



Original Article

Health Status and Academic Progress Among Day Scholars Vs Hostilities in Allied Health Sciences Students

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ABSTRACT

Students are the most important aspect of future in any nation, which depends incredibly on its health and academic quality. Students are either day scholar or hostilities. Students from faraway places for study purposes comes and live in a hostel in which they live in a supervised and secure environment. **Objective:** The purpose of this study was to determine the nutritional status and academic performance of day scholars in comparison with hostilities of allied health science students of Lahore. **Methods:** This was a cross sectional comparative analytic study in which sample of 171 students was included out of which 77 were male and 94 were female. 93 hostel students and 78 where day scholars were selected in this study. Data were collected by using comparative survey design questionnaire which consist of 2 sections of demographic data involving both day scholars and hostel student's data related to nutritional health and over all academic performance. After collecting data, it was analyzed by using SPSS version 22.0. **Results:** After analyzation of data it was found that 36.5% of hostilities have good physical health, 63.5% hostilities have poor physical health, 53.9% day-scholars have good physical health and 46.1% day-scholars have poor physical health. And 65.5% hostilities have good academic performance, 34.5% hostilities have poor academic performance, 56.4%-day scholars have good academic performance and 43.5% day-scholars have poor academic performance. **Conclusion:** On the basis of results, it was concluded that health status of day scholars was better than hostilities and the academic performance of hostel students was slightly better as compared to day scholars.

INTRODUCTION

A person's character is formed by his or her life experiences which they encounter. Human nature is shaped and altered by their life experience. Family assumes a crucial function in character building and later on society comes to assume its part in conduct change [1]. Along with family education also is important in student's life as it encourages them to create and prosper their character on different part of their life [2]. It is a part of child development process in which an individual learns new skills and information. It starts at birth and lasts till the time of death. The fundamental objective of training is to urge the person to secure errands, realities, information and characteristics [3]. Human culture relied upon this learning cycle, where guardians and different

individuals from our general public encourages this cycle of learning [4]. Schools, colleges and universities are the basic platform for the students to get education. Understudies are considered as the significant possible unit of future health related quality of life (HRQOL) [5]. At college level, understudies feel more work weight and difficulties that create physical, social and enthusiastic challenges among them. In numerous investigations understudies announced uneasiness, stress, despondency and eating issues which place a terrible effect on their scholastic presentation [6]. There are two kinds of student's day scholars and hostel students who live far from their family. Living far away from family for quite a

while is an extreme encounter for hostilities. They need to endeavor to rely upon themselves [7]. The life experience schools or inn life can change all aspects of an understudy's life through socialization[8]. It puts an extraordinary effect on the scholarly exhibition and of student's wellbeing status. They build up the propensity for modifying in new condition and live freely. Then again day researchers live with their folks and don't confront issues, for example, lousy nourishment, lodging ragging and home disorder [9-10]. Both hostilities and day researchers, are encountering diverse ecological and social problems in university life. Mothers in Pakistani do the entirety of the errands for their youngster's future. Guardians need their youngster's getting differentiation and causing them to feel pleased among friends and relatives. Thusly, they make an honest effort to give straightforwardness to their youngsters. Logical writing likewise showed that parental help and family enhance the overall academic performance of students [11-12]. The day researchers can't concentrate appropriately because of their home condition. The long making a trip from home to college is another issue and going in cruel climate conditions can likewise be the contributing variable [13]. Both hostilities and day scholar's students are affected by external factors. These factors can be positive or negative [14]. Negative such as stress, depression, and tension due to ragging, fight, feeling home sick or long traveling which may have a bad impact on student academic performance (AP) as well as can cause psychological health related problem [15-16]. Positive factors include staying alone away from the family and socialization with seniors might have a positive impact on academic performance of a hostilities student and staying with parents and eating healthy homemade food can have a good impact on the health status of day scholar's students [17]. Hostel students are having special needs and issues [18]. Medicinal students not contemplate sleep as topmost concern during academic requirement as students reduce their sleep hours to have more studying time. As a result, they evolve deprived sleep patterns specifically during examination weeks. Sleep has substantial part in cognitive developments and mental and physical health [19]. Deficiency in sleeping hours has major effect on academic performances (AP) of medical students. Researches in United States(US), Canada, Australia, India and some other countries shows students with bad sleep habits got poor marks in results of examinations and more down and depressing than their classmates [20]. They have specific physical, social and passionate attributes. They are away from home unexpectedly and need to learn to deal with their own issues by themselves, and acclimate to new states of living without a family individual from more prominent experience to manage them. on the other hand,

day scholars are dependent upon less parental control that can hinder undesirable conduct. Such students have poor dietary intake, absence of rest and may have bad habits such as smoking or medication use [21-22]. As both day scholars and hostelites have a great deal of impact on academic achievement and health status of the students this research is done to analyze academic performance in university and the health-related problem (HRP) status among day scholars and hostelites of allied health sciences in order to see the difference between these two groups and the factors which effect these two groups for increasing or decreasing their overall status.

RESULTS

Result regarding age of respondents showed that the mean age was 25.35 and standard deviation was 4.8 with minimum value of 18 and maximum value of 38. Result regarding gender of students showed that 45% participants were male and 55% were female. Result regarding accommodation of participants showed that 54.4% participants were hostilities and 45.6% participants were day scholars.

Statement	Hostelites			Day Scholars		
	Often	Sometimes	Never	Often	Sometimes	Never
I have been diagnosed with urinary tract infection (UTI)	38 (40.9%)	33 (35.5%)	22 (23.7%)	44 (56.4)	21 (29.9)	13 (16.7)
I have complaints of constipation, diarrhea and other GI problems.	50 (53.8%)	28 (30.1%)	15 (16.1%)	26 (33.3%)	32 (41.0%)	20 (25.5%)
I have been going through eye strain due to improper lighting	41 (44.1%)	37 (39.8%)	15 (16.1%)	29 (37.2%)	36 (46.2%)	13 (16.7%)
I can sleep peacefully at least for 8 hours.	38 (40.9%)	45 (48.4%)	10 (10.8%)	27 (34.6%)	34 (43.6%)	17 (21.8%)
I face disturbance during study and sleep.	38 (40.9%)	40 (43.0%)	15 (16.1%)	24 (30.8%)	37 (47.4%)	17 (21.8%)
I suffer from body pain.	32 (34.4%)	46 (49.5%)	15 (16.1%)	18 (23.1%)	46 (59.0%)	14 (17.9%)
I feel depressed	46 (49.5%)	31 (33.3%)	16 (17.2%)	24 (30.8%)	32 (41.0%)	22 (28.2%)
I feel lonely	39 (41.9%)	37 (39.8%)	17 (18.3%)	26 (33.3%)	34 (43.6%)	18 (23.1%)
I exercise and go for walking	42 (45.2%)	34 (36.8%)	17 (18.3%)	29 (37.2%)	32 (41.0%)	17 (21.8%)
I eat junk food	32 (34.4%)	44 (47.3%)	17 (18.3%)	27 (34.6%)	36 (46.2%)	15 (19.2%)

Table 1: Frequency and Percentage of Day Scholars related to their Health status

Age (Years)	Total Score of Health Status Questionnaire			
	Frequency	Percent	Frequency	Percent
Good Physical Health	34	36.5	42	53.9
Poor Physical Health	59	63.5	36	46.1
Total	93	100.0	78	100.0

Table 2: Descriptive Statistics of Score of Health Status

Statement	Hostelites			Day Scholars		
	Often	Sometimes	Never	Often	Sometimes	Never
I avoid going to class.	32 (34.4%)	38 (40.9%)	23 (24.7%)	33 (42.3%)	30 (38.5%)	15 (19.2%)
I get attendance more than 70%.	34 (36.6%)	39 (41.9%)	20 (21.5%)	25 (32.1%)	36 (46.2%)	17 (21.8%)
I have been scoring above 65% in all subjects	26 (28.0%)	48 (51.6%)	19 (20.4%)	24 (30.8%)	37 (47.4%)	17 (21.8%)
I participate in various cultural activities	27 (29.0%)	45 (48.4%)	21 (22.6%)	21 (26.9%)	37 (47.4%)	20 (25.6%)
I face problems in collecting study material during exams	31 (33.3%)	34 (36.6%)	28 (30.1%)	15 (19.2%)	42 (53.8%)	21 (26.9%)
I am able to concentrate during classes	24 (25.8%)	44 (47.3%)	25 (26.9%)	17 (21.8%)	34 (43.6%)	27 (34.6%)
I am not getting time for self-study	24 (25.8%)	42 (45.2%)	27 (29.0%)	18 (23.1%)	39 (50.0%)	21 (26.9%)
I am able to interact with teachers	22 (23.7%)	43 (46.2%)	28 (30.1%)	22 (28.2%)	38 (48.7%)	18 (23.1%)
I miss important information discussed in the class	24 (25.8%)	45 (48.4%)	24 (25.8%)	22 (28.2%)	39 (50.0%)	17 (21.8%)
I submit my assignments on time.	26 (28.0%)	42 (45.2%)	25 (26.9%)	29 (37.2%)	31 (39.7%)	18 (23.1%)

Table 3: Frequency and Percentage of Day Scholars related to their Academic Performance

Score of Academic Progress	Hostilities		Day Scholars	
	Frequency	Percent	Frequency	Percent
Good Academic Performance	61	65.5	44	56.4
Poor Academic Performance	32	34.5	34	43.6
Total	93	100.0	78	100.0

Table 4: Descriptive Statistics Of Score Of Academic Progress

Result regarding total score of academic progress status showed that 53.2% gain score less than 75 which means that they had good academic performance and 46.8% gain score for more than 75 which means that they had poor academic performance. Result regarding crosstabulation hostel students and day scholars it was found that 36.5% of hostelites have good physical health, 63.5% hostelites have poor physical health, 53.9% day-scholars have good physical health and 46.1% day-scholars have poor physical health. And 65.5% hostelites have good academic performance, 34.5% hostelites have poor academic performance, 56.4%-day scholars have good academic performance and 43.5% day-scholars have poor academic performance.

DISCUSSION

The objective of this comparative cross-sectional study research is to evaluate the difference between health condition and academic performance between day scholars and hostel students. Sample of 171 was selected in this study with a sample population of students. Out of these 171, 93 were hostelites and 78 were day scholars with 77 male and 94 female students. Data was collected by comparative survey design questionnaire which consist of 2 sections of demographic data involving both day scholars and hostel student's data related to nutritional health and over all academic performance. Many studies have been done previously in which many factors were stated affecting day scholars and hostelites but some of them showed that the problems which were faced by day scholars were more There were a number of issues looked

by day researcher understudies. The serious issue is that they need to venture out a significant distance to arrive at their school. The good ways from home to class becomes advantage for visitors as they don't have to head out any separation to reach homeroom on regular routine. The subsequent central point found in this examination is nature of the home. Guardians having less instructive foundation can't pay appropriate regard for their kids. The third factor is inappropriate space accessibility and food dispersion for day researchers. Basically, the boarding framework has preferences over the day researcher study framework. Thusly, the boarding framework is favored for the understudies if their folks can bear the cost of the levy without any problem. In the previous studies it was found that health related status of day scholars was better as compare to hostel students but on the other hand academic report of hostel students were better in comparison with day scholars. In contrary to previous study our study showed that the health status of hostilities is slightly better than day scholars and academic performance of day scholars was slightly better than the hostilities [5]. In the previous study it was concluded that day scholars have more adjustable capacity than hostel students. They show significant difference on the basis of social life, home environment, feelings etc. Although some studies also showed no difference in comparison. Study also showed that that there is no significant difference in academic performance between hostel students and day scholars [23]. All the previous studies and this study suggested that day scholar's health status is better as the students' lives at home and eat healthy food and has a good healthy environment and has parents who look after their health in comparison with hostelites who does not have a guardian to look after them, proper diet is not available, meals are skipped as nobody is there to watch over, junks are eaten and other reasons which places a negative impact on hostel students' life. Some previous studies suggested that academic performance of hotel students is better in comparison with day scholars as they get more time to study less travelling time and have friend for guidance or some family drama but some studies on this study also suggests that academic performance of day scholar is better in comparison with hotel students as hostel students feel low after leaving there family they may face depression, tension, stress or other psychological disorders which might effect there academic performance or fall in health status can also be a contributing factor in showing poor or low academic performance in comparison with dayscholars[23].

CONCLUSION

On the basis of results, it was concluded that health status

of day scholars was better than hostilities and the academic performance of hostel students was slightly better as compared to dayscholars.

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