# INVESTIGATING THE SIMILARITIES AND DIFFERENCES IN THE DAILY ROUTINE OF HOSTELLITE AND DAY-SCHOLAR STUDENTS AT QAU


BY

**ASAD ALI**

Department of Sociology

Quaid-I-Azam University, Islamabad

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"Thesis submitted to the Department of Sociology, Quaid-i-Azam University, Islamabad, for the partial fulfilment of the degree of Master of Science in Sociology."


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## Dedication

I would like to dedicate this Master Thesis to my beloved Grandfather.

## “Meer Abdul Ghaffar Baloch”

Who taught me at the very first stage of learning?

## Abstract

*The present study tends to work to investigate the socio-medical effects of sub/optimal eating patterns, un/healthy sleeping habits, and in/adequate participation in physical activities. Previous studies have also examined the changing effects of diversification in sleeping habits, eating patterns, and physical activities between day scholars and hostelities. The sleeping patterns, eating habits, and participation in physical activities and exercises were considered as the major, major yardsticks to determine the commonalities and differences between the daily routines hostelities and day scholar students. Utilizing a quantitative research method, proportional sampling techniques was used to select a sample of 396 respondents with 132 males and 264 females among 156 Hostellites and 240 day-scholar students from the total population of 9907. Self-administered questionnaires were distributed among hostellite and day-scholar students to investigate the variables' relationship. As the findings indicate, 45.5% of hostellite students usually sleep late at night, and 51.3% of hostellites students suffer from dizziness and headache. In addition, 11.8% of the hostelites students have their breakfast at noon time, and only 24.6% of day-scholar students have an optimal breakfast routine. An alarming 67.6% of day-scholars suffer from obesity due to lesser participation in physical activities and binge eating food. Both categories of students' physical and mental health were observed as non-satisfactory due to lesser participation in physical activities. In short, hostellites were found as more affected by the new environment of hostels.*

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**Chapter No. 1**

# INTRODUCTION

The researcher assumes that life at the hostel is quite different from life at home in daily routine. Students who are involved in unhealthy daily patterns are vulnerable in terms of their health indicators. Therefore, the researcher attempts to dig out the factors that are considered the potential determining forces of the change in the daily routine of hostellite and day scholars. Numerous surveys have been conducted to unearth any latent relationship between social determinism and (un)healthy daily routine; the present study sheds light on the health-related impacts of the change in hostellite and day-scholar daily routine at Quaid-i-Azam University, Islamabad.

Students adopt a new way of living patterns in hostels and adjust their life in accordance with the varying cultural framework that they are to deal with. Bhatia (2002) defines a hostel as a facility that provides clean, neat, affordable accommodation for young people who travel in their own country or abroad, individually or in groups, for educational purposes or vacation. The hostel's environment affects the student's life and behaviour. As Iftikhar and Ajmal (2015: pg:2) said, "*Human's lifestyle and personality are affected by his/her surroundings. Therefore, social structure plays a vital role in developing personality and behaviour"*. The analysis, as mentioned earlier, is concerned that this whole debate falls in a comparative study of sleeping patterns, eating habits, and physical activities or exercise between Hostellites and day scholars.

One of the most important things that the study tends to explain is sleeping habits. When the students put themselves into a new environment, the quality and quantity of sleep of confronting alterations, when the students' sleeping hours change, impact mental and physical health. The changing of the environment also affects sleeping patterns and students' eating habits during university. Students who reside in the hostels delay their sleep due to friend gatherings, new roommate issues, and homesickness. The students living with their families and parents are having good sleeping-waking patterns compared to Hostellites. Day scholar students usually sleep at their fixed time and wake at the proper time than the Hostellites.

The study also examines the eating patterns of hostellite and day-scholar and why do they experience changes. When an individual moves and communicates in a new environment, they can consume healthier food. The researcher assumes that they adopt the same patterns of their colleagues what they consume to eat binge food, impacting their mental health. The students who reside away from home also experience a decrease in their intake of healthy food. While investigating the eating behaviour of students in Greece, Papadaki et al. (2007) observed that the students who are living in the hostels; have reduced the consumption of the

weekly or monthly, cooked and raw vegetables, fry fish, fresh fruit, seafood, olive oil, and pulses then the students are living with their families or parents. Since starting University, students living in hostels or living far from home reduce their intake of whole-fat yoghurt and white bread and more than students living at their home or with their families. The students who reside far from home had a higher consumption of chips than those living with family.

Participation in physical activities and exercise is another crucial factor of study to understand how it is influenced by changing behaviour. Regular physical activities are suitable for an individual's health, whereas physical activities and exercises also play essential roles in changing their health indicators. It is crucial for all age groups, children, adolescents, and adults, and it needs regular participation in physical activities and exercise to avoid the symptoms of different health issues. Physical health excels into good health, and it should stay functioning throughout all the stages of life despite everything. As mentioned above, the changes in the environment are part of life. Still, it has been found that it affects the student in two ways (negatively or positively); both groups will adopt its way for physical activities and exercise. The students who reside in the hostel are fewer participants in physical activities and practice rather than day.

Physical activities have profound impacts on the health of young students. This concept is acknowledged throughout the world that participation in physical activities improves university-enrolled students' health. However, generally, it is found that young individuals are not keen to participate in physical activities (Manaf, 2013). These concepts were also complemented by the studies of several other researchers, which show that physical activities directly impact an individual's health, whether it is mental health or physical health (Dubbart 2002).

Several mental diseases can be better treated if an individual is motivated to perform physical activities. The problem in such cases arises due to the mood swings of students. There are different types of barriers, such as social-ecological, physiological, and psychological walls, that are an obstacle or promoter for the students to participate in physical activities irrespective of their place of residence (Stubbs et al. 2016). Physical appearance is also linked with their participation in physical exercise; therefore, it is a motivator for the population (Rosenbaum et al. 2014).

Age is also linked with the participant in physical activities. Those individuals aged twenty-three or above twenty-three are more motivated to perform exercises than the lower age group (Stubbs et al. 2016). Students were involved in doing physical activities to handle the

problems like overweight, depression. In doing so, they face problems due to the lack of time and less participation in sports. A researcher has found that different factors act as motivators for physical activities like income, age, gender, and residence. Lack of physical activities may also be linked to cultural reasons. The lack of sports results in poor health conditions and diseases like coronary heart disease; this consequently decreases the average life expectance of an individual. If physical activities are increased, the number of mental and physical ailments would also be reduced (lee et al., 2012).

However, several Western researchers have also argued that physical activities or exercises significantly impact the students' eating patterns. Moreover, these eating patterns are directly related to diseases like diabetes and blood pressure. Therefore, a balanced diet that contains an adequate proportion of carbohydrates, proteins, and fats can only be helpful to achieve physical and mental health (Irazusta et al. 2006).

## 1.1Statement of the Problem

There is a massive difference in the routines of day scholars and hostellites. It creates problems for both categories of students. They suffer from different kinds of mental and physical stress. Students face changes in their lifestyles which makes them vulnerable to health issues. The change of routines affects the well-being of students. The different kind of health risks is possible due to hectic way of life. Stress and depression also affect their studies. Their academic performance varies. So, these are some questions that arise to study. It creates challenges for students to maintain their balance diet, a particular way of life, discipline, and suitable life routine. These are essential prerequisites for students' sound health which helps them perform better in their studies. If they remain disturbed due to a hectic lifestyle, they will not function in their academic responsibilities. On the other hand, if they have a suitable life routine, they can easily participate in physical activities and exercises necessary for their health and academic activities.

## 1.2 Research Questions

The study is designed to determine the daily routines patterns of the Hostellites and day scholar students' sleeping, eating, and participating in Physical Activities or exercises—three aspects of students' lives and their health impacts.

1. What is the daily routine of the Hostellites and day scholar students in QAU, and how it affects their health?

## 1.3 Objectives

This research's main objective is to compare the daily life routine of Hostellites and day scholars' students sleeping patterns, eating habits, and participation in Physical Activities or exercises that significantly affect their health. Moreover, the researcher wants to compare hostelities and day scholars' students in the following patterns.

1. To compare the difference between a day scholar's and a Hostellites student's sleeping patterns.
2. To compare the difference between a day scholar's and a Hostellites student's eating habits.
3. To compare the difference in a day scholar and Hostellites students participation in Physical Activities or exercises.
4. To explain the mental and physical health of hostelities and day scholars.

## 1.4 Significance of the Study

It is a critical study to explain the miserable conditions of students who face their daily routine. The study carries immense importance because it investigates the effects of students' daily routine on their life, society, university, and academic performance. It is a significant area of sociological studies and social sciences to study the possible outcome of students' routine on their academic performance, mental health, and physical fitness as physical fitness and mental well-being are essential components for the students' better performance in university and professional life. Therefore, sociology and social research interests studying this topic from multiple angles with different variables to realize its significance in students' social and personal lives. Both the day scholars and hostellities are significant actors of study. It will help us find problems faced by academics, institutions, and individuals in the performance of their academic activities. Thus, the performance of a university or an institution solely depends on the discipline, sound health, physical fitness, and suitable routine of a student. In the current prevailing situation, the participants of the hostelities in Physical Activities or exercises are affected due to the policy measures and arrangements of the hostel administration. Therefore, this study would help determine the gaps in the hostel administration's policy would surely set a path to develop a new approach or make significant changes to the existing one that would surely help increase the participation of the hostelities in physical activities or exercise.

Chapter No. 2

# LITERATURE REVIEW

The literature review's primary purpose is to understand the topic of interest from a global perspective and identify the study gaps. In addition, the literature review is to glimpse the international view on existing topics.

## 2.1 Sleeping Patterns of Daily Routine

Sleeping is one of the crucial parts of life for survival on this planet. Feng et al. (2020) highlighted that low quality and insufficient sleep affect more risk increasing depression, obesity, neurodegenerative disease, inflammation, cardiovascular disease, metabolic syndrome, injuries, and premature mortality.

Meta-analyses of (Lovato and Michael et al. 2014) concluded that sleep disturbances might have led to a high prevalence of students suffering from depression and may cause a high ratio of suicide attempts in children and adolescents. Furthermore, Lovato (2014) highlighted in the evidence that the greener residential spaces also tend to have more comfortable sleep-related outcomes. Green space can affect sleep in many ways, and connected pathways commonly referred to as health issues (Markevych et al. 2017). Furthermore, green space can act as a potential modifier for other environmental hazards such as low quality and insufficient sleep, such as traffic noise, heat, and air pollution (Okamoto and Koh 2012). Dzhambov, Angel Mario, and Donka Dimitrova (2014) found that a nearby green space's population may be protected from damage caused by riots, congestion, and air pollution. However, Bodin et al. (2015) shed light on modified pathways that there is no evidence of the interlinking between green space and self-related traffic annoyance. This research was conducted on young adults aged 18-79 in Swedish. Besides, they have assumed to study the children and adolescents who live in green areas will have an average, better quality, and adequate sleep, especially in exposing heavy traffic noise (Feng et al .2020). A recent systematic review of seven cross-sectional studies and five intervention studies found that better sleep-related outcomes were attached with significant exposures to nearby green space (Cheol et al. 2020). The following indicators are crucial to understanding the relationship between the daily routine of Hostellites and day scholars' sleeping patterns. The students' Sleeping patterns are affected when they entire in the hostel life that residential impacts their sleeping patterns.

### 2.1.1 Residential Impacts

It has been experienced those residential impacts on the living lifestyle of the student are primarily impacted sleeping habits. Langberg et al. (2014) aimed to identify that daytime sleep is linked with the student's academic performance, and the aim was that daytime sleep

causes ADHD (attention deficit hyperactivity disorder). The students living at the hostel are more victims of attention deficit hyperactivity disorder (ADHD) than the day scholar students residing with their families. Owens (2009); Sung et al. (2008) show that adolescents and young adult children have a high rate of (ADHD); prevalence number ranging from 25 to 50% has also been displayed in this article. However, relatively few studies have explored some risk factors with (ADHD) and sleep problems. It is essential to determine the editable factors that increase sleep problems in these children because sleep problems affect children's independent functioning and are generally more common than in developing children (Sciberras et al., 2017). The literature review's main objective is to prevail low and average grades due to daytime sleepiness, although it cannot predict a lower GPA. The researcher attempted to evaluate the impact of daytime sleepiness as becoming a habit or sleep pattern linked with the student's academic performance of both Hostellites and day scholars. Daytime sleepiness is directly related to (ADHD) (Langberg et al. 2013). The sleeping pattern has been found in both residential students, so the residential Factor has no importance to the existence of that habit in students.

Furthermore, the students residing with their families or living in hostels have that sleep pattern that affects their academic records. Langberg et al. (2014) explored that this kind of problem has taken place in the right pieces of time. Overall, there seems to be some evidence to indicate that the residence's impact does not affect the students' sleep patterns at the college level. Still, many studies conducted at the university level found that the residential effects are crucial in the students' practices.

Asaoka et al. (2004) examined the flow of international students residing with their families or parents who have a fixed time of sleeping and waking patterns than the students dwelling alone at the campus living in a Dormitory room. The students reside at home with their families or parents having a good routine of sleep-wake timings compared to the students living in hostels or Dormitory rooms. There is no striction of sleeping-wake patterns and privileges to delay their sleeping duration during their study years.) stated that the students who reside at a campus, Dormitory room, our apartments have destructive or disturbed sleep-wake patterns compared to the students who live with their families' parents who have a good routine of sleep-wake habits. Many social events caused delaying the sleep-wake patterns among the students at the university level. The residential status affects the motives of the student's lives with their families or parents. As well as those students, reside in campus, Dormitory room, or apartment, and have destructive sleeping patterns and mental health, physical appearance, or functioning of social well-being, and this cognitive functioning and

physical appearance are concerned their bad academic performance. It has been observed that the daily routine of the Hostellites also affects the gender differences among university students (Asaoka et al., 2004). The following passage was solely focused on the relationship between the daily routine of each gender of students of Hostellites and day scholar of the University and their sleeping patterns. The following indicator of the sleeping patterns shows that both genders' sleeping habits affect the new settlement of the residence of hostel life.

### 2.1.2 Gender Difference

There is also a gender difference in the sleeping patterns of students. Both male and female students vary in their routine, sleeping, and eating habits. Galambos and Lascano (2014) conducted that sleep patterns are altered throughout the two or four years of the University. Both genders reside with their families or parents, and those students live on campus, in Dormitory rooms or apartments. At the time of the first semester of university research, females sleep less than males. Still, as time passed, the males started delaying their sleeping patterns and engaged in different activities compared to the females. There is an excellent link between caused to lower GPA and later bedtime. Sleeping is concerned with health, and health is affected by academic performance. Poor sleep is responsible for the low grades of both genders. This study tells those females to rest better than males because they cannot go outside after sunset, and males are free to go anywhere where they want to go. There is a possibility that gender does not matter in other areas of the world in sleep habits, but it varies worldwide. All-females students do not need to have good academic records because of more sleep loss among the male students at the University. Maybe they engaged in other routine life they passed in night times. In the wealth of literature, it has been observed that sleeping patterns also affected both Hostellites and day scholar students at the University and affected by the new environment of social adjustment. The following argument will base on the relationship between the social adjustment of the Hostellites and day scholar students with their sleeping pattern. The following passage shows that sleeping patterns also affect students' lives because of the new environment's social adjustment.

### 2.1.3 Social Adjustment

University students observe changes in their sleeping patterns due to stress and depression because of academic burden and changing lifestyles in hostels. Galambos et al. (2010) investigated that the primary four significant predictors of sleep altering the students. It includes the stress that affects students' sleeping habits, and the second problem faced by the student is residing away from the family or parents, and the third is facing financial stress.

The fourth and last one is the career problem is a significant predictor of low-quality sleep or delayed sleep. Sleeping habits are directly concerned with academic performance and affect both Hostellites and day scholars' health. The main reason for poorer sleeping is a new environment where they cannot easily sustain and quickly adapt to the new environment. It takes time to adjust to their new university surroundings, where they found multiculturalism, race, ethnicity, and religion.

The researcher on sleeping quality has highlighted several symptoms that the students from such families experienced no parental care and experienced excellent sleep at the University. Because of all that has been mentioned so far, one can assume that the first semester students are suffering from sleep disorders, and therefore, they are performing poorly in their studies, and the second is chronic. They also suffer from other diseases. But there is a possibility that students of another semester may have had the same problem. The study was conducted in Canada. The causes of poor sleep may differ in other parts of the world, as in Asian countries. The study also explained the causes and effects of poor sleep but did not focus on students' routines in their spare time. It had been shown that students suffer, depression is another major cause of sleep disorder. The new social experiences in university life contribute to sleep difficulties. The new university life experiences contribute to sleep problems and change their patterns because of different university events. The change in the environment, surrounding, and living situations are the main reasons which affect lower sleep-in students at university. The evidence presented in this section suggests that the students residing away from home, their families, or their parents are more likely to engage in heavy alcohol use or excessive use of other drugs.

On the other hand, the students living with their families or parents are less likely involved in such activities. In addition, it explained that social conditions demand that students change their sleep habits. For example, schedules and social needs require a change in sleep times.

Furthermore, researchers found that inadequate sleep is associated with grade through alcohol use. Galambos et al. (2009) identified that the students who reside with their parents are safe from consuming fatty alcohol and drugs. Therefore, alcohol consumption affects quantity; sleep quality also affects previous sleep habits.

## 2.2. Eating Patterns in Daily Routine

The daily eating patterns are another crucial aspect to measure the student's daily routine activities. The Hostellites and day scholars' eating behaviour is very distinct from one another. And those who live with the families or parents have good eating dietary and the student

residing at hostels, dormitory rooms, and apartments. However, their consumption of food is not so good, and it is ultimately affecting their life. Wherein, the main reason is a residential place or residing far away from parents. It argues that the eating schedule of a home is much better than the Hostellites meal. In the global view of developed and developing countries, the eating schedule is much better and well planned than under-developing countries. Kim et al. (2013) illustrated that dietary behaviour-related intake at the level of self-boarding college students has a significantly high ratio of students skipping breakfast and lunch regularly out of food than the students residing in the dormitory groups. Kim et al. (2013) figured out that the self-boarding group had less consumption of eating vegetables at every meal and preferred to eat various food every day.

There is a significant difference between self-boarding and living in the dormitory by consuming the food. Therefore, the details obtained from the college of male students show that nutrition labels program Self-Boarding Students about educational program development issues healthy living is said to improve lives. The students who avoid binge food consumption the students who reside with their parents are used to prevent binge eating and are physically better than the boarding students. Lee and Chung (2006) conducted that the daily intake of food and Dietary Habits of the students at the college shows a significant number of students depicted, high rate of Deficient intakes of Caluicm, iron, vitamin (A). There is no difference in gender intaking regularity and meal skipping. Still, they found that females mainly disturb their Dinner than male students, and the high number of females know the nutritional knowledge than males' students. Invariably, they did not follow the dietary habits or dietary attitudes of male students. Hussain (2014) examined those changes also affect food types, dietary diversity, and calorie intake due to changing the season.

Furthermore, the researcher analyzed the situation using the primary information of 97 and 114 household surveys of summer and winter. Besides, the findings show significant differences in household food type, dietary diversity, and calorie intake throughout the season. Due to changes in eating options in winter, the household food basket was more diverse, with changes in eating options, dietary diversity, and calorie intake increased by 30%, 13%, and 8%, respectively. Percentage increases, especially in winter. Sung (2011) investigated that middle school students' eating habits food preferences render material support for dietary and nutritional education at the elementary school level.

Sung (2011) stated that male students prioritized consuming animal foods more than female students. The passage below indicates that the increased consumption of food also impacts students' physical and mental health.

### 2.2.1 High Consumptions of Food Effect the Health of the Students

Students prefer to eat fast food and binge food, which affects their mental and physical health. Galambos et al. (2006), the students living away from home and family cause the symptoms of binge eating, which is an eating disorder. Furthermore, researchers explored that social adjustment is also a reason for social challenges through which students have more symptoms of binge eating disorder. The students are moving away from home and losing social support from their parents. It may cause mental and physical health, which leads to binge eating disorders. However, the research was conducted on only females students, and the females do not check the intensity of this eating disorder among the students at the University. The living conditions of the hostels also affect the eating habits of the students.

Khozaei et al. (2010) explained that the students' level of satisfaction living within the campus and those living outside the campus. Based on the literature review, it was speculated that the level of satisfaction between Hostellites and day scholars of hostel residents would vary due to the different features present in these hostels. Additionally, the researcher placed a critical perspective on students' satisfaction levels of their university accommodation; the various focusing units were used to see the influence of the physical attributes and psychological and management aspects. A high level of satisfaction is expressed when the ground meets the expectations of individuals.

Ramphele and Heap (1991) inspected that the consumption of alcohol and smoking as an issue. The main problem is the lack of a healthy diet for the students in institutional packages. Male reported more consuming smoke and alcohol than females. So, it has been found that the student's health status is low because of the dire conditions of settler students compared to the students of dwelling with their parents. The studies had profounded the students' consumption depends on the living arrangements or management of the hostels on campus. The study figured out that less than 50% of students reported everyday intake of fruit.

Moreover, students preferred fast food consumption and away from the standardized diet, which covers all the nutritional aspects of students' daily and healthy lives; the food consumption patterns are different throughout the world. Still, most students are far from a healthy diet, and females are better at making more nutritious choices than male students. Researchers figured out that food consumption changed the students' living arrangements

across the countries (El Ansari et al., 2012). The researcher revealed that the residential conditions also affect the consumption of food by students, but this may be negative or positive also. It has been found that the students who are residing away from the family or parents affect the negatively compared to the students living they are affected positively due to better schedules. On the other hand, the students living on the campus have excellent and healthy food consumption compared to living at home with their families.

Moreover, the students living on campus have adequate, more nutritious food and fixed time than the students dwelling with their family or at home. On the other hand, the current study shows that students living with their family or parents tend to intake fast food. The following passage tells that both residences have a less frequent intake of low dietary food affecting their health.

### 2.2.3 Poor Dietary Intake

The food diet had changed in the hostel life of the students, which also cause the mental and physical health. Johnson et al. (2009), the campus food structure is well prepared in hostels, so the campus students have better healthy food than the students living outside the campus and with their families. The researcher has shown that the students who reside with their parents living less frequently with food and inadequate dietary intake than the students living on campus. In this study, the researcher argued that campus food is healthier than homemade food. Still, just because of the excellent management of campus food globally, it can be different such as in Pakistan. If the students live with their family or parents having good food intake habits and dietary and the students residing on campus have a more engaged intake of fast/junk food which affects their physical and mental health.

Papadaki et al. (2007) conducted that the students who live away from home also reduce the amount of healthy food necessary for health. This paper found a notable decrease in weekly consumption of fresh fruit, cooked and raw vegetables, oily fish, pulses, and olive oil, on the other hand. There was a significant increase in alcoholic beverages, wine, sugar, and Greek Souvlaki in the students who lived away from their homes and lived in Hostellites. Since starting University life, both groups of students had reduced their weekly or daily intake of white bread and whole-fat yoghurt more than those residing at their home or parents. The researcher had figured out that the students living away from home had engaged intake of fast food compared to those living with their family, which ultimately affects their physical appearance and mental health. For both groups, there were altered results found that students

living at home reduce the home-cooked meal whereas the students who are enrolled in university preferred the microwave/ frozen meal/food.

This study shows no significant residential impact on both groups of students on their eating patterns. Both students, either Hostellites or day scholars, have found unhealthy eating habits during the university degree. Abolfotouh (2007) assessed that the 600 students from the University of Alexandria living in the hostel using the different data collection, and the result were analyzed in SPSS. The results were found that the students living at the hostel are 86% ate unhealthy diets, 33.8% physically inactive, and 25.3 were overweight and at risk become fat, and 17.5% of male students. In addition, it has participated in alcohol and drug abuse, and 32.5% found more inadequate sleep patterns.

Noll (2020) proposed this study to assess the Hostellites and non-Hostellites (day scholars) students' health-risk behaviours to determine. This research compared the health-related risk between both types of students evaluated by the Brazilian National Adolescent School Health Survey (PeNSE). Utilized the 2015 PeNSE database conducted a cross-sectional study. Samples were shown throughout All Brazilian, both public and private educational institutions. Researchers researched using self-administered questionnaires to evaluate different health-related risk behaviours like Socioeconomic characteristics, sexual behaviour; cigarette use; drug abuse; and alcohol use) in an educational institution.

## 2.3 Physical Activities and Exercise among University Students

It had experienced that changing the students' daily routine impacts the physical participation due to the study burden and other engagement. Manaf (2013) highlighted that an early-aged individual and middle-aged student could benefit from participating in daily physical activities. Remaining engaged in the exercise would be generally acknowledged across the world. However, it has been categorized into internal and external barriers to finding out their physical activities and exercise participation during university study. First, it was found that the average adult or population has a low average of participating in Exercise and Physical inactivity.

Dubbert (2002) elaborated that physical activities and exercises have promoted health and prevention for the last ten years. There has been increasingly recognized the importance of physical activity, which means physical and mental health. However, the researcher found a low average of the physical activities perceived in past decades. Glowacki et al. (2017) stated that exercise is the treatment for depression, the best way to encourage the individual to engage in practice and physical activities. Still, it has also been found that the individuals

following mood disorders. This study aimed to identify necessary facilities and barriers to the University's exercise and physical activities that the individual with depression may take participated more in training and physical activities than the socioecological, physiological, and physiological obstacles.

Such conditions were reported to reduce or negatively affect both types, the students residing with their family or Hostellites. It can be said that the facilitators may also enhance or positively affect two kinds of students in socioecological, psychological, physiological, and were reported the students are engaged in exercise and physical activities. It has been shown that the interventions may enhance physical health and decrease the psychiatric symptoms from the person's significant depression and psychotic disorder (Rosenbaum et al., 2014).

The articles' results show that the primary encouragement for occupying physical activities and exercise can refine physical health. One of the main reasons to reduce or weight loss is attached to exercise, and motivation is the critical Factor explained by the general population (Sherwood 2000). It elaborated a high rate of overweight and obesity among students of both day scholars and Hostellites (Vancampfort et al., 2015). While weight management is a crucial motivating factor for starting an exercise program, the relative promotion of physical activity to weight loss will be attained through dietary interventions (Haskell et al., 2007). The improvement of physical and mental health is often achieved by the independent response to intervention in the exercise, which causes weight loss. There were found that the students whose age is cross than 23 are more motivated towards practice than lower-aged students of the educational institution (Roberts 2015).

There have been many advantages of regular physical activities attached to better mental health (Start Active, Stay active 2011). Roberts (2015) demonstrated that everyday physical exercises reduce the risk of obesity, breast cancer, coronary heart disease, and mental health problems, musculoskeletal conditions (WHO, 2010). Wing et al. (2009) identified that positive physical activity and epidemiological health reported that physical activity level might cause a decline with age. The study aimed to explore the differences between motivation and exercise, age, and gender among university students. The students living on campus do not meet the three-time physical activities and practice rather than the students residing with their family or parents due to concerns with students at risk of several health issues during their graduation.

Roberts (2015) indicated that motivation varies according to gender and age. Therefore, University management should take the preventative programs according to the environment,

and it will have more helpful to decrease the different risk behaviours among the student at the University. Tzormpatzakis (2007) stated that the main reason for the students was involved in physical activities and exercise to control health problems like overweight, stress, and depression management and fitness. The main concerns are facing by students are that the lack of time to maintain physical health and participant in Physical Activities or exercises. Sleap (2007). A researcher found few factors like income, age, gender, residential impacts, and educational background based on the leading causes of motivational factors in participating in physical activities and Exercise (Tzormpatzakis 2007). The literature reviewed that self-determination is attached to the intrinsic motivation for the sport. The cognitive evaluation theory explained that most physical activities or exercises are inherent motivation. Such explains intrinsic motivation was conducted that the autonomy of the idea of self-determination.

Haase et al. (2004) found that physical inactivity may relate to cultural and economic factors; physical inactivity increased the risk of different opposed health conditions, such as breast and colon disease, and coronary heart disease also causes low life expectancy. This study proposed that the world has a large population with inactivity; that affects many diseases; estimating conditions may prevent people from becoming active. The following paragraph indicator will demonstrate the less participation in physical fitness, which may cause the chronic disease of both natures of residence Hostellites and day scholar students.

### 2.3.1 Physical Fitness and Chronic Disease

Physical exercises prevent an individual from different diseases like a heart attack which is most common in under-developing countries. Diabetes is a type of disease in which glucose rapidly surpluses in mainstream blood, which leads to different health issues like blood pressure, unhealing of wounds, and even cancer.

Researchers calculated that less than 40% of American women are practicing physical activities; in the developed world, universities prioritize maintaining physical exercises to improve society's students. However, in colleges, students do not participate in physical activities because of their educational burdens; the researcher reviews, the correlation between schools within the colonies is not enough to promote physical education rather than out-campus schools and universities (Butler, 2011). Blair et al. (1996) demonstrated the role of independent physical activity and nutrition in preventing and treating multiple chronic diseases. This paper's review knows the effects of physical activity and nutrition on using the preventive and treatment measures for coronary heart disease, obesity, and other illnesses. In

linkage with the following passage, it shows that exercise and dieting are essential for the students to calm their mental and physical appearances.

### 2.3.2 Exercise and Its Impact on Dieting

In this research, the Western researcher argued how continuous physical exercise minimizes the students' dietary habits and evaluates anthropometrical characteristics and physiological characteristics. Eating habits, researcher further divides two groups to conduct the study, 46 students at nursing school and 58 students are universities going. The research showed that female nursing students' energetic diet was insufficient and lacking in carbohydrates and very high in protein and fat. The current study indicates the relations between the two variables in anthropometric files; nobody does notice it. Giving sufficient healthy and preventive actual exercise suggestions was higher among dynamic last year nursing students than among first-year nursing students. Generally, the after-effects of the current investigation feature a more prominent accentuation on the advantages of regular physical practice and sufficient healthy instruction early in the instructive nursing program to urge students to embrace better ways and give more powerful preventive Exercise (Javiera, 2006).

Physical exercise is a controllable factor that can help us live healthiest, improve health issues, and prevent illnesses. It played an essential role in curing patients who have suffered from mental sicknesses or physical abnormalities (College of Physical Activities or exercises Pollock, et al .1998). It can also help patients suffering from different diseases involving long-term discomforts, such as osteoporosis, osteoarthrosis, and back fatigue (Pollock & Wilmore 1990). Frequent physical exercise can also help prevent anxiety and depression (Dunn & Neal, 2001). Many researchers consider practice, arduous training, a valuable technique for decreasing physiological disorders caused by improving psychological symptoms and stress (Palmer 2005). It is, therefore, apparent that exercise can improve not only psychological health also physical fitness.

Chapter No 3

# THEORETICAL FRAMEWORK

## 3.1 Theoretical Background

Theories are to describe and understand the study of research. The theoretical framework is a structure and an essential part of a study that can hold or support the investigation. The theoretical framework explains the phenomena that are going to study it also gives the understanding and support of the research.

## 3.2 The Routine Activity Theory

The routine activity theory was first coined by Cohen and Felson (1979), who stressed that crime is occurred by following three steps.

- A potential offender
- An attractive target
- Guardian surveillance

As Cohen and Felson stressed, if the offender is not potential for criminal activity, crime is not happening, so the offender must be attracted toward the goal (crime). They argued that crime is happening if an offender is being seduced by an appealing target (money, fame, power); here attractive target means an attractive incentive by owing an offender can feel charmed and fame. An offender cannot commit a crime if the offence outcomes do not attract them; it relates to current studies researcher will apply theory to this study. Researchers questioned that hostel students are more involved in changing sleeping habits, eating patterns, and physical activities or exercise than day scholars.

First of all, they have an attractive target (facilities like grounds, gym); secondly, Hostellites students have more sleeping patterns than day scholars. As the theory stressed, there are minimum chances of criminal activities if there is a Guardian. Like in sophisticated cities of any country registers minimum illegal activities because in these cities. They have a modern surveillance system that monitors and everything in a town. Traffic cameras can connect traffic wardens to offenders, creating fears to commit the crime by breaking traffic rules. Hence, it is essential to make sure a strong guardian controls the unusual behaviour of an individual.


## 3.3 Application of the Theory

In routine activity theory, researchers Cohen and Felson argued that a potential offender a suitable target, and a weak guardianship is mandatory to occur any crime. Instead, there is a minimum chance of criminal activities.

Current studies aim to explore how immediate changes occur when students from different regions come to Quaid-I-Azam University, Islamabad, like their sleeping pattern. Physical activities like Physical Activities or exercises., in theory, theorists figure out that crime does not occur until the offender is not motivated. Therefore, we will scale out current research on which factors motivate students to bring abrupt changes in their eating, sleeping, and physical activities or exercises.

### 3.3.1 Potential Offender

Due to minor surveillance, hostilities are the potential offender in their sleeping patterns, and due to the relaxing environment in the homes, day scholars are the likely offenders.

### 3.3.2 Attractive Target

A suitable target is easily damaged or threatens by motivated offenders; if the target is attractive and convenient, their crime can commit. This theory relates to the current study of whether university hostels provide a familiar environment to students change the living patterns of day scholars. However, the same theory explains that crime relatively hard to commit where the target is not attractive.

### 3.3.3 Guardianships

Students' routines are changeable in a hostel, and parents mostly expect their sons to be significantly saved in the hostel. Still, students' habits would be mainly changed for new students whenever they come to the University. Therefore, it is tough for the students to be adjusted in a fist in the hostel. Furthermore, those students living with their parents or family would be most restricted by family members for check-in the balance because the family wants that what genders should be under family opinions. Therefore, those students are close in the circle under the family structure.

### 3.3.4 Hypotheses

H1: Day Scholars have more health issues than Hostellites.

H0: Physical exercise impacts the physical and mental health of the students.

H1: Sleeping and eating patterns of hostellites are pretty different from day scholars.

H0: Prolong sleeping, and unmannered eating patterns of students lead to physical weakness.

### 3.3.5 Proposition

1. The change in spatial location or environment plays a vital role in adopting the new behaviour.
2. The peers effectively change the behaviour of new students in hostels.
3. The day scholars have less likely affected by the new environment.
4. Hostellites are more physically participated compared to day scholars.
5. Hostellites are more conscious about their physical and mental health compared to day scholars.

Chapter No 4

# CONCEPTUALIZATION AND OPERATIONALIZATION

## 4.1 Conceptualization

Conceptualization is the process in which the researcher finds the concepts about the study. The conceptualization is the combination of the defined study's ideas by the theorists or other researchers. It uses to clarify the basic concepts of the researcher's study. Conceptualization is the conjunction of different theories by different researchers to define the current research's variable. In the present study, there are three variables, so in the light of systematic definitions, the researcher will clarify all variables taken in the research. Reconceptualization is how the researcher further inquiries and elaborates the variables by keeping concepts in mind.

### 4.1.1 Sleeping Patterns.

The sleeping pattern, also referred to as a sleep-wake pattern, is a biological rhythm that guides the body to sleep and wake. It is one of the body's circadian rhythms and typically follows a 24-hour cycle, controlling its sleeping schedule and working (Asaoka et al., 2004). The sleeping pattern, also referred to as a sleep-wake pattern, is a biological rhythm that guides the body to sleep and wake (google definition).

### 4.1.2 Eating Patterns.

For humans, eating is an activity of daily living with individuals that limits its nutritional intake. Some individuals may limit their amount of nutritional information. Due to hunger or famine, it may result from a lifestyle choice as part of a diet or religious fasting. Eating behaviour is a widening concept incorporated by food and motives, dieting, eating feeding practice, and eating-attached problems such as eating disorders, obesity, and feeding disorders. Context of behavioural medicine, eating behaviour researcher focuses on the prevention, etiology, and treatment of eating disorders and obesity and improves healthy eating patterns that support and prevent medical conditions such as hypertension, diabetes, and cancers (La Caille 2013). A dietary way defined as the quantity, variety, or combination of different foods and beverages in a diet and the frequency with which they are habitually consuming (Johnson et al., 2009).

### 4.1.3 Physical Activity or Exercise

The universally accepted physical activity definition is "any bodily movement produced. the skeletal muscles result in caloric expenditure" (Caspersen et al. 1985). Exercise is a subdivision of physical activity explained as "planned, structured, repetitive, and results in the improvement of one or more facets of physical fitness" (Caspersen et al. 1985). It generally

accepts no international definition or measure of physical inactivity (Varo et al., 2003; Van der Wilk & Jansen 2005).

### 4.1.4 Hostellites Students

It is an inexpensive lodging facility for young students travellers who usually have dormitory-style sleeping arrangements ( Merriam-Webster).

## 4.2 OPERATIONALIZATION

It is defined as the definitions and concepts of variables are relating to the current research known as operationalization. In operationalization, the researcher applies all variables in its present scenario of how these variables define the study's current context.

### 4.2.1 Sleeping Patterns.

In the current study, the researcher surfaced different variables to make research systematic. How one variable influences the other, here in sleeping patterns, means how many hours university students used to sleeping and the comparative analysis of Hostellites versus day scholars.

### 4.2.2 Eating Patterns

It is imperative to intake food based on daily requirements. For example, it is essential to explore students' habits regarding eating schedules that how many times they are eating whether they are taking a meal at the right time, particularly in hotels. In addition, diet is an aspect to check whether the students care for their eating habits or change after admission in hostels.

### 4.2.3 Physical Exercise

Physical exercise is crucial to maintain body function at the early age of biological growth. It has vital importance for university students because at this stage, and students need psychological support. Physical activities like games extracurricular activities help them reduce psychological issues and strengthen physical stamina, which automatically helps students cope with mental problems like courses, other desperations, etc.

### 4.2.4 Hostellites Students

In this study, Hostellites students are those who are living in the hostels of Quaid-i-Azam University Islamabad.

Chapter No 5

# METHODOLOGY

## 5.1 Research Design

The present study is based on quantitative research designs. It is a suitable method to determine the similarities and differences among the day scholar and hostellite students of Quaid-Azam University, Islamabad. The quantitative research method is used because the researcher wants to find the relationship between students' daily routine—the present study is based on the quantitative study method. Through the quantitative approach, the researcher can identify two variables: daily routine and its relationship with the student's health. The previous literature also suggested the quantitative method to understand the phenomenon. Furthermore, the quantitative approach is appropriate for finding the students' sleep patterns and their rise and fall in sleep quality. Therefore, the quantitative method is suitable for finding students' sleep patterns (Galambos. 2010).

## 5.2 The Universe

The universe of this study is Quaid-i-Azam University, Islamabad. The universe was selected as its respondents' youth with both natures of residence statues like Hostellites and day scholar, one of the study's main objectives.

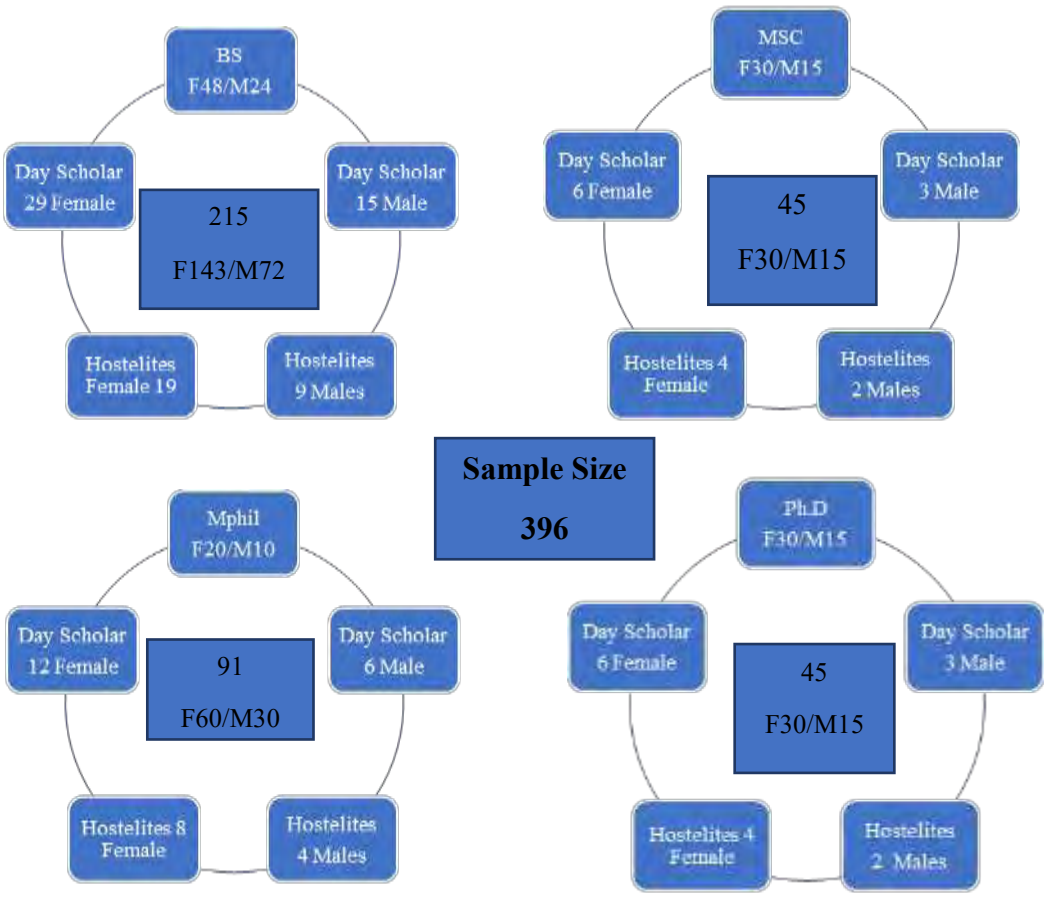
## 5.3 Unit of Analysis (Target population)

Unit of analysis was students of Quaid-I-Azam University Islamabad. Quaid-I-Azam University Islamabad is selected because it represents the young youth of Pakistan. Therefore, it is appropriate to examine the daily routine activities of the students in Quaid-I-Azam University in a limited period. Quaid-I-Azam University currently has 9907 enrolled students in different disciplines.

## 5.4 Sampling Design

The sampling design was systematic sampling, then applied a random simple sampling technique to representative sample and gave all the respondents an equal chance to select. Probability sample techniques provide accuracy and save a lot of time and cost.

## 5.5 Sample Size




**(M shows Male, and F shows Females)**

The researcher used proportional sampling for this sample size for the current study is 396, calculated by using the Taro Yamane. The formula is designed where the population is finite and known. In the present study, the total population is 9907 students; Time higher Education (THE) shows that 66% of females and 34% of males are currently enrolled. Out of the total 396 students, 215 are from BS, 45 from MSc and Ph.D. each, and 91 from the M.Phil. There are 48 females with 29 as day scholars, and 19 were Hostellites from each faculty.

On the other hand, 24 males, out of which 15-day scholar 9-Hostellites from each faculty. 45-students are from MSc and Ph.D. programs, 6 female day scholars, and 4-Hostellites, and 3-male day scholars, and 2-Hostellites in each discipline. 91-students are from the MPhil program, 12-females day scholars, and 8-Hostellites and 6-male-day scholars, and 4-Hostellites in each field.

## 5.6 Tools for Data Collection

The data collection tool was a self-administered questionnaire to examine the daily routine activities of Hostellites and day scholars. The self-administered questionnaire is most

appropriate, although the study population is educated. So, the questionnaire consists of closed-ended questions was adopted.

## 5.7 Techniques for Data Collection

The data collection technique was a close-ended questionnaire to collect the data, and the data of the study was analyzed through descriptive analysis with crosstabulation. The study aimed to find or compare the similarities and differences between hostelities and day scholars, according to the residential status of students. For comparing it needs frequencies and percentage from the reason, descriptive analysis with crosstabulations is adopted.

## 5.8 Tools for Data Analysis

IBM statistic (formerly known as SPSS) was used for data analysis. The SPSS is time-saving after entering the raw data; the research will analyze with a single click, and data sheets or sheets are easily manageable.

## 5.9 Technique for Data Analysis

Data of the study was analyzed through descriptive analysis with crosstabulation. The study aimed to compare the daily routine of students and according to the residential status of students. For reaching, it needs frequencies and percentages for a reason, descriptive analysis with crosstabulations is adopted.

## 5.10 Pretesting

Pretesting on 10, respondents conduct before the collection of accurate data. Pretesting made an easy way to check the workability of the questionnaire. That also helps in the correction of the questionnaire and modification in the questionnaire to boost its workability. After the pretesting, the questions were clear to the researcher that they needed amendments in the questionnaire. According to the researcher's struggle, the results of the pretesting confidently filled the questionnaires.

## 5.11 Opportunities and Limitations of the Study

The researcher belongs to that University, so there was no difficulty or hurdle in accessing the respondents. The target population was educated, so to fill the questionnaires was an easier task for the researcher. The researcher wanted to cover a large area to conduct the research, but due to the lack of time and resources, just a sample of 384 students could take from university. The study will help and give direction to the next researcher if would research the hostel's routine.

## 5.12 Ethical Concerns

All the ethical concerns were kept in mind during the research process without disturbing the study's universe. The researcher had given the questionnaire and asked them this information that will solely use for research; the Researcher conducted this research honestly and faithfully to keep the given information confidential.

Chapter No 6

# RESULTS

## 6.1 Respondents Demographic Profile

Table 6.1 explains information about the demographic questions of the study participants of students living in hostels and home living students of Quaid-i-Azam University, Islamabad. The demographic profile of the respondents is essential to understand the daily routine of different Nature of Residence, Age groups, Departments, Programs, Semesters, and Gender. The current table explains that data was collected from 396 respondents, where 33.3% were male, and 66.7% were female. The program's variable shows that 54.4% have belonged to BS, 11.4% were from M.Sc, 22.7% were from M.Phil, and 11.4% students from the Ph.D. program.

The semester's variable shows year-wise, which was easy to determine the students adequately. The researcher moulded the semester into year-wise, i.e., the 1st year shows the 1st and 2nd semester as same as it is applied to all variables, in 1$^{st}$ year the respondents were 22.2%, and in 2$^{nd}$ year 49.7% and 3$^{rd}$ year 13.3%, and 4$^{th}$ year 114.4%. The researcher used to collect the same data proportion sample from each faculty., 33.3% for each defined universe. The variable of age shows that most students belong to the age group from 21 to 23. The data was collected from 39.9% of Hostellites and 60.6% of the students living with their parents or family.

Table 6. 1 Demographic Status of the Students at QAU

| Sr. No | Variables | Responses | Frequency | Percentage % |
|---|---|---|---|---|
| **1** | Gender | Male<br>Female | 132<br>264 | 33.3%<br>66.7 % |
| **2** | Program | Bs<br>M.Sc<br>M.Phil<br>PhD | 216<br>45<br>90<br>45 | 54.4%<br>11.4%<br>22.7%<br>11.4% |
| **3** | Semester | 1st year<br>2nd year<br>3rd year<br>4th year | 88<br>197<br>54<br>48 | 22.2%<br>49.7%<br>13.3%<br>14.4% |
| **4** | Faculties | Biological Sciences<br>Social Sciences<br>Natural Sciences | 132<br>132<br>132 | 33.3%<br>33.3%<br>33.3% |
| **5** | Age | 18-20<br>21-23<br>24-26<br>27 and above | 115<br>149<br>87<br>45 | 29.0%<br>37.0%<br>22.0%<br>11.4% |
| **6** | Residence | Hostel<br>Home | 156<br>240 | 39.4%<br>60.6% |

### 6.1.1 Sleeping Patterns of Hostellites and Day Scholar of QAU

Table 6. 2 Frequency table of sleeping Patterns During Last Three Months at QAU

| Sr. No | Variable | Responses | Frequency | Percentage (%) |
|---|---|---|---|---|
| 1 | I usually get sleep | 20-22.59<br>23-12.59<br>01-5.59<br>6-11.59<br>12-19.59 | 186<br>23<br>50<br>136<br>1 | 47.0%<br>5.8%<br>12.6%<br>34.3%<br>.3% |
| | Wake up | 4-6.59<br>7-8.59<br>9-11.59<br>12-15 | 133<br>123<br>113<br>27 | 33.6%<br>31.1%<br>28.5%<br>6.8% |
| **2** | How many hours do you frequently sleep? | 5 hours or less<br>6-8<br>9-12<br>More than 12 | 48<br>255<br>86<br>7 | 12.1%<br>64.4%<br>21.7%<br>1.8% |
| **3** | My sleep is disturbed due to my roommate | Yes<br>No | 113<br>280 | 28.8%<br>71.2% |
| **4** | Vacations have affected my sleeping routine | Yes<br>No | 257<br>138 | 65.1%<br>34.9% |
| **5** | I yawn during lectures | Yes<br>No | 206<br>187 | 52.4%<br>47.6% |
| **6** | Have you ever felt dizzy or headache due to lack of proper sleep? | Always<br>Often<br>Sometime<br>Never | 55<br>104<br>183<br>53 | 13.9%<br>26.3%<br>46.3%<br>13.4% |
| **7** | What is the main reason behind late-night awaking | Use of Mobile<br>Late-night gossips<br>Watching on-screen<br>Playing indoor games<br>Study Purpose | 167<br>45<br>66<br>14<br>85 | 44.3%<br>11.9%<br>17.5%<br>3.7%<br>22.5% |
| **8** | Do you ever wake up at midnight | Yes<br>No | 293<br>102 | 74.2%<br>25.8% |
| **9** | Why do you wake up in the middle of the night | Bad dreams<br>Nature call<br>Physical pain<br>External Disturbance | 70<br>89<br>33<br>85 | 25.3%<br>32.1%<br>11.9%<br>30.7% |

Sleeping is essential for health. Adults need 7 to 8 hours of sleep to improve their bodies' function correctly, enhancing the quality of life, fighting off illness, and decreasing the risk of accidents. Above table 6.2 shows that 47.0% of students usually sleep between 20-22.59, while 34.3% get to sleep at 6-11.59. and .3% usually get sleep at 12.19.59 in the afternoon. 33.6% of students who usually get sleep between 20-22.59 are wake up between 4-6.59 in the early morning, and 31.1% of students who get sleep between 23-12.59 are wake up at 7-8.59 in the morning. Similarly, 64.4% of respondents frequently slept 6-8 hours at night, 12.1% of the respondents are sleeping 5-hours and diminutive than 5-hours to sleep at night. 1.8% of the respondents are also sleeping more than 12-hours in a day. 71.2% never faced sleep disturbance because of roommates. 65.1% of the respondents sleeping patterns affect due to

vacations. 52.4% of the respondents yawning during the lecture. 46.3% of the respondents felt headache and dizziness due to lack of proper sleep. The main reasons behind late-night awakenings are that 44.3 % of adults are spending more time using mobiles. 74.2% of respondents wake up at midnight due to 32.1% facing natural calls.

Table 6. 3 The Correlation of sleep usually with the residence.

| Residence | I usually sleep at | | | | |
|---|---|---|---|---|---|
| | 20-22.59 | 23-00.59 | 01-5.59 | 6-11.59 | 12-19.59 |
| Hostellites | 41.0% | 3.8% | 9.6% | 45.5% | 0.0% |
| Day Scholar | 50.8% | 7.1% | 14.6% | 27.1% | 0.4% |

There is an excellent significant correlation between the two variables. Table 6.3 illustrates that 45.5% of Hostellites students usually sleep between 6-11.59 in the morning while 27.1% of day scholars sleep between 6-11.59. The results have signed that Hostellites students have bad timing of sleep compared to day scholar students.

Table 6. 4 Explains the Correlation of sleeping to the residence.

| Residence | How many hours do you frequently sleep? | | | |
|---|---|---|---|---|
| | 5 hours or less | 6-8 | 9-12 | More than 12 |
| Hostelities | 10.3% | 65.4% | 21.8% | 2.6% |
| Day Scholar | 13.3% | 63.7% | 21.7% | 1.3% |

Sleeping is good for health, and sleeping pattern is a decisive factor in determining an individual's health. For example, table 6.4 shows that 65.4% of Hostellites usually slept the required hours between 6-8 compared to 63.7%-day scholar completed their sleep rotation. In addition, the table shows that 13.3% of the day scholar sleep less than 5 hours while 2.6% of Hostellites sleep more than 12 hours a day.

Table 6. 5 Explains the Correlation of yawing to the residence.

| Residence | I yawn during the lecture | |
|---|---|---|
| | Yes | No |
| Hostellites | 57.4% | 42.6% |
| Day Scholar | 49.2% | 50.8% |

Yawn occurs when an individual is not sleeping the required hours of sleep. Table 6.5 shows that 57.4% of the Hostellites yawing during the lecture while 50.8% Day scholars not yawing during the class. The results have shown that day scholars not yawing during the study compared to the Hostellites.

Table 6. 6 Represent the correlation headache due to the lack of sleep residence the students of QAU.

| Residence | Have you ever felt dizzy or headache due to lack of proper sleep? | | | |
|---|---|---|---|---|
| | Always | Often | Sometimes | Never |
| Hostellites | 11.5% | 26.3% | 51.3% | 10.9% |
| Day Scholar | 15.5% | 26.4% | 43.1% | 15.1% |

Dizziness has many causes, i.e., medication effects, ear disturbance, and motion sickness. Table 6.6 illustrates that 51.3% of Hostellites were sometimes suffered from dizziness, while 43.1% of day scholars sometimes felt dizziness. The results have shown that Hostellites felt more dizziness compared to the day scholars.

Table 6. 7 Explains the main reason behind late-night waking with the residence of students.

| Residence | What is the main reason behind late-night awaking | | | | |
|---|---|---|---|---|---|
| | Use of Mobile | Late-night gossips with friends and family | Watching on-screen Entertaining | Playing indoor games | Study Purpose |
| Hostellites | 46.2% | 15.2% | 13.8% | 3.4% | 21.4% |
| Day Scholar | 43.1% | 9.9% | 19.8% | 3.9% | 23.3% |

The late-night waking affects the quality of sleeping of an individual. Table 6.7 illustrates that the main reason behind the late-night awaking of Hostellites is that 46.2% of them spent more time using mobiles, while 43.1%-day the scholar used mobile late night. The table shows that the majority of Hostellites are night owls as compared to day scholars.

### 6.1.2 Eating Patterns of Hostellites and Day Scholar of QAU

Table 6. 8 Eating Patterns of Students During Last Three Months

| Sr. No | Variable | Responses | Frequency | Percentage (%) |
|---|---|---|---|---|
| 1 | Breakfast | 6-7.59 | 77 | 20.0% |
| | | 8-9.59 | 169 | 43.9% |
| | | 10-11.59 | 97 | 25.2% |
| | | 12 and above | 42 | 10.9% |
| 2 | Lunch | 12-13.59 | 87 | 33.6% |
| | | 14-15.59 | 141 | 54.4% |
| | | 16 and above | 31 | 12.0% |
| 3 | Dinner | 17-18.59 | 14 | 3.7% |
| | | 19-20.59 | 196 | 52.3% |
| | | 21-22.59 | 149 | 39.7% |
| | | 23 and above | 16 | 4.3% |
| 4 | I consume green vegetables and salad | Always | 80 | 20.3% |
| | | Often | 139 | 35.2% |
| | | Sometime | 126 | 31.9% |
| | | Rarely | 43 | 10.9% |
| | | Never | 7 | 1.8% |
| 5 | I eat meat or other products made of meat | Always | 62 | 15.7% |
| | | Often | 173 | 43.7% |
| | | Sometime | 112 | 28.3% |
| | | Rarely | 37 | 9.3% |
| | | Never | 12 | 3.0% |
| 6 | I go to fast food restaurants | Always | 46 | 11.6% |
| | | Often | 71 | 17.9% |
| | | Sometime | 127 | 32.1% |
| | | Rarely | 128 | 32.3% |
| | | Never | 24 | 6.1% |
| 7 | I tend to eat fresh fruit | Always | 99 | 25.0% |
| | | Often | 118 | 29.8% |
| | | Sometime | 121 | 30.6% |
| | | Rarely | 42 | 10.6% |
| | | Never | 16 | 4.0% |
| 8 | I drink milk and consume the other dairy milk | Always | 72 | 18.2% |
| | | Often | 91 | 23.0% |
| | | Sometime | 112 | 28.3% |
| | | Rarely | 86 | 21.7% |
| | | Never | 35 | 8.8% |
| 9 | How many meals do you consume in a day | One-time | 0 | 0% |
| | | Two-time | 160 | 41.0% |
| | | Three-time | 234 | 59.1% |
| 10 | I drink water before a meal | Always | 139 | 139% |
| | | Often | 89 | 89% |
| | | Sometime | 67 | 67% |
| | | Rarely | 65 | 65% |
| | | Never | 35 | 35% |
| 11 | I take tea after a meal | Always | 78 | 19.7% |
| | | Often | 83 | 21.0% |
| | | Sometime | 78 | 19.7% |
| | | Rarely | 87 | 22.0% |
| | | Never | 69 | 17.5% |
| 12 | I take a cold drink after a meal | Always | 55 | 14.0% |
| | | Often | 63 | 16.0% |
| | | Sometime | 81 | 20.6% |
| | | Rarely | 89 | 22.6% |
| | | Never | 106 | 26.9% |

This particular theme explores the Eating habits and Hostellites and days scholars at QAU during the last three months at the time of research conduction, i.e., January, February, March 2021. Food is such stuff that renders nutrients. Nutrients are substances that induce growth, energy for activity, and body functions, such as digesting food, keeping warm, breathing, and helps the immune system healthy. Breakfast is an important food to break the overnight fasting time. It fills the gap of glucose and boosts an individual's energy level.

Table 6.10 shows that 43.9% of students have breakfast between 8-9.59, while 25.2% make their breakfast between 10-11-59. Simultaneously, 10.9% of the students are a significant number who was having their breakfast 12 and above than 12. Lunch renders energy and nutrients to retain the body and brain working throughout the afternoon. 54.4% of the students have lunch between 14-15.59, while 12.0% make their lunch at 16:00 and above 16:00. Dinner is also a substantial meal.

Having a healthy dinner is attached to good sleep. 52.3% of students having their Dinner between 19-20.59, while 4.3% make their Dinner between 23:00 and above at 23:00. 35.2% of students often consume the vegetable and salad, 43.7% preferred to eat meat and products made of meat. The table shows that 32.2% of students are rarely going to restaurants for fast food. 30.6% of students sometimes eat fresh fruit, while 30.6% drink milk and consume dairy products. 59.1% consume three times a day, 139.0% always drink water before the meal, while 22.0% rarely take tea after the meal.29.9% of students never take a cold drink after the meal.

Table 6. 9 Explains the correlations of the breakfast with the residence of the students.

| | Breakfast | | | |
|---|---|---|---|---|
| Residence | 6-7.59 | 8-9.59 | 10-11.59 | 12 and above |
| Hostelities | 13.1% | 47.7% | 27.5% | 11.8% |
| Day Scholar | 24.6% | 41.4% | 23.7% | 10.3% |

Breakfast is an important food to break the overnight fasting time. Table 6.9 explains the crosstabulation between Hostelities and Day Scholars; there is a great significance between the two variables. It has shown that 11.8% of having breakfast at 12 and above than 12 indicates that the hostelities get up late in the morning because they made their breakfast late. Compared to 10.3% of day scholars who usually get their breakfast at 12 and above 12 hours in the afternoon.

Table 6. 10 Explains the correlations of the lunch with the residence of the students.

| | Lunch | | |
|---|---|---|---|
| Residence | 12-13.59 | 14-15.59 | 16 and above |
| Hostellites | 37.6% | 52.7% | 9.7% |
| Day Scholars | 31.3% | 55.4% | 13.3% |

Lunch renders energy and nutrients to retain the body and brain working throughout the afternoon. Table 6.10 explains that Hostelities and Day Scholars; there is a great significance between the two variables. It has shown that 13.3% have their lunch at 16 and above than 16; the findings tell us that day scholars are taking their lunch late due to feeling hungry the evening; in contrast, 9.7% of day scholars usually get their lunch between them 16 and above the 16. The results have found that day scholar is getting their lunch too much late than hostelities.

Table 6. 11 Represents the correlation of the green vegetable and salad with residence and gender of the students.

| **I consume green vegetables and salad** | **Residence** | **Gender** | |
|---|---|---|---|
| | | **Male** | **Female** |
| Always | Hostel | 24.1% | 75.9% |
| | Day Scholar | 39.2% | 60.8 |
| Often | Hostel | 39.6% | 60.4% |
| | Day Scholar | 33.0% | 67.0% |
| Sometimes | Hostel | 34.5% | 65.5% |
| | Day Scholar | 28.8% | 73.2% |
| Rarely | Hostel | 22.7% | 77.3% |
| | Day Scholar | 47.6% | 52.4% |
| Never | Hostel | 50.0% | 50.0% |
| | Day Scholar | 40.0% | 60.0% |

The green vegetable is good for health to consume and very useful to control the obesity and calories. For example, table 6.11 shows that 60.0% of day scholar females never consume green vegetables and salad last three months,50.0% of male and female Hostellites never consume green vegetables and salad, which is good for health and prevents obesity.

Table 6. 12 Explains the correlation of eating meat with residence and gender.

| I eat meat or other products made of meat | Residence | Gender | |
|---|---|---|---|
| | | Male | Female |
| Always | Hostel | 47.1% | 52.9% |
| | Day Scholar | 42.2% | 57.8% |
| Often | Hostel | 33.3% | 66.7% |
| | Day Scholar | 31.8% | 68.2% |
| Sometimes | Hostel | 36.7% | 63.3% |
| | Day Scholar | 36.6% | 63.4% |
| Rarely | Hostel | 11.8% | 88.2% |
| | Day Scholar | 20.0% | 80.0% |
| Never | Hostel | 14.3% | 85.7% |
| | Day Scholar | 20.0% | 80.0% |

Meat and meat products are rich sources of nutrients, and highly consume meat negatively impacts health. Table 6.12 illustrates that 68.2% of the female day scholars often eat meat, while 66.7% of the female Hostellites eat meat, 47.1% of the male Hostellites always eat meat, and others, 42.2% of the male day scholars eat meat. The overall results have shown that females of the day scholar eat mat more than Hostellites females, while Hostellites male eats meat or the other product made of beef more than day scholars.

### 6.1.3 Physical Activity or exercises in the last three Month of the student at QAU

Table 6. 13 Frequency table of Physical Activities or Exercise During the last three months of the students at QAU

| | | | |
|---|---|---|---|
| Cricket | Daily | 40 | 10.5% |
| | Twice a week | 27 | 7.1% |
| | Weekly | 40 | 10.5% |
| | Monthly | 72 | 18.9% |
| | Never | 201 | 52.9% |
| Football | Daily | 30 | 8.0% |
| | Twice a week | 17 | 4.5% |
| | Weekly | 19 | 5.1% |
| | Monthly | 44 | 11.7% |
| | Never | 265 | 66.9% |
| Volleyball | Daily | 11 | 2.9% |
| | Twice a week | 8 | 2.1% |
| | Weekly | 24 | 6.4% |
| | Monthly | 48 | 12.9% |
| | Never | 282 | 75.6% |
| Badminton | Daily | 41 | 10.9% |
| | Twice a week | 37 | 9.8% |
| | Weekly | 47 | 12.5% |
| | Monthly | 60 | 16.0% |
| | Never | 191 | 50.8% |
| Gym | Daily | 46 | 12.2% |
| | Twice a week | 25 | 6.6% |
| | Weekly | 30 | 7.9% |
| | Monthly | 41 | 10.8% |
| | Never | 236 | 62.4% |
| Hiking | Daily | 20 | 5.2% |
| | Twice a week | 24 | 6.3% |
| | Weekly | 56 | 14.7% |
| | Monthly | 114 | 29.9% |
| | Never | 167 | 43.8% |
| Jogging | Daily | 77 | 20.3% |
| | Twice a week | 57 | 15.0% |

| | | | |
|---|---|---|---|
| | Weekly | 44 | 11.6% |
| | Monthly | 49 | 12.9% |
| | Never | 153 | 40.3% |
| How many hours do you invest in physical activities? | 1-Hour | 109 | 27.5% |
| | No Physical Activity | 105 | 26.5% |
| | 2-Hours | 93 | 23.5% |
| | 3-Hours | 67 | 16.9% |
| | More than 3-hours | 22 | 5.6% |
| Which factors do you motivate you to engage in physical activities? | For looking smart | 64 | 16.8% |
| | For being healthy | 163 | 42.8% |
| | To maintain mental calmness | 133 | 34.9% |
| | Peer group/Pressure | 21 | 5.5% |
| Member of University Sport Club | Yes | 35 | 8.9% |
| | No | 359 | 91.1% |

This particular theme explores the physical activities or exercise of Hostellites and days scholars at QAU during the last three months at the time of research conduction, i.e., January, February, March 2021. Physical health prevents the symptoms of depression, while mental health disorders may lead to worsening physical health. Such intrinsic attachment means that staying physically healthy is essential. Physical activities and exercises were the indicators to check their daily participation in the sport, which affects their physical health in different ways. Table 6.14 shows represent the various sports participated day scholar and Hostellites. According to the frequency table, 10.5% of students participated in cricket daily, 7.1% twice a week, 10.5% weekly, 18.9% of students never took participate in cricket for physical fitness. Meanwhile, in badminton, 50.8% of students never participated in playing badminton, while 16.0% participated monthly, 12.5% weekly, 10.9% daily, and 9.8 twice a week join in badminton. However, the results show that 27.5% of Students invested 1-hour in daily physical activities and exercise, while 26.5% were not interested in doing any physical activities. 23.5% invested 2-hours, 16.9% took 3-hours in physical activities, and 5.6% gave more than 3 hours to the physical activities to remain physically fit. 42.8% of students are motivated to take in physical activities or exercise for being healthy. In comparison, 34.9% have been interested in physical activities or exercise to maintain mental calmness, and 16.8% participated in sports for looking smart, 5.5% do physical activities or exercise due to peer group pressure. 91.1% of the students are not university sports clubs, while 8.95% are university sports clubs.

Table 6. 14 Explains factors that motivated the students to engage in physical activities or exercise with students' residence.

| Residence | Which Factor motivates you to engage in physical activities. | | | |
|---|---|---|---|---|
| | For Looking smart | For being healthy | to maintain mental calmness | Peer Group |
| Hostel | 11.8% | 44.7% | 36.8% | 6.6% |
| Day Scholar | 20.1% | 41.5% | 33.6% | 4.8% |

The crosstabulation shows a significant correlation with day scholar and Hostellites students. Table 6.15 illustrates that 44.7% of Hostellites engaged in physical activities for being healthy compared to 41.5%-day scholars engaged in their self-physical activities for being healthy. The ratio shows that Hostellites are more involved in physical activities or exercise than day scholars.

Table 6. 15 Explains the hours the students invest in the physical activities, correlation with the residence.

| Residence | How many hours do you invest in physical activities | | | | |
|---|---|---|---|---|---|
| | 1 hour | No Physical Activities | 2 Hours | 3 hours | More than three hours |
| Hostellites | 30.1% | 23.7% | 21.8% | 18.6% | 5.8% |
| Day Scholars | 25.8% | 28.3% | 24.6% | 15.8% | 5.4% |

Regularly participate in physical activities keep you safe from disease. Results show that hostellites are comparatively more involved in physical activities rather than day scholars. Table 6.16 shows that 28.3% of day scholars have not invested signal hours for physical activities, while 30.1% of hostellites spent 1-hour in physical activities daily in the last three months.

### 6.1.4 The Health Issues of the Students Last Three Month at QAU

Table 6. 16 Frequency Table Health Issues of Students Last Three Month at QAU

| Variable | Categories | Frequency | Percentage |
|---|---|---|---|
| Suffer from Insomnia | Yes | 255 | 64.9% |
| | No | 138 | 35.1% |
| Depression | Always | 35 | 13.5% |
| | Often | 57 | 22.0% |
| | Sometimes | 70 | 27.0% |
| | Rarely | 44 | 17.0% |
| | Never | 53 | 20.5% |
| Headache/Migraine | Always | 17 | 6.5% |
| | Often | 58 | 22.3% |
| | Sometimes | 75 | 28.8% |
| | Rarely | 72 | 27.7% |
| | Never | 38 | 14.6% |
| Loss of Memory | Always | 11 | 4.3% |
| | Often | 34 | 13.2% |
| | Sometimes | 64 | 24.9% |
| | Rarely | 66 | 25.7% |
| | Never | 82 | 31.9% |
| Short-tempered | Always | 22 | 8.5% |
| | Often | 49 | 18.9% |
| | Sometimes | 81 | 31.3% |

| | | | |
|---|---|---|---|
| | Rarely | 59 | 22.8% |
| | Never | 48 | 18.5% |
| Anxiety | Always | 28 | 10.7% |
| | Often | 54 | 20.7% |
| | Sometimes | 66 | 25.3% |
| | Rarely | 55 | 21.1% |
| | Never | 58 | 22.2% |
| Obesity | Yes | 113 | 60.8% |
| | No | 73 | 39.2% |
| High/Low Blood Pressure | Always | 3 | 1.6% |
| | Often | 26 | 14.3% |
| | Sometimes | 40 | 22.0% |
| | Rarely | 43 | 23.6% |
| | Never | 70 | 38.5% |
| Lack of physical activities leads to serious health complications | Yes | 170 | 43.1% |
| | No | 224 | 56.9% |
| Breathlessness | Always | 9 | 5.4% |
| | Often | 24 | 14.5% |
| | Sometimes | 43 | 25.9% |
| | Rarely | 30 | 18.1% |
| | Never | 60 | 36.1% |
| Hypertension | Always | 10 | 6.2% |
| | Often | 20 | 12.3% |
| | Sometimes | 37 | 22.8% |
| | Rarely | 25 | 15.4% |
| | Never | 69 | 42.6% |

The above frequency table will illustrate the health impacts of insufficient sleep, poor eating habits, and lack of physical activity or exercise in the last three months. It has been seen that the common issues of insomnia consisted of stress, poor sleeping habits, an irregular sleep schedule, physical illnesses, mental health disorders such as anxiety, depression, and pain (Suni 2020). Table 6.17 illustrates that 64.9% of students have insomnia, 35.1% do not have insomnia; due to insomnia, students had faced 27.0% depression sometimes, and 22.0% were often suffering from it. Many studies explored migraines because of food; 28.8% of students sometimes suffered from migraines and headaches, and 27.7% rarely suffered. 31.9% never faced the loss of memory. Obesity may occur due to lack of physical activities and a good food diet; results have shown that 60.8% are diagnosed with obesity while 39.2% are not faced with it yet. On the other hand, 23.6% of students have rarely suffered from low/ high blood pressure due to inadequate intake or high food intake. Lack of participation in physical activities leads to serious health complications like Breathlessness and Hypertension; 56.9% have no physical activities, which may cause 25.9% of students are sometimes facing breathlessness issues, and 22.8% are suffering from hypertension.

Table 6. 17 Explain insomnia with a correlation with the residence of the students.

| Residence | Do you have insomnia? | |
|---|---|---|
| | Yes | No |
| Hostel | 60.9% | 39.1% |
| Day Scholar | 67.5% | 32.5% |

Insomnia occurs because of insufficient sleeping quality, consume poor eating of food. Table 6.18 shows that 67.5% of day scholar students have had insomnia more than 60.9% of

Hostellites face insomnia. Insomnia occurs because of insufficient sleeping quality, consume poor eating of food. The crosstabulation has shown day scholars are more diagnosed with insomnia than Hostellites.

Table 6. 18 Explain the correlation of obesity with the residence of the students.

| Residence | I feel the obesity | |
|---|---|---|
| | Yes | No |
| Hostel | 50.7% | 49.3% |
| Day Scholar | 67.6% | 32.4% |

The alternative hypothesis is accepted that Obesity is often occurred by overeating and does not have physical activities. Suppose you consume a high amount of energy, particularly sugars, and fat but never burn such energy through physical activities and exercise. Table 6.19 explained that 67.6% of the day scholar's respondents consume a high amount of energy-containing fat and sugar. They do not have time to exercise and do physical activities compared to 50.7% of the respondents of the hostelities. We can easily say that day scholars consume more fatty food than Hostellites.

Chapter No. 7

# DISCUSSIONS AND CONCLUSION

## 7.1 Discussion

The pattern of both hostellites and day scholar students varies in terms of their sleeping patterns, eating habits and physical exercises. Students living with their parents and family have different schedules, like sleeping on time, timely eating, and other social engagements. On the other hand, the hostellite students have eating patterns, wherein the majority of the cases, they are attending classes without breakfast. Moreover, these students have no fixed time for sleeping. However, hostellite students have developed their physical exercise schedule, where they have access to gems etc.

Similarly, the majority of 47.0% of students usually get sleep between 20-22.59. There is significantly explains that the sleeping habits of hostellities are not good compared to the day scholar students. The sleeping quality of the day scholar is much better than Hostellites students, which negatively affects their physical and mental health. Feng et al. (2020) highlighted that inadequate and insufficient sleep affects increased depression, obesity, and cardiovascular disease metabolic syndrome. The changing periods of sleep habits of the Hostellites students occurred due to the green space because students are protected from damage caused by riots, congestion, and air population (Dimitrova 2014). In addition, it has been found that 12.1% of students are sleeping less than 5-hour while 1.8% of students sleep more than 12-hours, while due to lack of proper sleep, 46.3% felt the headache, 52.4% yawing during the lecture. The reason behind the late-night waking 46.2% of hostelities is spending their time using the cell phone.

Moreover, the research shows that 43.9% of students have breakfast between 8-9.59, while 25.2% make their breakfast between 10-11.59. Lunch renders energy and nutrients to retain the body and brain working throughout the day 54.4% of the students have lunch between 14-15.59. At the same time, 12.0% make their lunch at 16:00 and above 16:00. Meat and meat products are rich sources of nutrients, and highly consume meat negatively impacts health. However, 68.2% of the day scholar females consume more meat, which predicts the cause of binge eating symptoms, which is an eating disorder, than Hostellites female students. On the other hand, 44.7% of Hostellites keep engaged in physical activities, and the day scholar is less likely to participate in physical activities. Therefore, 28.3% of day scholars had not invested signal hours for physical activities compared to the hostellites.

In addition, the research tells that 64.9% of the students have insomnia, a ratio of 67.5% of the day scholar suffering from it. While 27.0% have depression, 67.6% of the day scholar are diagnosed with obesity; lack of participation in physical activities leads to serious health

complications like Breathlessness and Hypertension. While 56.9% have no physical activities, which may cause 25.9% of students sometimes to face breathlessness issues, and 22.8% are suffering from hypertension.

The review of the literature also supports the current research findings. Literature suggested that the hostel environment significantly plays a role in learning new habits through hostels. The theoretical framework also supports recent research as Cohen and Felson explained the different daily routines activities adopted by the Hostellites changing their behaviours. Cohen and Felson explored that something happened when these three elements combined to gather, potential offender, a suitable target, and the absence of guardship, these element helps them adopt the new mood of their patterns and habits as accord their social capital. The study's primary objectives were to explore how the students' daily routine alters during university life. It seems that day scholars are comparatively better in sleeping and wake up to the Hostellites, but in other fields eating and participating in the sports, the lack of incentives.

## 7. 2 Key Findings

1. The sleeping habits of the day scholars are comparatively better than Hostellites students.
2. The residence is mainly correlated with sleeping, eating, and physical activities.
3. Hostellites are most of the time spending on using cell phones at night.
4. Day scholars are careless toward their eating patterns and diagnosed with obesity, depression, and hypertension.

## 7.3 Conclusion

The students are the block build of any nation and an essential for developing the system of their states. Therefore, the current study was conducted to understand the life routine of day scholar and Hostellites students and their physical and mental health impacts.

In the current research, the researcher found that the eating and sleeping patterns of the students are matter due to the residence. Although sleeping patterns of day scholars are robust comparatively hostelities, the eating habits of day scholars are less likely than the Hostellites. Most of the Hostellites students are used to go to sleep after midnight. The majority of the students are careless about their eating, leading to mental and psychological issues.

The study explored that the students of the 1$^{st}$ year have good sleeping patterns. Still, as they spend some time in the hostels, they adopt late sleeping and careless eating habits. However, at the same time, as the time they spend in the university, attitudes of the students turn toward

eating binge food and spend less time at bedtime, lack of physical activities may lead them to different coronary disease, like depression, headache/migraine, and anxiety.

The research was conducted based on the quantitative method. The SPSS was used to analyze the data. Moreover, the cross tabs were used to check the correlation between the demographics and the other questionnaire variables. According to the data, residence and gender have a more significant relationship with the variables of eating, sleeping, participating in physical activities. Hostellities are a more careless attitude towards eating and sleeping habits than day scholars. Gender has another significant correlation with those variables.

At last, the research found a significant relationship between the routine of the Hostellites and day scholars. Day scholar students have a good sleeping pattern than Hostellites students. The ways are adopted after spending some time in hostels, and students become more careless as time has passed. Students in 1$^{st}$ semester are caring about daily routine activities and give some time to play some sports. Hostelities students have lousy sleeping hours but very careful about their food compared to the day scholar. Day scholars are good sleeping hours but careless while eating binge food which causes obesity and breathlessness.

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# ANNEXURE

## SIMILARITIES AND DIFFERENCES AMONG THE DAILY ROUTINE OF HOSTELLITES AND DAY SCHOLAR STUDENTS OF QUAID-I-AZAM UNIVERSITY ISLAMABAD

This questionnaire aims at seeking information on the daily routine of Hostellites and day scholars of Quaid-I-Azam University, Islamabad. You are requested to provide information accurately to your knowledge. Please rest assured that your identity will not be revealed, shared, or compromised at any cost, and the information you provide will solely be used for research purposes only. Your cooperation shall be highly appreciated.

### Demographic Information

1. Age_____ 2. Gender: (a) Male (b) Female .
3. Discipline_____ 4. Class _____ 5. Semester_____
6. Nature of Residence: (a) Hostel (b) Home

### A) SLEEPING PATTERNS DURING LAST THREE MONTHS:

7: I usually sleep at _____ (AM/PM) and wake up at _____ (AM/PM)

8 How many hours do you frequently sleep?

(1) 5 hours or less (2) 6-8 (3) 9-12 (4) more than 12

Please read the statement and answer accordingly.

| Sr. No | Statement | Yes | No |
|---|---|---|---|
| 9 | My sleep is disturbed due to my roommates. | | |
| 10 | Vocations have affected my sleeping routine. | | |
| 11 | I yawn during lectures. | | |

12: Have you ever felt dizzy or headache due to lack of proper sleep?

(1) Always (2) Often (3) Sometimes (4) Never

13: Have you ever been diagnosed with a sleep disorder? (*If yes, please specify*_____)

(1) Yes (2) No

14 What is the main reason behind late-night awakening?

(1) Use of mobile.
(2) Late-night gossips with friends/family
(3) Watching on-screen Entertaining content
(4) Playing indoor games
(5) Study purposes
(6) Any other_____?

15: Do you ever wake up at midnight?

(1) Yes (2) No

16: If yes, then why do you wake up in the middle of the night?

(1) Bad dreams
(2) Nature call
(3) Physical pain
(4) External disturbance
(5) Others_____(Please Specify)

## B) EATING PATTERNS DURING THE LAST THREE MONTHS:

Please read the statement and answer accordingly.

| S.no | Statements | Always | Often | Sometime | Rarely | Never |
|---|---|---|---|---|---|---|
| 17 | I consume green vegetables and salad | | | | | |
| 18 | I eat meat or other products made of meat | | | | | |
| 19 | I go to fast food restaurants | | | | | |
| 20 | I tend to eat fresh fruits | | | | | |
| 21 | I drink milk and consume other dairy products | | | | | |

22: How many meals do you consume in a day?

(1) One-time meal (2) Two-time meals (3) Three-time meals (4)Other _____

23: What is the routine of your meals?

(1) Breakfast----------AM/PM
(2) Lunch----------AM/PM
(3) Dinner----------AM/PM

24: How many glasses of water you approximately drink in a day? _____

| S.no | Statement | Always | Often | Sometime | Rarely | Never |
|---|---|---|---|---|---|---|
| 25 | I drink water before a meal | | | | | |
| 26 | I take tea after a meal | | | | | |
| 27 | I take a cold drink after a meal | | | | | |

## C) PHYSICAL ACTIVITIES AND EXERCISES IN THE LAST THREE MONTHS

27: In which physical activity you are primarily involved in the last three months?

| S.no | Name of Game | Daily | Twice in a Week | Weekly | Monthly | Never |
|---|---|---|---|---|---|---|
| 28 | Cricket | | | | | |
| 29 | Football | | | | | |
| 30 | Volleyball | | | | | |
| 31 | Bed Minton | | | | | |
| 32 | Gym | | | | | |
| 33 | Hiking | | | | | |
| 34 | Jogging | | | | | |

35: How many hours do you invest in physical activities?

(1) 1 hour (2) Less than 1 hour (3) 2 hours (4) 3 hours (5) More than three hours

36: Which factor motivates you to engage in physical activities.

(1) For looking smart
(2) For being healthy
(3) To maintain mental calmness
(4) Peer Pressure
(5) Any other _____(Please Specify)

37: Are you a member of a university sports club?

(1) Yes (2) No

## D) HEALTH ISSUES DUE TO INSUFFICIENT SLEEP IN THE LAST THREE MONTHS

38. Do you have insomnia? (*If yes, please move to the following table)*

(1) Yes (2) No

| S.no | Name of Disease | Always | Often | Sometime | Rarely | Never |
|---|---|---|---|---|---|---|
| 39 | Depression | | | | | |
| 40 | Headache/Migraine | | | | | |
| 41 | Loss of memory | | | | | |
| 42 | Short-tempered | | | | | |
| 43 | Anxiety | | | | | |

## E) HEALTH ISSUES DUE TO POOR EATING HABITS IN THE LAST THREE MONTHS

44. Do you have poor eating habits, such as insufficient or high intake? (*If yes, please move to the following table)*

(1) Yes (2) No

| S.no | Name of Disease | Always | Often | Sometime | Rarely | Never |
|---|---|---|---|---|---|---|
| 45 | Obesity | | | | | |
| 46 | Diabetes | | | | | |
| 47 | Hypertension | | | | | |
| 48 | Heart Disease | | | | | |
| 49 | Stroke/ poor mental health | | | | | |
| 50 | High/Low Blood Pressure | | | | | |
| 51 | High Cholesterol | | | | | |

## F) HEALTH ISSUES DUE TO PARTICIPATING IN PHYSICAL ACTIVITIES OR EXERCISE IN THE LAST THREE MONTHS

Lack of participation in physical activities leads to serious health complications. For example, have you ever faced any of the following health complications?

(1) Yes (2) No

| S.no | Name of disease | Always | Often | Sometime | Rarely | Never |
|---|---|---|---|---|---|---|
| 52 | Coronary Heart Disease | | | | | |
| 53 | Breathlessness | | | | | |
| 54 | Overweight | | | | | |
| 55 | Poor Posture | | | | | |
| 56 | Type 2 Diabetes | | | | | |
| 57 | High Cholesterol | | | | | |