

Analysis Of Problems Faced by People Living In Shared Accommodation

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Abstract - A comprehensive survey of people who live in shared spaces was performed to understand the association between general housing and mental health as little is known about the mental health outcomes of house sharing. Since shared housing is viewed as an economically and socially viable housing option for young adults, a wider understanding of how shared housing affects the residents' quality of life, including mental health. In this context, this study aims to provide empirical evidence about the relationship between mental health and house sharing after controlling for residents' self-selection.

Key Words: Shared Accommodation, Flatmates, Mental Health, Shared Living Spaces, Shared Housing

1. INTRODUCTION

India is the second most populated country holding 17.70% of the world's share has approximately 67.27 per cent of people aged between 18 and 64, which is the peak period of education and employment for which almost all the people migrate from their homes to either their workplace or for education purposes. This leads to a concept of shared accommodation which is very common for students but also for people who are in the corporate world to reduce their rent and financial burden.

Now if you are living in a shared accommodation then you will surely have to part your space with a roommate, we have observed that the presence of a roommate is equally disturbing as the absence of a roommate. Having a roommate with no compatibility might lead to problems such as stress, anxiety and sometimes depression, but this is a risk to be endured for survival in metro cities where the cost of living alone is very high.

Let us see how the presence of a roommate will give you mental pressure, here comes the concept of survival which can affect day to day activities and mental pressure which directly can affect a person's success in future. We have seen many of our friends and in our locality too, that incompatible behaviour of his/her roommate leads to a lot of irritation such as smoking or drinking habits of that person or playing loud music, which will affect a student's life, or in simple words if profession and age group doesn't match among the roommates then either one or both will suffer.

Shared accommodation has its own pros and cons but the pros can sometimes be overcome by the disadvantages. Let's talk about the pros of shared accommodation that are basic for every human such as getting some social support and someone to be there in their hard times or maybe medical emergencies. But this social support goes in vain if the person has some dispute with his/her roommate. They may have privacy issues with them too. This may affect their social relationships in a negative manner. Sometimes the social relations of roommates may have positive attitudes and positive changes in their personal as well as professional life but that is not always the case.

Let us take a case where two roommates are completely different in nature, this would play a major role in their compatibility as roommates. One of them wants to study well and the other is a fun-loving person and is not that much into studying. This may create a dispute between them if they do not have a mutual understanding among them. One wants to play music while the other wants to study. One wants their lights turned off to sleep while the other has some other commitments and wants to turn on the lights. If we take a case of three people sharing the room, it is possible maybe two of them have a good bond and the thrice feels left out. These are some reasons which are very common but people rarely consider them to be one of the reasons for someone's mental pressure or maybe for not a good performance at work or not being able to focus on work properly.

This paper reflects major problems faced by a tenant due to his or her roommate or flatmate which will be proved by a survey of various tenants.

2. LITERATURE REVIEW

Various studies have been conducted in many countries dealing with shared living spaces, their benefits, and drawbacks. Shared living seems to be particularly well suitable to young adults who are deeply dedicated to the labor market: it is a flexible household arrangement that may provide 'professional standard' housing as well as ready access to a social life for time-constrained and geographically mobile employees. The presence of other household members, on the other hand, is both its greatest weakness and its greatest strength, giving close emotional support for members conducting partner relationships

under difficult circumstances at best and, at worst, adding to the strains already there.[3]

Human history is littered with examples of people migrating from one place to another in search of a better life. The divide between rural and urban areas widens as a result of industrialization, which includes a transfer in the workforce to industrializing areas. Business and jobs account for more than a tenth of all migrants, whereas education accounts for 2% of all migrants.[1]. With India's industrialization and modernity, migration from rural to urban areas has gradually grown. Job or business-related migration is the most common reason for moving. Male migration is the most common reason for migration in India, and male companions often migrate as male companions for a variety of other reasons, such as post-marriage or family transfer. However, according to a recent study, unmarried females are increasingly venturing out to work.[2] Student contentment with shared space in student living varies by student. Assuming that sharing places is a trend toward a more sustainable way of life, it's important to know how to make it more acceptable for people who participate. Many factors influence an individual's perception of and adaptation to shared space, including their financial condition, the period living in student housing, educational field, family size, and even the size of their native city. On the other side, it appears that shared spaces, where individual student backgrounds are more comparable, are more successful.

According to studies, students in better financial situations prefer more private rooms. The same is true for individuals who come from small families or who have never shared space in their parents' homes. Students who are in a poorer financial situation, on the other hand, may cope with congested shared areas better than others. Additionally, students who come from large families and have shared space at home are more likely to be satisfied with shared environments. It appears that having communal spaces built for diverse numbers of inhabitants, as well as some private rooms in a dorm building, would better match the various student backgrounds.

Because of the nature of their courses, students in various majors have varied demands. For a group of scientific students, a room with a set area, population, and facilities may be very efficient, but for a group of engineering students, it is not. It appears that shared rooms should be more carefully planned to accommodate the types of behaviour that are likely to occur there.[4]

3. METHODOLOGY

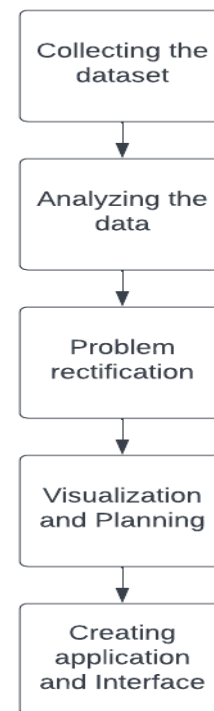


Fig. 1: Flow of Proposed Methodology

The proposed methodology that is used has been described compactly in Fig 1.

The first step is collecting the data by conducting a survey using google forms. The next step was to analyze the data and derive valid conclusions from the results. It was realized that compatibility among roommates is a major problem faced by people moving to shared spaces. Issues like privacy, anxiety and depression were seen. The next step includes the visualization and planning of the application which is user friendly and can be put into use by a large audience to help them find a compatible roommate to ease their experience of living in a new city. An android application using PHP, MySQL, and Android Studio was created to help ease the issue. We have implemented the following modules for analysis, prediction and visualization.

- Collecting the dataset
- Analyzing the data
- Problem Rectification
- Visualization
- Creating application and interface

Reason to live in a shared space?

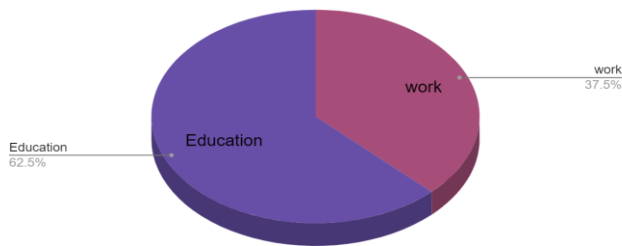


Chart -1: Reasons to live in a shared space?

Do you think sharing a living space with some people is/was problematic?

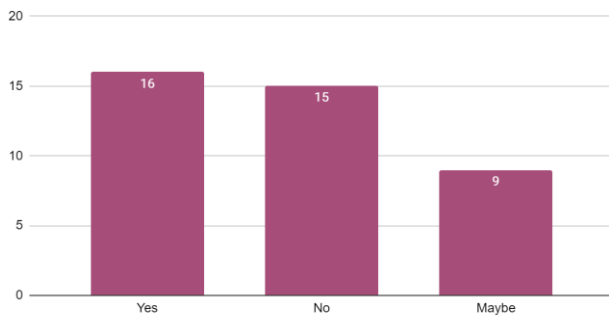


Chart -2: Do tenants think sharing a living space with some people is/was problematic?

13. Do you think living in a shared accommodation provides you enough privacy?
30 responses

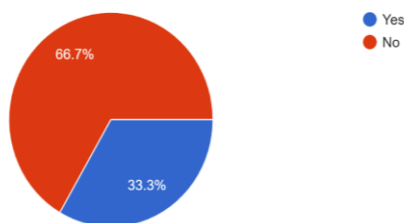


Chart -3: Does tenant think living in a shared accommodation provides you enough privacy?

12. If possible, you would like to live alone?
30 responses

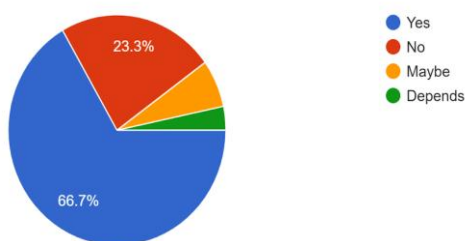


Chart -4: If possible, would the tenant like to live alone?

11. How often does the interest of flat mates mismatch?
30 responses

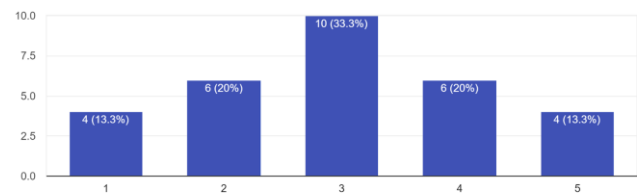


Chart -5: How often does the interest of flatmates mismatch?

9. Problems that you have faced or currently facing in sharing the living spaces

30 responses

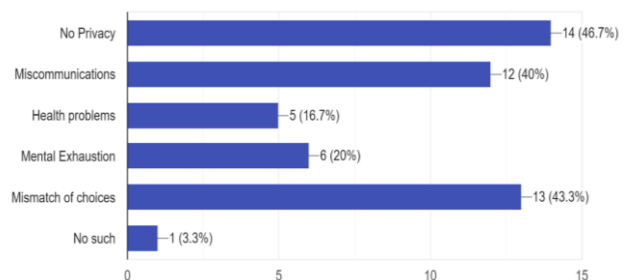


Chart -6: Problems that tenants have faced or currently facing in sharing the living spaces

4. OBSERVATIONS AND DISCUSSIONS

On the basis of the survey, we can observe the following -

- Most of the students have to migrate from their native places to the outskirts for education purposes. Due to the adverse conditions of poverty and unemployment in the rural areas, people migrate to urban areas. In urban areas, they find increased employment opportunities and better living conditions.
- Due to no balance between the employment opportunities in rural areas as compared to urban, people have to look for shared accommodation which further adds more stress on urban areas in terms of resources available per person.
- Due to transition in a place of living, young people become vulnerable as they go through re-attachment to new people and drastically changing environments which can lead to loneliness and social isolation.
- It has been realized that there is a huge gap between the ratio of men to women migrating from their hometown, be it for educational purposes or job hunting. It can be noted that the gap could be a result of differences in mindset or security reasons.

- The World Health Organization (WHO) reports that people in Europe spend 90% of their time indoors [5].
- For many young people, their primary support system will shift away from their family and high-school friends, presenting a unique opportunity to foster new relationships [6].
- Students who are well integrated with others in their accommodation are also less likely to consider dropping out of university [7].
- Many people claim to have worse experiences than what they expected because of incompatible roommates, and having different living habits what they expected before moving in.

5. FINDINGS

In the analysis of the survey, we understand that different types of people have a different point of view regarding the shared living accommodations. There are different reasons as to why a person would like to share his living space. A major reason to do that is to lift off the burden of living expenses, but everything has a consequence. Here, we observe that people living in shared housing faces various types of problems. Unavailability of privacy was a major issue that was well experienced by 46.66% of the respondents, mismatch of choices was voted the second highest (43.33%) experienced problem by the answers, the third most selected problem was of miscommunications among the flatmates (40%). While many responses indicated that problems are faced when living in a shared space, a small percentage of respondents (3.3%) have not faced any such problems. Health Problems and Mental Exhaustion are also experienced by 16.7% and 20% of the respondents respectively.

While, 16 out of 30 survey participants i.e. 53.33% agreed that sharing a living space was problematic, a competitive number of participants, 15 out of 30 i.e., 50% percent believed the opposite. Due to the bad experiences faced by the tenants 66.7% of the people would like to live alone if possible.

6. CONCLUSIONS

We can conclude that this survey has provided us with enough insight for the much-needed issue of shared accommodations. A major portion of India constitutes for the youth population, that are constantly moving across the cities for work or education purposes. Shared accommodation can be a fair way of distributing expenses of living if there is a well devised plan. Flatmate compatibility is an essential part of living in a flat that is shared. This paper can be used as a motivation for any technological

advancements that are planned in the future to make the shared living comfortable and affordable.

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