

A Descriptive Study to Assess the Academic Progress Among the Day Scholars of B.Sc. Nursing Students at Rimt University, Mandi Gobindgarh, Punjab

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Abstract

Hostel life plays a significant role in shaping students' health behaviours and academic outcomes, especially among nursing students who face demanding academic and clinical responsibilities. The present study aimed to assess the health status and academic progress of hostellers of the B.Sc. Nursing students at RIMT University, Mandi Gobindgarh, Punjab. A quantitative comparative research design was adopted, and data were collected from 30 hostellers using a self-structured rating scale. Descriptive and inferential statistics were used for analysis. Findings revealed that 50% of hostellers had good health status and 50% had average health status, while 76.7% demonstrated good academic progress. The study highlights that although academic performance among hostellers is satisfactory, attention is required to improve their health status through appropriate interventions.

Keywords: Hostellers, Health Status, Academic Progress, Nursing Students, Hostel Life

INTRODUCTION

University life represents a crucial developmental phase during which students experience significant academic, social, and lifestyle changes. Nursing students, in particular, face demanding academic schedules and clinical responsibilities that require both physical and mental well-being for effective learning. Hostel life provides opportunities for independence, peer interaction, and academic collaboration; however, it may also expose students to challenges such as unhealthy dietary habits, irregular sleep patterns, limited physical activity, and psychological stress. These factors can directly influence students' health status, which in turn affects concentration, motivation, and academic performance.

Maintaining good health during the student years is essential, as unhealthy lifestyle behaviours adopted in young adulthood often persist into later life and increase the risk of chronic diseases. Academic progress is equally important, as it contributes to professional competence, self-esteem, and future career success, especially for nursing students who are expected to serve as role models for healthy living. Despite the growing number of nursing students residing in hostels, there is limited research focusing on their health

status in relation to academic progress. Therefore, the present study was undertaken to assess the health status and academic progress among hostellers of the B.Sc. Nursing students at RIMT University, Mandi Gobindgarh, Punjab, are to generate evidence that can support the development of effective health promotion and academic support strategies within hostel settings.

Statement of the Problem

A comparative study to assess the health status and academic progress among the hostellers of the B.Sc. Nursing students at RIMT University, Mandi Gobindgarh, Punjab.

Aim of the Study

To assess the health status and academic progress among hostellers of the B.Sc. Nursing students at RIMT University, Mandi Gobindgarh, Punjab.

Objectives

1. To assess the health status among hostellers of the B.Sc. Nursing students.
2. To assess the academic progress among hostellers of the B.Sc. Nursing students.
3. To find the association between health status, academic progress, and selected socio-demographic variables among hostellers.

Assumptions

- Hostellers may experience moderate health challenges due to hostel food habits, physical inactivity, and adjustment issues.
- Hostel living provides an academic advantage due to reduced travel time and opportunities for group study.
- Socio-demographic factors influence both health status and academic progress of hostellers.

Methodology

Research Design:

A quantitative research approach with a comparative research design was adopted to assess the health status and academic progress among hostellers of the B.Sc. Nursing students at RIMT University, Mandi Gobindgarh, Punjab.

Research Setting:

The study was conducted in the School of Nursing, RIMT University. A non-probability purposive sampling technique was used to select **30 hostellers** who met the inclusion criteria.

Description of tool:

Data were collected using a **self-structured rating scale** developed by the investigators after an extensive review of the literature and expert validation. The tool consisted of **two sections**.

Section A included socio-demographic variables such as age, gender, religion, dietary habits, language, accommodation, and physical activity.

Section B comprised structured statements to assess **health status (17 items)** and **academic progress (15 items)** of hostellers. Each item was scored based on a rating scale, with higher scores indicating poorer health status and academic progress.

The health status scores were categorized as **good (17–28)**, **average (29–39)**, and **poor (40–51)**, while

academic progress scores were categorized as **good (15–25)**, **average (26–35)**, and **poor (36–50)**. The average time taken by participants to complete the tool was approximately **10 minutes**. Data collected were analyzed using descriptive statistics such as frequency, percentage, mean, and standard deviation, along with inferential statistics to determine associations between variables.

Result

Table 1: Socio-demographic characteristics of hostellers

Variable	Category	Frequency (f)	Percentage (%)
Age	17–20 years	19	63
	21–23 years	9	30
	≥24 years	2	7
Gender	Male	15	50
	Female	15	50
Religion	Muslim	16	53
	Hindu	13	43
	Sikh	1	3
Dietary Habits	Non-vegetarian	24	80
	Vegetarian	5	17
	Vegan	1	3
Physical Activity	1–2 times/week	18	60
	Daily	10	33
Language	Hindi	19	63
	Others	11	37

Frequency and Percentage Distribution of Health Status Scores among Hostellers

Table 2: Distribution of Health Status Scores

Health Status	Score Range	Frequency (f)	Percentage (%)
Poor	40–51	0	0
Average	29–39	15	50
Good	17–28	15	50

Frequency and Percentage Distribution of Academic Progress Scores among Hostellers

Table 3: Distribution of Academic Progress Scores

Academic Progress	Score Range	Frequency (f)	Percentage (%)
Poor	36–50	0	0
Average	26–35	7	23.3
Good	15–25	23	76.7

Association of Hostellers with Socio-Demographic Variables

Table 3: Association between socio-demographic variables and health status & academic progress among hostellers

Socio-Demographic Variables	Categories	χ^2 Value	df	p-Value	Table Value (0.05)	Result
Age	17–20 years 21–23 years 24 years & above	3.961	2	0.138	5.991	Not Significant
Gender	Male Female	0.000	1	1.000	3.841	Not Significant
Religion	Muslim Sikh Hindu	6.482	2	0.039	5.991	Significant
Dietary Habits	Vegetarian Non-vegetarian Vegan	4.077	2	0.130	5.991	Not Significant
Physical Activity	1–2 times/week 3–4 times/week 5 times/week Daily	6.315	3	0.097	7.815	Not Significant
Language	Hindi English Punjabi Others	8.800	3	0.032	7.815	Significant

The findings reveal that religion and language show a statistically significant association with the health status and academic progress of hostellers at the 0.05 level of significance. Variables such as age, gender, dietary habits, and physical activity did not show a significant association, indicating a relatively uniform influence across these factors among hostellers.

Discussion

The present study revealed that hostellers demonstrated average to good health status, with half of the participants falling in each category, indicating moderate health challenges associated with hostel living. In terms of academic progress, a majority of hostellers (76.7%) achieved good academic performance, suggesting that hostel residence supports academic engagement. Significant associations were observed between religion and language with health and academic outcomes, while other socio-demographic variables showed no significant association.

Conclusion

The study concludes that although hostellers exhibit satisfactory academic progress, their health status remains moderate, highlighting the need for health-promoting interventions. Incorporating regular health assessments, nutritional guidance, and structured physical activity programs within hostels can enhance students' overall well-being. Strengthening the supportive environments of the hostel will help in achieving both academic excellence and holistic development among nursing students.

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