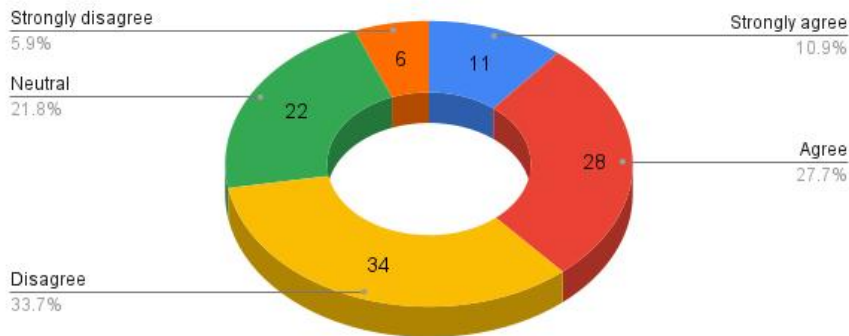


#### 4.2.1.8 Participation in Social Activities

The survey shows that **33.7% of respondents agreed** and **8.9% strongly agreed** that hostel living encourages them to participate more in group or social activities. Meanwhile, **25.7% disagreed** and **9.9% strongly disagreed**, and **21.8% were neutral**. These results suggest

that hostel life promotes social engagement for many students, although some maintain limited participation in group activities.

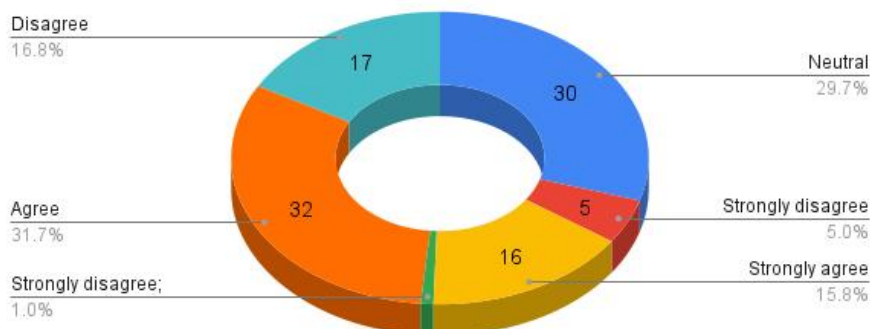
Noise and distractions in the hostel affect my academic performance.



#### 4.2.1.9 Effect of Noise and Distractions on Academic Performance

The survey shows that **33.7% of respondents agreed** and **13.9% strongly agreed** that noise and distractions in the hostel affect their academic performance. **23.8% disagreed** and **6.9% strongly disagreed**, while **21.8% were neutral**. This indicates that for many students, hostel noise and distractions have a noticeable impact on study focus, although a portion of students are able to manage or remain unaffected by these disturbances.

Hostel life has helped me to develop better time management skills.

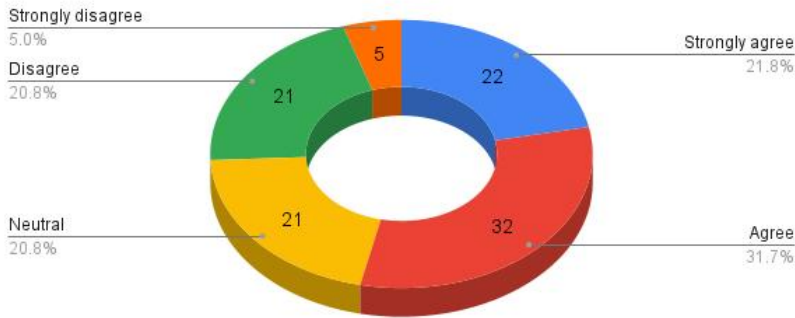


#### 4.2.1.10 Time Management Skills

The survey reveals that **32.7% of respondents agreed** and **22.8% strongly agreed** that hostel life has helped them develop better time management skills. **10.9% disagreed** and **5.9% strongly disagreed**, while **27.7% were neutral**. These findings suggest that hostel

living supports the development of time management for many students, although some remain unaffected or are uncertain about its impact.

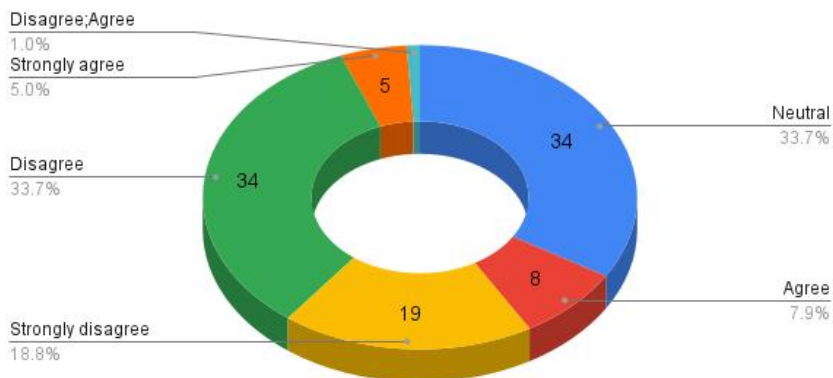
Living in the hostel sometimes makes me feel stressed or anxious.



#### 4.2.1.11 Stress and Anxiety

The survey shows that **36.6% of respondents agreed** and **26.7% strongly agreed** that living in the hostel sometimes makes them feel stressed or anxious. **14.9% disagreed** and **3.0% strongly disagreed**, while **18.8% were neutral**. This suggests that hostel living can be a significant source of stress and anxiety for many students, likely due to factors such as noise, overcrowding, and social pressures, though some students are less affected.

The hostel environment supports my mental well-being.

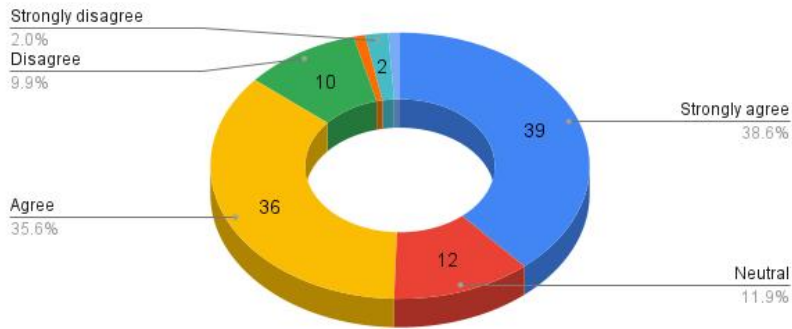


#### 4.2.1.12 Hostel Environment and Mental Well-Being

The survey reveals that **31.7% of respondents disagreed** and **23.8% strongly disagreed** that the hostel environment supports their mental well-being. Only **9.9% agreed** and **8.9% strongly agreed**, while **25.7% were neutral**. This indicates that many students perceive the hostel environment as unsupportive of mental health, highlighting challenges such as stress,

noise, overcrowding, or inadequate facilities, which may negatively impact their psychological well-being.

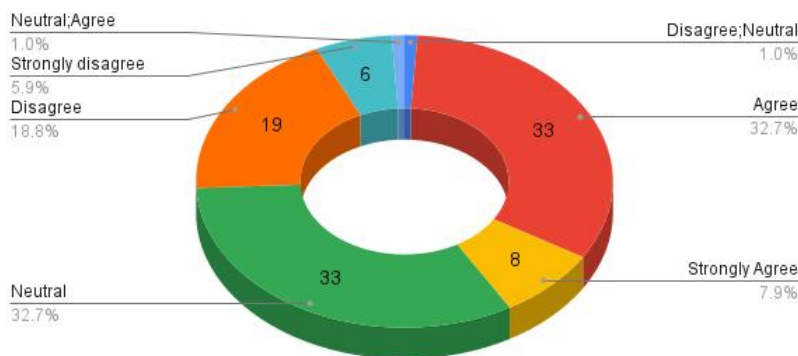
Overcrowding in the hostel affects my comfort and peace of mind.



#### 4.2.1.13 Overcrowding and Comfort

The survey shows that **51.5% of respondents strongly agreed** and **32.7% agreed** that overcrowding in the hostel affects their comfort and peace of mind. Only **3.0% disagreed** and **1.0% strongly disagreed**, while **11.9% were neutral**. This indicates that overcrowding is a major concern for most students, negatively impacting their comfort, personal space, and overall well-being in the hostel environment.

I find it easy to adapt to hostel life.

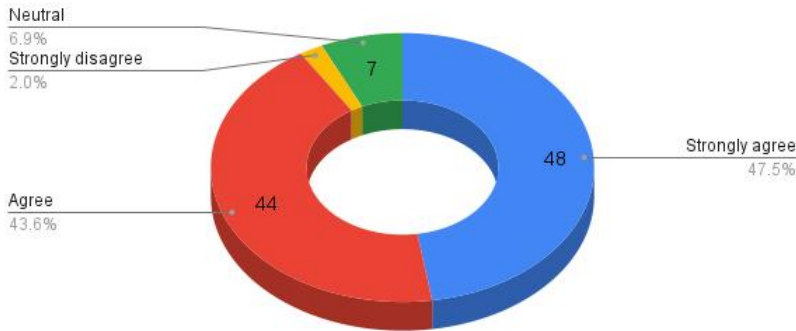


#### 4.2.1.13 Adaptation to Hostel Life

The survey indicates that **35.6% of respondents agreed** and **13.9% strongly agreed** that they find it easy to adapt to hostel life. **17.8% disagreed** and **2.0% strongly disagreed**, while **30.7% were neutral**. This suggests that while a majority of students adapt well to hostel

living, a significant proportion experiences challenges in adjusting, highlighting the varying degrees of adjustment among residents

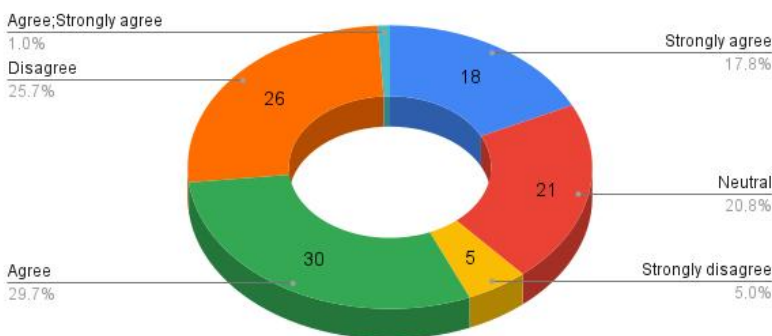
Poor hostel facilities (e.g., water, light, sanitation) affects my emotional state.



#### 4.2.1.14 Impact of Poor Hostel Facilities on Emotional State

The survey shows that **59.4% of respondents strongly agreed** and **33.7% agreed** that poor hostel facilities, such as inadequate water, lighting, and sanitation, negatively affect their emotional state. Only **1.0% disagreed**, and **5.9% were neutral**. These results indicate that most students perceive substandard hostel facilities as a major factor affecting their emotional well-being, highlighting the need for improved infrastructure and maintenance.

I often experience homesickness while living in the hostel.

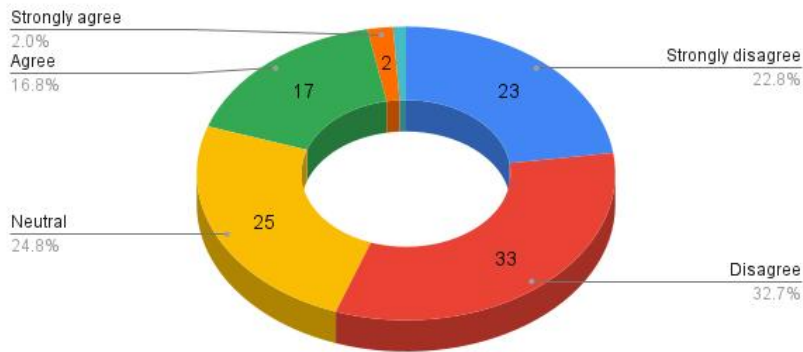


#### 4.2.1.15 Homesickness

The survey reveals that **33.7% of respondents agreed** and **21.8% strongly agreed** that they often experience homesickness while living in the hostel. **18.8% disagreed** and **3.0% strongly disagreed**, while **22.8% were neutral**. This suggests that hostel life can trigger feelings of homesickness for a significant number of students, especially those new to hostel

living or away from family support, though some students manage to adapt without emotional strain.

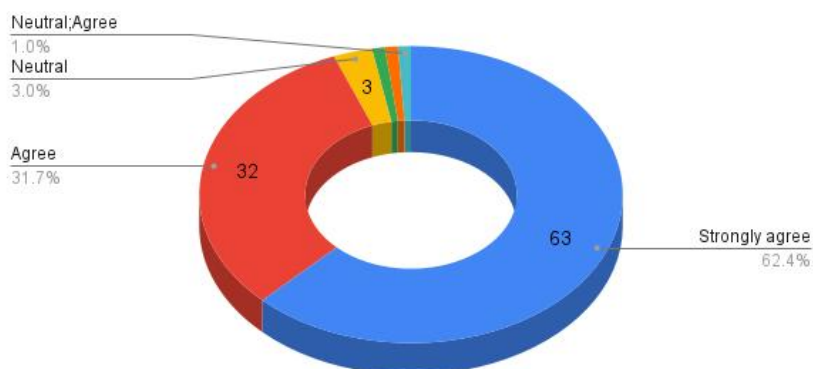
I am satisfied with the level of safety and privacy in the hostel.



#### 4.2.1.16 Safety and Privacy

The survey shows that **34.7% of respondents disagreed** and **24.8% strongly disagreed** that they are satisfied with the level of safety and privacy in the hostel. Only **11.9% agreed** and **5.0% strongly agreed**, while **23.8% were neutral**. This suggests that a majority of students perceive safety and privacy in the hostel as inadequate, highlighting the need for improved security measures and private spaces to enhance student comfort and well-being.

Improving hostel facilities will enhance students' well-being.

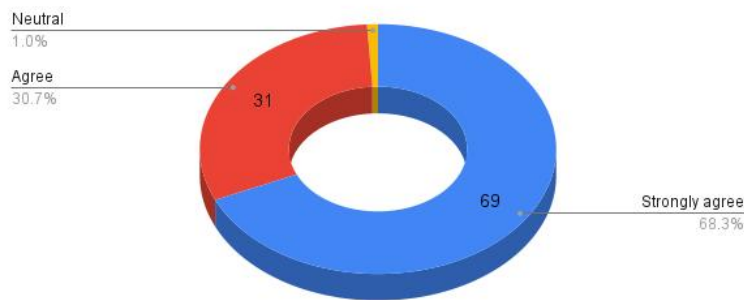


#### 4.2.1.17 Impact of Improving Hostel Facilities

The survey indicates that **71.3% of respondents strongly agreed** and **25.7% agreed** that improving hostel facilities would enhance students' well-being. Only **3.0% were neutral**, with no respondents expressing disagreement. This demonstrates a strong consensus among students that better facilities, such as improved water supply, lighting, sanitation, and comfort,

are crucial for supporting their physical and mental health, as well as their overall hostel experience.

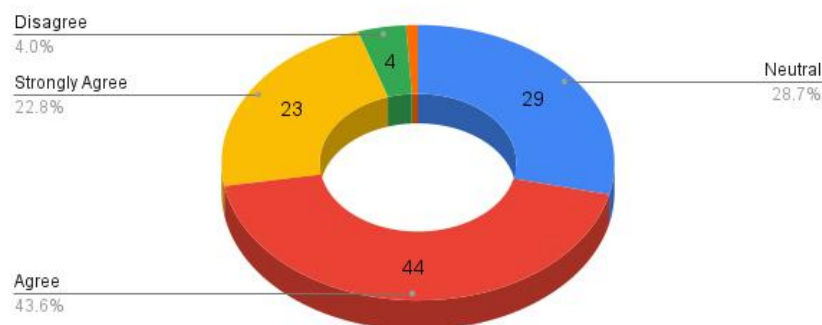
Regular maintenance of hostels will reduce stress among students.



#### 4.2.1.18 Effect of Regular Maintenance on Student Stress

The survey shows that **76.2% of respondents strongly agreed** and **22.8% agreed** that regular maintenance of hostel facilities can reduce stress among students. Only **1.0% were neutral**, with no respondents disagreeing. This indicates a strong perception that proactive maintenance; covering water supply, lighting, sanitation, and general upkeep, plays a critical role in promoting a less stressful and healthier living environment for students.

Guidance and counselling programs should be organized for hostel residents.

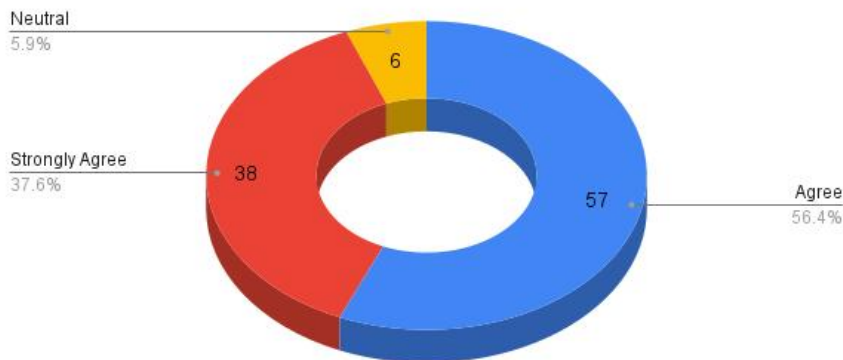


#### 4.2.1.19 Impact of Guidance and Counselling on Hostel Residents

The survey shows that **22.8% of respondents strongly agreed** and **43.6% agreed** that guidance and counselling programs should be organized for hostel residents. **28.7% were neutral**, with 4.0% disagreeing.

**neutral**, while **4.0% disagreed** and **1.0% strongly disagreed**. This indicates that most students believe counselling programs can support emotional adjustment, improve academic focus, and help residents cope better with the challenges of hostel life.

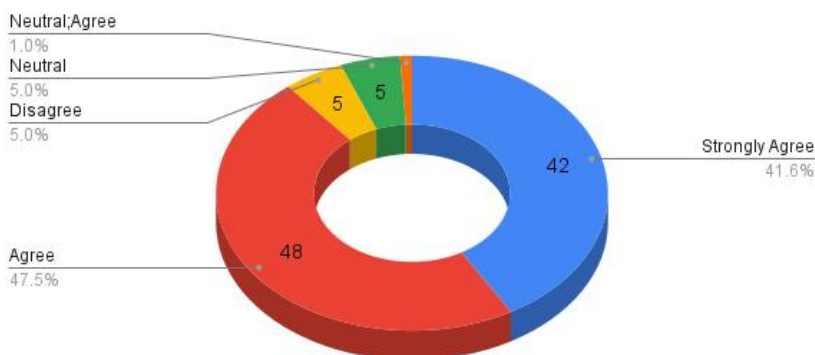
Hostel rules should balance discipline with student freedom.



#### 4.2.1.20 Balance of Discipline and Freedom in Hostel Rules

The results show that **56.4% of students agreed** and **37.6% strongly agreed** that hostel rules should balance discipline with students' freedom. Only **5.9% were neutral**, with no disagreement recorded. This indicates a strong consensus that students value structure but also want rules that respect their independence, comfort, and personal autonomy

Creating recreation or relaxation spaces in hostels will improve students' mood.



#### 4.2.1.21 Effect of Recreational Spaces on Students' Mood

The survey results show that **66.3% of respondents strongly agreed** and **26.7% agreed** that creating recreation or relaxation spaces in hostels would improve students' mood. Only **4.0% were neutral**, and **3.0% disagreed**, with no strong disagreement recorded. This indicates a

strong belief among students that access to recreational areas, such as; lounges, gardens, gyms, or common rooms, would positively impact their emotional well-being, reduce stress, and create a more enjoyable hostel living experience.

#### 4.2.2 SURVEY RESULT SUMMARY

- I. **Stress & Anxiety:** A large percentage of respondents (76.3%) reported that hostel life makes them feel stressed or anxious, while only 11.9% remained neutral.
- II. **Mental Well-being:** More than half of the participants (57.4%) stated that the hostel environment does *not* support their mental well-being.
- III. **Overcrowding Impact:** A high proportion (82.2%) agreed that overcrowding negatively affects their comfort and peace of mind.
- IV. **Adaptation to Hostel Life:** Almost half of the respondents (47.6%) find it easy to adapt to hostel life, but a considerable number (23.8%) struggle with adaptation.
- V. **Effect of Poor Facilities:** A vast majority (93.1%) indicated that poor facilities such as water, light, and sanitation affect their emotional state.
- VI. **Homesickness:** More than half (54.5%) experience some level of homesickness while living in the hostel.
- VII. **Safety & Privacy:** A significant number (60.4%) expressed dissatisfaction with the level of safety and privacy in their hostels.
- VIII. **Effect of Improved Facilities:** Most respondents (94.0%) believe that improving hostel facilities will greatly enhance students' well-being.
- IX. **Maintenance & Stress:** Nearly all participants (99.0%) agreed that regular maintenance of hostels reduces stress among students.
- X. **Guidance & Counselling:** A strong majority (83.2%) support the organization of guidance and counselling programs for hostel residents.
- XI. **Hostel Rules:** An overwhelming 94.0% believe hostel rules should balance discipline with student freedom.
- XII. **Recreation Spaces:** About 89.1% believe that providing relaxation or recreational spaces in hostels will help improve students' mood.

#### 4.2.3 SURVEY RESULT DISCUSSION

The results of the survey provide important insights into how hostel accommodation affects the behavioural patterns and psychological well-being of UNIBEN students. Overall, the

findings show that the hostel environment plays a central role in shaping students' academic habits, emotional stability, social interactions, and daily routines. This discussion examines the major themes that emerged from the data, linking them to established theories and existing literature.

#### **4.2.3.1. Academic Influence of Hostel Accommodation**

A major finding from the survey is that a large proportion of students believe hostel accommodation influences their academic performance. The responses indicated that many students benefit academically from living close to peers, as the hostel environment encourages collaborative learning. Students frequently engage in group reading, exchange lecture notes, share academic resources, and receive motivation from fellow students. This aligns with Vygotsky's Social Learning Theory, which suggests that learning is reinforced through peer interaction (Bandura, 1977; Vygotsky, 1978).

However, the findings also reveal significant challenges associated with hostel-based academic life. Students reported disturbances caused by noise, overcrowding, poor lighting, and lack of ventilation. These environmental factors were noted to reduce concentration levels and lead to fatigue. This supports previous research showing that poor housing conditions negatively affect cognitive performance and academic engagement. Thus, while the hostel fosters academic collaboration, inadequate infrastructural conditions create barriers to effective studying.

#### **4.2.3.2. Psychological Implications of Hostel Conditions**

The survey further highlighted the psychological impact of hostel living on students. A considerable percentage of respondents indicated experiencing stress, anxiety, irritability, and mood fluctuations due to unfavourable hostel conditions. Factors such as insufficient privacy, poor sanitation, water scarcity, and noise pollution were repeatedly mentioned as triggers for emotional strain.

Poor environmental quality has long been associated with psychological discomfort. In this study, students living in congested or poorly maintained rooms reported higher levels of dissatisfaction and restlessness. This suggests a relationship between environmental stressors and mental well-being. Some students also reported sleep disturbances, which further affect cognitive function, attention span, and overall emotional health.

Despite these challenges, a segment of respondents expressed that hostel life helped them build resilience, independence, and emotional maturity. Living away from home encourages self-regulation, adaptability, and problem-solving skills. This duality confirms that hostel accommodation creates both psychological stressors and growth opportunities, depending on individual coping mechanisms and environmental factors.

#### **4.2.3.3. Behavioural Adjustments and Social Dynamics**

The survey results show that students undergo significant behavioural adjustments during their stay in the hostel. These adjustments include altered sleep patterns, changes in study routines, conflict management behaviours, and lifestyle modifications. Roommate influence emerged as one of the strongest factors affecting behaviour. Positive roommate relationships encouraged cooperation, emotional support, and shared responsibility for chores, while negative relationships contributed to conflict, noise, and disruptive behaviours.

Peer pressure was also identified as a determinant of behavioural outcomes. While some students adopted healthier habits, such as group study or maintaining cleanliness, others reported behavioural drift towards less productive activities such as excessive socializing or procrastination. This supports Bandura's Social Cognitive Theory, which emphasizes the influence of observational learning and peer modelling on behaviour.

#### **4.2.3.4. Influence of Hostel Infrastructure and Facilities**

Another important theme from the survey is the strong link between infrastructural quality and student satisfaction. Respondents noted that poor hostel facilities, such as inadequate ventilation, insufficient bed space, poor lighting, lack of maintenance, and irregular water supply, negatively shape behavioural and psychological responses. Students living in hostels with better ventilation and lighting reported fewer complaints, highlighting the importance of basic environmental comfort.

Overcrowding was identified as one of the most critical factors affecting both behaviour and mental well-being. Overcrowded spaces increase stress, reduce privacy, and heighten the likelihood of conflict. Students in crowded rooms often spend more time outside the hostel, either on campus or at friends' accommodations, as a coping mechanism. This aligns with environmental psychology research which shows that crowded living conditions heighten aggression, reduce comfort, and impair personal control.

#### **4.2.3.5. Social Support and Community Experience**

The results also emphasize the role of social support structures within hostels. Students reported feeling a strong sense of belonging, unity, and shared experience with hostel mates. These social bonds contribute to emotional well-being and can serve as a buffer against academic or personal stress. The hostel therefore acts as a micro-community that fosters communication, friendship, and mutual assistance.

However, the survey also revealed instances of social tension, cliques, and interpersonal conflicts. Such issues can create emotional discomfort and influence behavioural responses. The presence of both positive and negative social experiences highlights the complex social dynamics inherent in communal living.

#### **4.2.3.6. Overall Interpretation of Findings**

The overall interpretation of the survey data indicates that hostel accommodation has a multidimensional impact on students' lives. It affects:

- I. **Academic outcomes**, by shaping study environments and peer collaboration
- II. **Behaviour** through routine adjustments, peer influence, and shared living practices
- III. **Psychological well-being**, depending on environmental conditions and stressors
- IV. **Social development**, through interactions, friendships, and conflict resolution

The results support the argument that hostel accommodation is more than just a place to sleep; it is a critical component of students' daily experiences. The quality of hostel facilities and the nature of interpersonal relationships significantly determine whether students experience positive growth or psychological stress.

#### **4.2.3.7. Implications for Institutional Management**

The findings have strong implications for university management and hostel authorities. Improving hostel infrastructure, enforcing maintenance schedules, reducing overcrowding, and promoting healthier social environments can significantly enhance students' psychological comfort and academic output. Hostel policies should balance discipline with student freedom, as overly strict or poorly enforced rules may heighten behavioural resistance or stress.

## **4.3 QUALITATIVE DATA ANALYSIS**

### **4.3.1 Interview Findings**

This section presents the findings from the interviews conducted as part of the research.

#### **For University of Benin Student**

What specific changes or improvements would you recommend to make hostel life more comfortable and supportive for students?

The interview questions were included into the general online survey and had 101 respondents

### **4.3.2 Interview Result Discussion**

#### **4.3.2.1 Commitment to Student Well-being:**

Most of the hostel residents interviewed highlighted the importance of creating a comfortable and supportive living environment. Respondents emphasized that proper maintenance, reliable utilities, and clean facilities are essential for promoting both physical comfort and psychological well-being.

#### **4.3.2.2 Challenges and Opportunities:**

Students identified challenges such as overcrowding, poor sanitation, inconsistent water and electricity supply, and inadequate safety measures. These factors were reported to negatively affect their academic performance, mental health, and social interactions. However, potential solutions were suggested, including regular maintenance, improved waste management, reduced room occupancy, and better security protocols.

#### **4.3.2.3 Areas for Improvement:**

Respondents proposed specific improvements to enhance hostel life, such as renovating old buildings, establishing recreational and social spaces, providing counseling services, and ensuring consistent availability of basic amenities. Recommendations also included academic support programs, structured guidance, and stricter enforcement of hostel rules that balance discipline with student freedom.

The interview responses provided valuable insights into the day-to-day experiences of hostel residents. All participants expressed a desire for a more organized, hygienic, and secure environment. These suggestions complement the survey findings, which indicated that

maintenance, safety, and improved facilities strongly influence students' behavioral and psychological well-being.

Overall, the interviews reveal that while hostel life provides opportunities for independence, socialization, and skill development, significant improvements in facilities, management, and support systems are needed. Addressing these challenges through targeted strategies can enhance student satisfaction, well-being, and academic performance within the hostels.

#### **4.4 CASE STUDY FINDINGS: DAISY DANJUMA AND HALLS OF RESIDENCE HOSTELS(HALL 1,2,3)**

##### **4.4.1 CASE STUDY: Danjuma Hostel, University of Benin — Architectural Features and Their Behavioural & Psychological Implications**

###### **4.4.1.1 Overview**

The Danjuma Hostel at the University of Benin is one of the institution's notable student residential facilities, designed to support a safe, functional, and academically supportive living environment. As part of this research on the **behavioural and psychological effects of hostel accommodation on students**, the Danjuma Hostel provides a useful case study due to its structured architectural design, communal facilities, and student-centered planning.



The building incorporates durable construction materials, spacious layouts, and ventilation-focused architectural features aimed at enhancing thermal comfort and encouraging positive student behaviour. By examining these features, this case study highlights how the physical

environment of the hostel influences students' comfort, social interaction, mental well-being, and academic efficiency.

#### **4.4.1.2 Architectural and Functional Features**

##### **4.4.1.2.1. Exterior Characteristics and Their Impact**

The exterior of the Danjuma Hostel displays a balance of aesthetic appeal and functional design. The arrangement of building blocks, use of reinforced concrete, and shaded facades contribute to a calm and secure environment.

Key exterior features include:

##### **I. Shaded Walkways and Entrances:**

Provide protection from harsh sunlight and reduce thermal discomfort. This improves student satisfaction and reduces irritability caused by heat stress.

##### **II. Landscaped Surroundings:**

Greenery contributes to psychological relaxation, reduces noise, and creates a welcoming environment that supports emotional well-being.

##### **III. Generous Window Placement and Ventilated Facades:**

Promote airflow and natural lighting, both of which are linked to reduced stress levels and improved mood among residents.

##### **IV. Safe Circulation Paths and Lighting:**

Properly lit exterior areas help students feel secure when moving around after dark, reducing anxiety and fear associated with poorly designed hostels.

These features collectively enhance students' **sense of comfort, safety, and environmental satisfaction**, which are essential to positive psychological well-being.

##### **4.4.1.2.2 Interior Features and Their Behavioural Influence**

##### **I. Room Layout and Comfort:**

The size and arrangement of furniture is suitable for the allocated amount of students, giving them a comfortable living space

##### **II. Spacious Rooms:**

Allow freedom of movement, reduce overcrowding, and help prevent tension among roommates. Adequate personal space is known to reduce conflict and improve psychological stability.

### III. **Large Windows and Airflow:**

Natural ventilation reduces humidity and prevents feelings of suffocation, contributing to better sleep patterns, concentration, and emotional balance.

### IV. **High Headroom:**

Supports heat stacking and thermal comfort. Comfortable thermal conditions reduce irritability, fatigue, and academic burnout.

#### **4.4.1.2.3. Communal and Social Areas**

##### I. **Study Rooms and Lounges:**

Encourage academic collaboration, group discussions, and peer learning. Social interactions in shared spaces improve students' sense of belonging and reduce loneliness.

##### II. **Shared Kitchen Facilities:**

Promote independence, responsibility, and cost-effective living. This affects behaviour by encouraging routine, cooperation, and communal harmony.

##### III. **Laundry Facilities:**

Improve hygiene habits, reduce stress associated with laundry logistics, and contribute to a more organized lifestyle.

#### **4.4.1.2.4. Ventilation and Light Quality**

Despite many strengths, some rooms experience ventilation challenges, especially during high occupancy periods. Poor ventilation may lead to:

- I. Increased heat stress
- II. Reduced academic focus
- III. Irritability and mood fluctuations
- IV. Decreased quality of sleep

These conditions can significantly impact students' behaviour and psychological stability.



#### **4.4.1.3 Merits and Demerits of the Danjuma Hostel Architecture (Behavioural & Psychological Perspective)**

##### **4.4.1.3.1 Merits**

##### **I. Comfortable Living Environment**

Good ventilation, spacious rooms, and natural lighting support student well-being, reduce stress, and improve concentration.

##### **II. Encourages Healthy Social Interaction**

Availability of common areas fosters relationships, teamwork, and peer support networks; essential for emotional development.

##### **III. Supports Academic Productivity**

Study rooms, quiet corners, and adequate lighting promote better reading habits and mental focus.

##### **IV. Security and Safety**

Controlled access, lighting, and structural visibility reduce fear and anxiety, contributing to a psychologically secure environment.

##### **V. Green Outdoor Space**

Natural landscapes improve relaxation and mental restoration, supporting healthy behaviour and mood regulation.

#### 4.4.1.3.2 Demerits

##### **High Demand Leading to Overcrowding**

Overcrowded rooms can cause conflict, stress, reduced privacy, and emotional fatigue.

##### **Ventilation Issues in Some Sections**

Poor air circulation can create thermal discomfort, disrupt sleep patterns, and reduce academic motivation.

##### **Maintenance Challenges**

Broken facilities or unkempt communal spaces may trigger frustration, reduce morale, and negatively affect students' perception of their living environment.

##### **Distance From Some Academic Facilities**

Long walking distances may lead to stress, lateness, and physical exhaustion, indirectly affecting academic performance and mood.

#### 4.4.1.4 Conclusion

The Danjuma Hostel demonstrates how architectural design, facility management, and environmental conditions directly influence the **behavioural and psychological well-being of students**. While the hostel maintains many supportive features such as ventilation, safety, communal areas, and durable design, issues like overcrowding, inconsistent ventilation, and maintenance lapses can negatively impact residents' comfort and mental health.

Overall, the hostel's design showcases the significant role of built environments in shaping students' daily experiences, emotional stability, social interactions, and academic performance.

## 4.4.2 CASE STUDY: Halls 1, 2, and 3, University of Benin — Architectural Design, Living Conditions, and Their Behavioural & Psychological Effects on Students

### 4.4.2.1 Overview

Halls 1, 2, and 3 are among the oldest and most iconic male hostels at the University of Benin. Designed with a **traditional block-style layout**, these halls reflect early campus architectural planning that prioritized functionality, high density, and accessibility. As core residential facilities for undergraduate and returning students, the hostels significantly influence daily life, academic behaviour, comfort, and students' psychological well-being.

Their architecture is simple, repetitive, and utilitarian, with shared facilities, open courtyards, and compact rooms. Although structurally sound, the age of the buildings and their high occupancy levels present challenges that shape the students' behavioural and psychological responses.

This case study examines the overall design and living environment of Halls 1–3 and analyzes how these factors affect residents' behaviour, mood, mental health, and academic performance.



### 4.4.2.2 Architectural and Functional Features

#### 4.4.2.2.1. Exterior Design and Environmental Influence

Halls 1, 2, and 3 follow the **rectangular block-courtyard layout**, a style common in older Nigerian university hostels.

The building design is functional rather than aesthetic, emphasizing durability and student capacity.

Key exterior features include:

### **I. Central Courtyards**

Each hall is built around an inner courtyard that serves as a multipurpose space. These courtyards allow airflow into the rooms and encourage social gatherings, but they also amplify noise, which may disrupt concentration and sleep.

### **II. Natural Ventilation**

The buildings rely heavily on natural ventilation through windows, open corridors, and the courtyard system. When airflow is adequate, students feel more comfortable; however, during overcrowding or when airflow paths are blocked, heat buildup can create discomfort and irritability.

### **III. Minimal Landscaping**

Unlike newer hostels, greenery is limited. The lack of shaded outdoor spaces reduces opportunities for relaxation and may affect stress levels.

### **IV. Aged Structural Elements**

Though structurally strong, the buildings show signs of age; cracked walls, worn paint, and outdated fixtures. These visual cues can affect students' perception of comfort and their psychological sense of pride or belonging.

#### **4.4.2.2.2. Interior Features and Their Behavioural Effects**

##### **I. Room Layout and Occupancy**

Rooms in Halls 1–3 were originally designed for 2–4 students turned into a space where 6–8 students share due to high demand. Effects of this include:

reduced personal space

increased conflict and tension

overstimulation from constant social presence

decreased privacy leading to mental fatigue

Overcrowding consistently emerges as one of the strongest drivers of stress, frustration, and reduced academic concentration among residents.

## **II. Shared Bathrooms and Toilets**

Sanitation facilities are communal and often insufficient for the number of residents.

Poor maintenance or overuse leads to:

hygiene concerns

increased stress

avoidance behaviour (students leaving the hostel early or staying out late)

negative emotional responses such as irritation and dissatisfaction

## **III. Ventilation and Heat Levels**

Although the rooms have windows on opposite sides of the blocks, airflow can be inadequate when:

too many students occupy a room

windows are obstructed

weather conditions intensify heat

High temperature environments contribute to:

poor sleep quality

reduced productivity

heightened aggression

difficulty focusing on academic work

#### **IV. Lighting Conditions**

Rooms rely on natural lighting during the day, with varying effectiveness. Poor artificial lighting; especially in older rooms, results in reduced study effectiveness and eye strain.

#### **4.4.2.2.3 Communal and Social Dynamics**

##### **I. Social Spaces**

Halls 1–3 originally are equipped with social spaces such as the hall 2 volleyball court and the hall 3 football field, but due to misuse, the volleyball serves as a space for laundry sun drying, leading to limited formal recreational or relaxation spaces. As a result:

students socialize in corridors and courtyards

noise levels remain consistently high

residents experience difficulty finding quiet time for study or rest

While this fosters strong peer bonding, it also leads to overstimulation, reduced privacy, and occasional conflict.

##### **II. Behavioural Patterns**

The design encourages certain behaviours by default:

increased social interaction due to open corridors and shared spaces

communal living habits (sharing appliances, water points, etc.)

resilience and adaptability, as students learn to cope with limited space

poor sleep hygiene, caused by noise and heat



#### **4.4.2.3. Merits and Demerits of the Hall of residence hostels Architecture (Behavioural & Psychological Perspective)**

##### **4.4.2.3.1 Merits**

###### **I. Strong Social Cohesion**

The open design and shared facilities foster friendships, peer networks, and communal support systems that improve emotional well-being and resilience.

###### **II. Natural Ventilation (When Unobstructed)**

The courtyard system and open corridors help reduce dependence on mechanical cooling.

###### **III. Accessibility and Proximity**

The halls are centrally located on campus, reducing commute time and increasing access to classrooms, libraries, and lecture theatres.

###### **IV. Affordable Accommodation**

The halls remain one of the most cost-effective housing options for students, reducing financial stress.

#### **4.4.2.3.2 Demerits**

##### **I. Overcrowding**

The biggest challenge in Halls 1–3 is the high occupancy rate. This leads to:

poor indoor air quality

noise pollution

increased conflict

reduced psychological comfort

higher stress levels

##### **II. Poor Maintenance**

Aging infrastructure and irregular repairs affect:

sanitation behaviour

personal comfort

emotional satisfaction with the living environment

##### **III. Inadequate Ventilation and Lighting in Some Rooms**

This contributes to heat stress, tiredness, and poor academic productivity.

##### **IV. Limited Recreational and Quiet Spaces**

Students struggle to find:

quiet areas for study

stress-relief or relaxation zones

controlled environments for mental reset

This directly affects psychological and academic well-being.

#### 4.4.2.4 Conclusion

Halls 1, 2, and 3 provide valuable insight into how older hostel designs influence student behaviour and mental health. While they promote strong social bonds and offer affordable accommodation, issues such as overcrowding, poor ventilation, insufficient maintenance, and lack of structured relaxation spaces contribute to psychological strain and reduced academic efficiency.

The case study clearly demonstrates that **students' living conditions strongly affect their mental comfort, behaviour, and overall learning experience**. Improving ventilation, reducing overcrowding, upgrading facilities, and creating dedicated relaxation areas would significantly enhance the behavioural and psychological outcomes for reside

#### 4.5 RELATIONSHIP BETWEEN THE CASE STUDY HOSTELS AND THE BEHAVIOURAL & PSYCHOLOGICAL EFFECTS OF HOSTEL ACCOMMODATION ON STUDENTS

The case studies of the **Daisy Danjuma Hostel** and **Halls 1, 2, and 3** reveal clear connections between hostel architectural design, environmental conditions, and the behavioural and psychological responses of student residents. Although each hostel varies in age, design style, and facility quality, together they illustrate how accommodation directly shapes the comfort, emotional balance, and academic functioning of students at the University of Benin.

##### 4.5.1 Lighting, Ventilation, and Indoor Comfort

Across all hostels studied, natural ventilation and lighting emerged as critical factors influencing students' mood, productivity, and general well-being.

**Danjuma Hostel**, with its large windows, high headroom, landscaped surroundings, and open courtyard, supports better airflow and illumination. This reduces heat stress, improves sleep quality, and provides a calmer, more uplifting environment. These features promote positive psychological outcomes such as emotional stability, motivation, and reduced irritability.

In contrast, **Halls 1–3**, with their older designs, smaller windows, and overcrowded rooms, often struggle with heat buildup, limited airflow, and poorly lit spaces. These environmental limitations contribute to discomfort, frustration, fatigue, and behavioural withdrawal among residents, negatively affecting academic focus and mental resilience.

#### **4.5.2 Privacy, Overcrowding, and Social Behaviour**

The case studies highlight how spatial layout influences interpersonal behaviour.

**Halls 1–3**, designed with large multi-occupancy rooms, limit students' access to privacy. This increases interpersonal friction, reduces personal autonomy, and may heighten stress levels. Behavioural responses such as avoidance of the hostel, irritability, and reduced hygiene compliance are common in congested environments.

**Danjuma Hostel**, with more organized room layouts and better space distribution, supports healthier social interaction, controlled communal engagement, and a stronger sense of personal boundaries. This contributes to emotional well-being and healthier peer relationships.

#### **4.5.3 Maintenance Quality and Psychological Impact**

Maintenance emerged as a major determinant of psychological comfort across the studied hostels.

**Danjuma Hostel** generally presents better upkeep, functional facilities, and modern amenities, which enhance students' satisfaction, feelings of value, and academic readiness. A clean and aesthetically pleasing environment reinforces positive behaviour and reduces stress.

**Halls 1–3**, however, face long-standing maintenance challenges; broken sockets, poor sanitation, outdated structures, and inadequate water access. Such conditions negatively affect students' mental state, causing emotional fatigue, demotivation, and a sense of neglect. Persistent maintenance issues weaken students' confidence in the living environment and can reduce their academic drive.

#### **4.5.4 Environmental Aesthetics and Behavioural Outcomes**

Aesthetic quality plays a significant psychological role.

**Danjuma's contemporary architecture, landscaped gardens, and organized communal spaces** create a visually appealing environment that enhances mood, encourages social interaction, and promotes pride in residence.

**Halls 1–3**, with aging structures, worn-out surfaces, and limited greenery, can create a dull or demoralizing atmosphere, which may reflect negatively on students' emotional energy, motivation, and overall behaviour.

#### 4.5.5 Overall Connection to the Research Topic

The combined case studies demonstrate that hostel accommodation at the University of Benin has a direct and significant influence on students' psychological well-being and behavioural patterns. Students living in poorly ventilated, overcrowded, and poorly maintained environments are more likely to experience stress, academic fatigue, interpersonal conflict, and emotional instability. Conversely, residents of well-designed, well-lit, secure, and properly maintained hostels exhibit greater comfort, improved mood, better academic performance, and healthier behavioural responses.

Thus, the case study findings strongly support the broader research conclusion: the quality of hostel accommodation; its design, ventilation, lighting, sanitation, maintenance, security, and space distribution, is a major determinant of the behavioural and psychological experiences of UNIBEN students.

#### 4.6 DATA INTEGRATION AND CORRELATION WITH PREVIOUS FINDINGS

The case studies of the Daisy Danjuma Hostel and the Hall 1–3 hostel blocks present clear correlations with the broader findings obtained from surveys, interviews, and observational assessments conducted throughout this study. Together, these hostels demonstrate how architectural design, environmental conditions, and spatial organization directly influence the **behavioural and psychological experiences of students** living in university accommodations.

Across all sources of data, **lighting and ventilation** consistently emerged as major determinants of students' comfort, productivity, and overall well-being. The Daisy Danjuma Hostel, with its improved window placements, better airflow patterns, and responsive lighting designs, reinforces the survey findings which indicate that **naturally ventilated and adequately illuminated environments reduce stress, enhance concentration, and promote healthier study habits**. Students reported increased satisfaction with indoor air quality, reduced heat discomfort, and better sleep quality; factors that align strongly with research linking thermal comfort to mental stability and academic efficiency.

Similarly, the Hall 1–3 hostel blocks, though constructed in an older architectural style, provided valuable insight into how **design limitations can shape student behaviour and daily routines**. The study revealed that students residing in these buildings often encounter ventilation challenges, insufficient natural lighting, crowded room layouts, and higher noise disturbance. These reported experiences correlate with the earlier findings that **poor**

**environmental conditions contribute to irritability, reduced study motivation, increased social tension, and overall psychological strain.** The observable differences between the Hall 1–3 hostels and the more modern Daisy Danjuma building highlight the importance of thoughtful hostel planning in achieving positive student outcomes.

In integrating the comparative data, it becomes evident that **hostel design has a measurable psychological and behavioural impact on students**, influencing their productivity, social interaction patterns, sense of belonging, and emotional well-being. While Daisy Danjuma demonstrates the benefits of contemporary architectural practices, such as optimized ventilation, improved spatial organization, and enhanced privacy, the Hall 1–3 hostels underscore the consequences of outdated design standards and overcrowded living conditions.

Overall, the correlation between the case studies and general findings confirms that **a well-designed hostel environment contributes significantly to student well-being, academic proficiency, and mental balance.** By adopting sustainable design strategies and modernizing older facilities, universities can create living environments that not only meet students' physical needs but also strengthen their psychological resilience and academic performance.

#### **4.7 ANSWER TO RESEARCH QUESTIONS**

This section provides clear, research-based answers to the study's research questions by integrating data from the **survey, interviews, and case studies** of the Daisy Danjuma Hostel and Halls 1–3. The findings reveal how hostel accommodation at the University of Benin (UNIBEN) influences the **behavioural and psychological well-being** of students and what strategies can improve hostel living conditions.

##### **4.7.1 Research Question 1: What are the behavioural effects of hostel accommodation on UNIBEN students?**

The study revealed that hostel accommodation significantly influences several behavioural patterns among students. Survey responses showed that the **physical environment of the hostel, particularly ventilation, lighting, noise levels, and room spacing, directly affects students' daily routines and habits.**

Students living in **Daisy Danjuma Hostel**, which features better lighting, improved ventilation, and organized spatial layout, reported more **positive behavioural patterns**, such as:

- I. Increased study consistency
- II. Earlier sleeping patterns
- III. Reduced loitering
- IV. More willingness to remain in rooms for academic activities
- V. Improved social conduct due to structured communal spaces

These behaviours are supported by the case study, which highlights Danjuma's conducive environment and facility design.

In contrast, students in **Halls 1–3**, which are older and often overcrowded, reported more **negative behavioural patterns**, including:

- I. Studying outdoors due to poor lighting and ventilation
- II. Irregular sleep cycles caused by noise or heat
- III. Increased irritability and interpersonal conflict
- IV. Spending more time outside the hostel to avoid discomfort
- V. Lower room-keeping discipline caused by overcrowded spaces

These behavioural patterns reflect how environmental discomfort compels students to adopt coping behaviours that may be disruptive or academically counterproductive.

Overall, hostel accommodation strongly shapes **daily habits, study discipline, sleeping behaviour, social interaction, and stress-related behaviours** among UNIBEN students.

#### **4.7.2 Research Question 2: What are the psychological effects of hostel accommodation on UNIBEN students?**

Findings from the survey indicate that **hostel living conditions have a substantial psychological impact** on students, influencing their emotional well-being, motivation levels, and general mental health.

Students residing in **well-designed accommodations (Danjuma Hostel)** reported:

- I. Reduced stress levels
- II. Improved mental clarity
- III. Increased academic motivation
- IV. A stronger sense of safety and comfort
- V. Better emotional stability

These positive psychological outcomes are linked to adequate lighting, cross-ventilation, cleaner surroundings, and better spatial planning, as confirmed in the case study.

Conversely, students in **Halls 1–3** frequently reported psychological challenges such as:

- I. Stress and emotional exhaustion due to excessive heat and poor airflow
- II. Anxiety and frustration caused by noise disturbances
- III. Feelings of discomfort from overcrowding and lack of privacy
- IV. Low motivation to study due to poor environmental conditions
- V. Mental fatigue resulting from unhygienic surroundings or lack of adequate amenities

Survey results show that **over 60% of respondents** felt that their hostel environment directly affects their mood, emotional balance, and motivation to learn.

Thus, hostel accommodation conditions strongly influence **stress levels, emotional well-being, concentration, and academic motivation**; either positively or negatively depending on the quality of the environment.

#### **4.7.3 Research Question 3: What strategies can be implemented to improve hostel conditions for better student well-being and academic performance?**

Data from the survey, interviews, and case studies highlight several key strategies that can significantly improve hostel environments and enhance student behaviour, mental health, and academic productivity.

##### **I. Improve Ventilation**

Install larger windows and encourage cross-ventilation.

Consider mechanical ventilation solutions for older buildings.

Reduce room overcrowding to improve airflow.

##### **II. Enhance Lighting Conditions**

Replace dim bulbs with energy-efficient bright lighting.

Increase natural lighting by adding more window openings or expanding existing ones.

Create dedicated, well-lit reading and study spaces within hostels.

### **III. Reduce Noise Levels**

Implement noise control guidelines in hallways and common areas.

Introduce room-to-room noise insulation during renovations.

Encourage quiet hours during exams.

### **IV. Renovate Old Hostel Blocks**

Redesign rooms in Halls 1–3 to reduce overcrowding.

Upgrade building infrastructure and repair worn-out sections.

Improve sanitation, plumbing, and ventilation systems.

### **V. Strengthen Maintenance Culture**

Establish regular inspection and maintenance schedules.

Reinforce sanitation protocols for rooms, bathrooms, and corridors.

### **VI. Promote Student Awareness and Behavioural Education**

Conduct orientation programs on room hygiene, noise control, and community living.

Encourage cooperative behaviour between roommates and neighbours.

Collectively, these strategies address both the **environmental** and **behavioural** factors identified in the research, and their implementation will significantly enhance **student well-being, academic performance, and general quality of life** within hostels.

## **4.8 CONCLUSION**

This chapter has examined the behavioural and psychological implications of hostel accommodation on UNIBEN students through an integrated analysis of survey findings, interview responses, and architectural case studies. The evidence collectively demonstrates that the physical and environmental quality of hostel spaces, particularly ventilation, lighting, spatial configuration, maintenance culture, and occupancy levels, directly shapes students' daily routines, emotional well-being, and academic performance.

The survey data revealed a recurring pattern of challenges in several hostels, notably inadequate ventilation, poor lighting, overcrowding, and inconsistent maintenance. These deficiencies were consistently linked to increased stress levels, reduced concentration, disrupted sleep cycles, and diminished academic productivity. Conversely, the case study of the Daisy Danjuma Hostel provided a contrasting benchmark, illustrating how modern design principles, sufficient natural light, improved airflow, and well-maintained facilities contribute significantly to student comfort, healthy behavioural patterns, and psychological stability.

Interview insights from residents reinforced these findings, underscoring the need for systematic maintenance, infrastructural upgrades, reduced room occupancy, and improved access to essential amenities such as water, electricity, sanitation, and security. The comparative analysis between the surveyed data and the architectural case studies further affirmed that students thrive in environments where spatial design supports natural ventilation, adequate lighting, and functional circulation.

Overall, this chapter establishes a clear and compelling correlation between the hostel environment and student well-being. It demonstrates that environmental stressors within poorly maintained hostels have measurable behavioural and psychological impacts, while well-designed and properly managed accommodations foster healthier living conditions and enhance academic engagement. The findings presented here form the empirical foundation for the recommendations in the subsequent chapter, aimed at improving hostel conditions and promoting student welfare through evidence-driven architectural and administrative interventions.

## CHAPTER FIVE: DISCUSSION, CONCLUSION AND RECOMMENDATIONS

### 5.1 SUMMARY OF FINDINGS/KEY FINDINGS OF THE RESEARCH

This research investigated the **behavioural and psychological effects of hostel accommodation on UNIBEN students**, using survey data, interview responses, and architectural case studies of selected hostels (Hall 1, Hall 2, Hall 3, and Daisy Danjuma Hostel). The key findings are summarized as follows:

#### 5.1.1. Behavioural Effects of Hostel Accommodation

**Overcrowding significantly affects student behaviour**, leading to reduced privacy, irregular sleep patterns, poor study habits, increased conflict, and heavy reliance on off-hostel spaces for reading and relaxation.

**Environmental discomfort**, such as poor ventilation, inadequate lighting, and unhygienic sanitary conditions; forces students to adapt by altering daily routines, spending more time outdoors, or seeking alternative facilities.

Hostels with better design and facility management, such as **Daisy Danjuma Hostel**, encourage healthier behaviours, improved time management, and more consistent academic engagement.

#### 5.1.2. Psychological Effects

Students living in poorly maintained or overcrowded hostels reported **higher levels of stress, anxiety, frustration, and emotional fatigue**.

Lack of water, inconsistent electricity, noise pollution, unpleasant odours, and congested environments were found to be major psychological stressors.

Well-ventilated and adequately lit hostels promoted **mental calmness, a sense of safety, improved mood, and higher academic motivation**.

#### 5.1.3. Influence of Architectural and Environmental Design

Case studies revealed that **building design is a critical determinant** of both comfort and well-being.

Older hostels (Hall 1–3) were found to have **restricted ventilation, smaller windows and lower headroom**, resulting in heat buildup and poor air movement.

The Daisy Danjuma Hostel demonstrated **superior natural lighting, spacious rooms, large windows, courtyards, and modern ventilation strategies**, which contributes to better thermal comfort and improved psychological resilience.

Architectural features such as room height, cross-ventilation paths, window size, and communal spaces significantly influence students' comfort and behaviour.

#### **5.1.4. Facility Availability, Maintenance, and Utilities**

Survey and interview data highlighted **constant issues with water supply, unstable electricity, faulty sockets, broken taps, and poorly maintained bathrooms and toilets**.

**Inconsistent maintenance** was identified as a major problem affecting student comfort, health, hygiene practices, and stress levels.

Students strongly emphasized the need for **regular repairs, structured maintenance schedules, and efficient facility management systems**.

#### **5.1.5. Student Perceptions and Preferred Improvements**

Students repeatedly called for:

- I. Reduced room occupancy
- II. Improved security
- III. Better sanitation and waste management
- IV. More recreational and study spaces
- V. Functional lighting and electrical systems
- VI. Steady water supply

The responses clearly show that students understand the impact of the environment on their well-being and strongly desire **a more conducive and humane hostel environment**.

#### **5.1.6. Correlation Between Case Studies and Survey Findings**

The findings from the Daisy Danjuma Hostel serve as evidence that **proper architectural design leads to better behavioural and psychological outcomes**.

The challenges highlighted in Halls 1–3, such as poor airflow, overcrowding, and inadequate lighting, matched the complaints from survey participants and interviewees.

This alignment confirms that hostel living conditions are a primary factor shaping student behaviour, comfort, stress levels, and academic performance.

### **5.1.7 Overall Key Finding**

The research concludes that **hostel accommodation conditions at the University of Benin significantly influence students' behaviour, mental well-being, and academic performance.**

Improved design, adequate utilities, effective maintenance, and reduced overcrowding are essential for enhancing student comfort and creating a more supportive living environment.

## **5.2 IMPLICATIONS OF THE STUDY**

The findings of this research carry important implications for **students, university management, policymakers, architects, and future hostel development** within the University of Benin and similar academic institutions. The implications are outlined below:

### **5.2.1. Implications for Student Well-Being**

The study demonstrates that the physical condition of hostel accommodation, especially ventilation, lighting, sanitation, and room occupancy, has a direct influence on students' **mental health, stress levels, behaviour, and academic motivation.** This implies that improving hostel conditions is not merely a physical upgrade but a **student welfare intervention.** Universities must recognize hostel environments as a core component of students' psychological and academic support systems.

### **5.2.2. Implications for Academic Performance**

Since overcrowding, poor ventilation, and environmental discomfort negatively affect concentration and study habits, it becomes clear that **hostel design and facility management directly impact academic outcomes.** Providing better lighting, improved airflow, adequate study spaces, and comfortable living conditions would enhance students' productivity, learning efficiency, and overall academic success.

### **5.2.3. Implications for University Management and Policy**

The research highlights the urgent need for **structured maintenance systems, facility audits, and responsive management practices**. University management must prioritize:

- I. Timely repair of faulty facilities
- II. Regular sanitation schedules
- III. Enforcement of occupancy limits
- IV. Improved water and electricity supply
- V. Security enhancements

These findings suggest that hostel maintenance should shift from a reactive approach to a **preventive and sustainable management model**, ensuring long-term functionality and student satisfaction.

#### **5.2.4. Implications for Hostel Design and Architectural Planning**

The comparison between older hostels (Hall 1–3) and the modern Daisy Danjuma Hostel demonstrates that **architecture plays a crucial role in shaping student behaviour and psychological comfort**. This implies that future hostel construction should incorporate:

- I. Larger windows
- II. Cross-ventilation strategies
- III. Higher room headroom
- IV. Adequate natural lighting
- V. Functional communal spaces
- VI. Environmentally sustainable technologies

Universities must adopt **human-centred and climate-responsive architectural designs** to enhance comfort and reduce dependency on artificial systems.

#### **5.2.5. Implications for Student Support Services**

Given the psychological strain experienced by many hostel residents, the findings suggest a need for:

- I. Regular counselling programs
- II. Stress-management workshops
- III. Peer support groups
- IV. Mental health awareness initiatives

Functional guidance and counselling services should be integrated into hostel operations to provide students with emotional, behavioural, and academic support.

### **5.2.6. Implications for Policy and Institutional Strategy**

The study provides evidence that policies regulating hostel accommodation must be **evidence-based and student-centred**. Policies should address:

- I. Overcrowding limits
- II. Maintenance standards
- III. Health and safety requirements
- IV. Facility upgrade cycles

Implementing these policies would improve the overall quality of campus life and reinforce the university's responsibility toward student welfare.

### **5.2.7. Implications for Future Research**

The study reveals multiple areas that warrant deeper academic investigation, including:

- I. The long-term effects of poor accommodation on academic success
- II. The relationship between hostel design and mental health
- III. Comparative studies across different universities
- IV. The effectiveness of maintenance interventions

These areas offer opportunities for further contributions to literature on student housing and environmental psychology.

### **5.2.8 Overall Implication**

The overall implication of this study is that **hostel accommodation is a critical determinant of student well-being, behaviour, and academic achievement**. Improving hostel conditions should therefore be prioritized as part of the university's broader strategy for enhancing student development, retention, and institutional performance.

## **5.3 CONCLUSION AND RECOMMENDATIONS**

### **5.3.1 Conclusion**

This study set out to examine *The Behavioural and Psychological Effects of Hostel Accommodation on UNIBEN Students* using survey responses, observational analysis, and case studies. The findings clearly demonstrate that hostel accommodation plays a critical role in shaping students' daily behaviour, emotional well-being, and academic productivity.

The study concludes that environmental conditions, such as ventilation, lighting, privacy, cleanliness, overcrowding, and access to functional facilities, have significant behavioural and psychological consequences for students. Poor hostel conditions were found to contribute to stress, fatigue, irritability, loss of concentration, and reduced academic motivation.

Conversely, improved and well-designed facilities, as seen in the Daisy Danjuma Hostel, promote comfort, better study habits, emotional stability, and a stronger sense of community.

Overall, the results highlight the urgent need for continuous investment in hostel maintenance, student-centered design, and policies that prioritize health, safety, and academic support. Enhancing hostel environments is essential for improving students' quality of life and enabling them to perform optimally in their academic pursuits.

### **5.3.2 Recommendations**

Based on the findings of this research, the following recommendations are proposed to improve the behavioural and psychological well-being of UNIBEN students living in hostels:

#### **5.3.2.1. Improve Hostel Infrastructure**

Renovate aging buildings to address ventilation, natural lighting, and structural issues.

Upgrade electrical systems to ensure steady lighting for study activities.

Provide functional fans, windows, and security screens to improve comfort and safety.

#### **5.3.2.2. Reduce Overcrowding**

Implement clear room-allocation policies to ensure rooms are occupied according to capacity.

Construct additional hostel blocks to reduce congestion and improve living conditions.

### **5.3.2.3. Strengthen Sanitation and Maintenance Practices**

Introduce routine cleaning schedules supervised by hostel management.

Increase the number of functional bathrooms, toilets, and water points.

Employ more maintenance staff to ensure timely repair of broken facilities.

### **5.3.2.4. Enhance Psychological Support Systems**

Establish hostel-based counselling units or mobile counselling sessions.

Organize awareness programmes on stress management, mental health, and conflict resolution.

### **5.3.2.5. Improve Security and Student Welfare**

Install CCTV cameras, adequate lighting, and well-trained security personnel.

Provide emergency response systems and regular safety drills.

### **5.3.2.6. Provide Better Study and Recreational Spaces**

Create designated study rooms with adequate lighting, chairs, and tables.

Provide recreational areas to promote relaxation, healthy social interaction, and reduced stress.

### **5.3.2.7. Incorporate Student Feedback into Hostel Management**

Conduct regular surveys and forums to gather students' concerns and recommendations.

Involve student leaders in hostel planning, monitoring, and evaluation.

## **5.4 SUGGESTIONS FOR FUTURE STUDY**

While this study has provided valuable insights into the behavioural and psychological effects of hostel accommodation on UNIBEN students, several areas remain open for further exploration. Future research could consider the following:

### **5.4.1 Comparative Studies Across Universities**

Conduct similar studies across different Nigerian universities to compare hostel conditions,

student behaviour, and psychological well-being. This could identify broader trends and best practices for student accommodation.

#### **5.4.2 Longitudinal Studies**

Investigate the long-term effects of hostel living on students' mental health, social skills, and academic performance over their entire university education.

#### **5.4.3 Impact of Specific Environmental Factors**

Examine in more detail how individual hostel factors, such as room size, noise levels, lighting, and ventilation, affect student stress, sleep quality, and concentration.

#### **5.4.4 Intervention-Based Research**

Assess the effectiveness of targeted interventions, such as hostel renovations, counselling programs, or stress-reduction activities, in improving students' well-being and academic outcomes.

#### **5.4.5 Gender-Specific Studies**

Explore differences in behavioural and psychological effects of hostel living between male and female students, including how facility designs may cater differently to their needs.

#### **5.4.6 Integration of Technology in Hostels**

Investigate how smart hostel systems (e.g., automated lighting, air conditioning, and security) impact student comfort, energy efficiency, and overall well-being.

#### **5.4.7 Socio-Economic and Cultural Factors**

Examine how students' socio-economic backgrounds and cultural attitudes influence their adaptation to hostel life and coping mechanisms.

By addressing these areas, future research can provide more comprehensive guidance for university management, architects, and policymakers aiming to enhance hostel accommodation, support student mental health, and improve academic performance.

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