University students’ lifestyles:

comparing students who live alone and others who live with their parents

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Abstract

The aim of the present survey is to explore the difference between the people who go to school from their parents’ homes and those who go to school form their own homes. We focused on five questions related to their daily lives and we found some differences and features between them, through analyzing those questions. Details and results of this survey are given below.

The circumstances that led to this theme was that I was interested in the lifestyle habits of university students.When listening to the story of the surroundings, it seems that there are many people living a life that is hard to say healthy, such as staying up all night or drinking a pretty much. So we decided to compare the data on a small scale but we really wanted college students to live a better life rathar than unhealthy ones.

To summarize the results, there were not a few differences in living habits between the students living alone and the students living with their parents. an noticeable finding is whether to eat breakfast.Some unexpected results were obtained.

In this questionnaire, only basic items related to lifestyle habits can be questioned.

Since it was a consideration from small-sized data, it may be somewhat different from the fact. By asking more questions and comparing the results with the average over all ages, more valuable data would have been obtained.

1. Introduction

You can classify university students into two categories crudely, living with their parents and living alone.Students living alone have to do everything related to their lives in addition to their school life, for example housework, cooking and washing. However, students living with their parents are able to ask for help to their parents.Even if it is not every day, they are able to have their parents done housework, cooked and washed. From these things, we thought that the living behavior of students living with their parents and students living alone would change.

2. Research Question

Studying the living behaviors of university students and compare students living with their parents and students living alone to find common points and differences.

3. Method

Perform a questionnaire to university students with Google form, and study the living behaviors of university students. Finally, compare students living with their parents and students living alone to find common points and differences.

3.1 Participants

We created a questionnaire using Google Form and spread it by Twitter. As a result, we received responses from 104 people. All respondents are university students, and we could get answers from not only students in Hiroshima prefecture but also students from other prefectures.

3.2 Questionnaire Items

We asked6 questions the participants. Contents of question show below.

・About University

(1) What University do you go?

・About lifestyle

(2) Which do you go to university from parent house or your house?

(3) How long do you usually sleep?

(4) Do you normally eat breakfast?

(5) How often do you drink alcoholic?

(6) How often do you exercise?

3.3 Analysis

Perform questionnaires using Google Forms and compare them collectively.

3.4 Expectation

(3)Students living with their parents sleep longer than students living alone.

(4)The number of students living alone not eating breakfast is small.

(5)The students living alone drink frequently.

(6)There is no big difference.

4. Result

(1) What university do you go?

In this survey, cooperated with the following students.

|  |  |
| --- | --- |
| The name of university | The number of respondents |
| Hiroshima university | 30 |
| Hiroshima city university | 1 |
| Ferris university | 2 |
| Chubu university | 2 |
| Kyusyu university | 1 |
| Kyusyu institute of technology | 1 |
| Kyoto university | 1 |
| Kyoto women’s university | 1 |
| Kyoto institute of technology | 3 |
| Kyoto prefectural university | 1 |
| Shinshuuniversity | 1 |
| Hokkaido university | 1 |
| Nanzan university | 2 |
| Doshisya university | 1 |
| Nagoya university | 2 |
| Nagoya city university | 1 |
| Meijo university | 2 |
| Wakayama university | 2 |
| Wakayama medical university | 1 |
| Osaka university | 4 |
| Osaka prefectural university | 1 |
| Nara medical university | 1 |
| Yasuda women’s university | 1 |
| Yamaguchi prefectural university | 1 |
| Gifu university | 1 |
| Okayama university | 2 |
| Tokushima university | 1 |
| Aichi syukutoku university | 3 |
| Keio university | 2 |
| Tokyo university of foreign studies | 2 |
| Tokyo gakugei university | 1 |
| Tokyo university of science | 2 |
| Hosei university | 1 |
| Shiga medical university | 1 |
| Kobe university | 1 |
| Kobe gakuin university | 1 |
| Fukuoka university | 1 |
| University of teacher education fukuoka | 1 |
| Akita prefectural university | 1 |
| Ritsumeikan university | 3 |
| Ibaraki university | 1 |
| Hujita health university | 1 |
| Kinki university | 4 |
| Kinjo gakuin university | 1 |
| Nagasaki university | 1 |
| Kanto gakuin university | 1 |
| Kansai university | 4 |
| Shizuoka university | 1 |
| Ryukoku university | 1 |
| Total | 104 |

(2)Which do you go to university from parent house or your house?

|  |  |
| --- | --- |
| Students living alone | 63 |
| Students living with their parents | 41 |

As such, among the 104 students who got responses in this survey, there are 63 of the students living alone and there are 41 students living with theirparents. The result was that there were more students living alone.

(3)How long do you usually sleep?

Next is a sleeping time.

<Overall>



Figure 1

Table 1

|  |  |
| --- | --- |
| ~4 hours | 2 |
| 4~6 hours | 49 |
| 6~8 hours | 47 |
| 8~10 hours | 6 |
| 10~ hours | 0 |

According to the Ministry of Internal Affairs, average sleeping time of Japanese is 7 hours and 42 minutes. So, the result in this survey is roughly average or less than average.

Let's compare it separately for the students living alone and the students living with their parents.

<Students living alone>



Figure 2

Table 2

|  |  |
| --- | --- |
| ~4 hours | 2 |
| 4~6 hours | 21 |
| 6~8 hours | 36 |
| 8~10 hours | 4 |
| 10~ hours | 0 |

<Students living with their parents>



Figure 3

Table 3

|  |  |
| --- | --- |
| ~4 hours | 0 |
| 4~6 hours | 28 |
| 6~8 hours | 11 |
| 8~10 hours | 2 |
| 10~ hours | 0 |

The result obtained in this way was contrary to expectation. The sleeping time was long for the students living alone as a whole. We anticipated the reason, and the conclusion we arrived was "the time of going to school".

The house of the students living alone is located near the university, so they can stay asleep until the very beginning of the class. However, in fact, students living with their parents often have a university at a distance away, so they have to get up early in the morning and sleeping time is reduced.

(4)Do you normally eat breakfast?

Next is the question, "Do you normally eat breakfast?"

<Overall>

Figure 4

Table 4

|  |  |
| --- | --- |
| Eat every morning without fail | 53 |
| Sometimes eat | 34 |
| Do not eat | 17 |

According to a survey in 2015 by the Ministry of Health, the rate of not to eat breakfast in 20's was 24%. In this survey 17 people, 16%, did not eat breakfast.

Here I heard the reasons for not eating breakfast, and the following response was seen. “Do not have time to eat”, “Wake up late in the morning”, “Having no appetite in the morning”, “Overslept”, “Want to stay asleep until the end”, “Tiresome”.

<Students living alone>



Figure 5

Table 5

|  |  |
| --- | --- |
| Eat every morning without fail | 25 |
| Sometimes eat | 24 |
| Do not eat | 14 |

<Students living with their parents>



Figure 6

Table 6

|  |  |
| --- | --- |
| Eat every morning without fail | 28 |
| Sometimes eat | 10 |
| Do not eat | 3 |

When comparing it between the students living alone and the students living with their parents, it became like this. As expected, the percentage of the students living with their parents who eat breakfast was high. The reason is also as expected.

(5)How often do you drink alcoholic?

Next is a survey of "how often do you drink alcoholic?".

<Overall>



Figure 7

Table 7

|  |  |
| --- | --- |
| Every day | 0 |
| 3~4 times a week | 4 |
| Once a week | 27 |
| Once a month | 36 |
| Do not drink | 37 |

It seems that many people drink alcohol once a week or once a month. It was a bit of a surprise that there were 36% of 37 people who did not drink at all. There are still minors, but I seemed to have a chance to drink something when I was a college student.

<Students living alone>



Table 8

|  |  |
| --- | --- |
| Every day | 0 |
| 3~4 times a week | 1 |
| Once a week | 18 |
| Once a month | 25 |
| Do not drink | 19 |

Figure 8

<Students living with their parents>



Figure 9

Table 9

|  |  |
| --- | --- |
| Every day | 0 |
| 3~4 times a week | 3 |
| Once a week | 9 |
| Once a month | 11 |
| Do not drink | 18 |

We will compare the students living alone and the students living with their parents. However, there was not much difference between drinking alcohol at least once a week, about 30%. It may be that you often drink outside regardless of your boarding house or your family home.

(6)How often do you exercise?

Next, it is a survey of "how often do you exercise?”

<Overall>



Figure 10

Table 10

|  |  |
| --- | --- |
| Do not exercise | 34 |
| Once a week | 18 |
| Twice a week | 13 |
| 3 times a week | 16 |
| 4 times a week | 13 |
| 5 times a week | 6 |
| 6 times a week | 3 |
| Every day | 1 |

About 30% of students did not exercise at all, the exercisers were evenly scattered around the zone of exercising 1 to 4 per week.

I will compare the students living alone and the students living with their parents.

<Students living alone>



Figure 11

Table 11

|  |  |
| --- | --- |
| Do not exercise | 19 |
| Once a week | 9 |
| Twice a week | 9 |
| 3 times a week | 11 |
| 4 times a week | 9 |
| 5 times a week | 5 |
| 6 times a week | 1 |
| Every day | 0 |

<Students living with their parents>



Figure 12

Table 12

|  |  |
| --- | --- |
| Do not |  |
| Once a week | 9 |
| Twice a week | 4 |
| 3 times a week | 5 |
| 4 times a week | 4 |
| 5 times a week | 5 |
| 6 times a week | 2 |
| Every day | 1 |

As expected, there was no big difference between the students living alone and the students living with their parents. About 30% of students who do not exercise have almost the same result.

We asked what kind of exercise is being done for those who answered that they exercise.Then the following answers were obtained. “dance”, “Football”, “running”, “Muscle training”, “Physics class”, “baseball”, “kendo”, “triathlon”, “Walking to school”, “Bouldering”.

The intensity of exercise was also various.

5. Conclusion

As expected, there were many differences in living habits between the students living alone and the students living with their parents. Especially noticeable is whether to eat breakfast. Students living alone have to cook breakfast by themselves, so they don’t always eat breakfast, but students living with their parents don’t have to cook breakfast because there are their parents in their house, so they eat breakfast habitually. After all, it is very great that parents prepare breakfast. It was an unexpected result with regard to sleeping time.Because the students living alone left away from the parent and there is a free part, I thought that many people stay up late. However, the actual result was the opposite. It may be that you go to bed as soon as you live alone and go to bed as it is. Frequency of drinking and frequency of exercise were not very different btween the students living alone and the students living with their parents. In this respect it is not a difference in the living environment, but because of the intention of the individual himself is large, I think that such a result was obtained. People who want to drink will do, and those who want to exercise will. The only thing I misunderstood is that as for the frequency of drinking alcohol, people who answered that they did not drink alcohol were more than I expected. Of the students who answered the questionnaire, it is one of the reasons why there are many minors, but I thought that there were opportunities for drinking if they are university students.

This time, I have studied and compared in this way, but we thought that the existence of parents would have a big influence on lifestyle habits. If you live alone, there are many things you have to do yourself, but those who live with their parents can borrow the help of their parents, saving you time and effort than those living alone. It is inevitable that the time that can be used freely also changes.However, by living alone, I think that the merit of living alone is also great in terms of the ability to make their living.