

Survey-24

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1. Introduction

Human behaviour refers to the response of human action. It includes the thoughts and feelings of an individual which are expressed in response to a stimuli or action. The human behaviour shows a drastic change from childhood to adulthood and is experienced throughout the lifetime. One's attitude is a reflection of the behaviour of the person would show in particular situations. It is influenced by culture, attitude, emotions, values, rapport, authority and hypnosis. According to a study it is noticed that 90% of people can be grouped into 4 types of human behaviour. These behaviours are – Pessimistic, Optimistic, Envious and trusting. Optimistic behaviour refers to the positive thinking attitude of the people who believe that they themselves are responsible for their own happiness. These are kind of people who try to overcome bad things quickly by positive thinking. Pessimistic behaviour is a kind of behaviour that includes people with anxiety, depression, sleep disorders and hostility. These are the kind of people who lead their lifestyle in such a way that can damage their overall health and well-being. Envious behaviour includes the kind of people who focus more on other people than themselves in order to envy them and gain lead and to show they are superior than others. They can make people spy you in order to show their superiority but these people are indeed less confident, fragile and lack self-employed esteem. There is a drastic change in behaviour of college students. There is an even more drastic change in behaviour if the student is hosteller. Some are good changes while some are bad changes. There is a drastic change in their health behaviour- they start eating fast food more often ignoring homecooked food or mess food leading to health problems. They feel free to do whatever they want and this often puts them into one or other kind of problem. They sometimes become rude to their parents as well on being poked about their behaviour. There are also good changes. Students become mature enough to handle things. They start to understand how to deal with different kind people. They become caring concerned about future and become responsible.

2. Research Strategy

Literary Survey → Problem Statement → Questionnaire → Survey → Analysis → Findings → Recommendation

3. Problem Statement

In the fast running world full of competition students face various problems such as loneliness and depression. They often tend to waste more of their free time on internet. Due to this they do not mingle with their roommates or classmates and sometimes even avoid talking to their best friend as well.

4. Survey

To understand the behaviour of students in the non-academic zone that includes hostel, home, playground, food courts, pavements and mess, a standard questionnaire was prepared comprising the following questions

- Truth behind some students found lonely so often
- Ways to engage the free time
- Reason for looking depressed
- Reason to waste so much time on the internet
- Reasons for not mingle with roommates / classmates
- Reasons for avoiding best friend

Under each questions 15 possible responses were given. These responses were derived from the brainstorming sessions conducted among 180 students who are undergoing Undergraduate courses in various branches of engineering. The compiled questionnaire was then circulated among 20 student samples that are undergoing B.Tech or M.Tech courses in engineering. The specific details of the samples are classified below.

Total Sample	20			
Male	15	Age: 16-18 =2	Age: 19-21 =13	Age: 22-25 =0
Female	5	Age: 16-18 =	Age: 19-21 =5	Age: 22-25 =0
Transgender	0	Age: 16-18 =0	Age: 19-21 =0	Age: 22-25 =0
Home Town	Village = 1	Town = 3	City =16	
Economy	Upper Class-Elite= 2	Upper Middle Class= 17	Lower Middle Class= 1	Working Class /Poor

5. ANALYSIS

The furnished analysis of collected data will help to understand the behaviour of students much better. Each of the

Table.1. Truth behind some students found lonely so often

Possibilities	Responses	Total Samples
Addicted to PC games	11	20
An introvert	14	20
Bad feeling due to problems in the relationship	10	20
Don't like to interact much due to the language barrier	6	20
Enjoy loneliness	5	20
Failure in exams	2	20
Feeling homesick	5	20
Having bad health	1	20
Neighbours do not like interacting with them	0	20
Not feeling comfortable with changing the environment	11	20
Overthinking due to academic pressure	12	20
People around them have many bad habits so, better stay alone	5	20
Plan for future	4	20
Prefer social media interaction rather than real life interaction	10	20
The sudden demise of a close friend /relative	4	20
TOTAL RESPONSES	100	20

In the fast running world, and in the race to win competitions, students often find themselves lonely . Students often get addicted to PC games , some are introvert and doesn't like to talk to people while others stay alone so as to plan for their future. For a hosteller, the biggest reason for their loneliness is homesickness and due to problems in their relationship as there is no one to take care of them. Other reasons for students' loneliness include failure in exams, academic pressure and greater addiction to social media which in turn causes students to cut off from from the realistic life. A few of the students try to stay within a limited environment and love to stay alone.

Table.2. Ways to engage the free time

Possibilities	Responses	Total Samples
Eat snacks	4	20
Gardening	1	20
Go to the gym	7	20
Go window shopping or online shopping to check what is new	6	20
Irritate friends/peers for fun	8	20
Just sit or lay down still	0	20
Play Sports	9	20
Play video game	4	20
Play with pets	3	20

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Read Magazines / e-books /Novels...	9	20
Roam with friends	8	20
Sleep	12	20
Spend time on social media	12	20
Watch random videos on YouTube	12	20
Watch TV	5	20
TOTAL RESPONSES	100	20

Students, apart from their busy and hectic schedule often get engaged in numerous activities in their free time to relax their minds. It is found that most of the students in their free time love to sleep, spend time on social media and watch entertainment or infotainment videos on YouTube. Some keep themselves busy with sports and gym in order to maintain their physical strength and stay healthy while others just play video games ,eat snacks, roam with peers and friends and enjoy window shopping. Only a few people like to spend their free time in reading novels, e-books and blogs. Also, a small proportion of students just lay down in their hostels and pass their free time doing nothing.

Table.3. Reason for looking depressed

Possibilities	Responses	Total Samples
Addiction to drugs	6	20
Bullied by someone and getting into frequent fights	7	20
Falling grades	14	20
Feel like wasting parent's money	11	20
Fights in family	5	20
Getting backstabbed by someone	4	20
Homesickness	4	20
Loneliness	12	20
Might be a breakup	7	20
Peer pressure	5	20
Racism of any kind	1	20
Running out of money	2	20
Unable to adjust in particular environment	10	20
Unsatisfied with looks	4	20
Unsupportive parents	8	20
TOTAL RESPONSES	100	20

According to the above conducted survey, it is found that many students in their college life are found depressed due to various reasons. The biggest reason behind students being depressed is failing grades. They often feel less competitive than others and loose self confidence . They start feeling that they are wasting their parents money and if they got unsupportive parents , it adds on to their problems and find themselves lonely at times . Thus, leading to depression. Other major reasons include bad peer pressure, racism against students , difficulty in adjusting to a particular environment and a bad relationship status which may include a breakup. Some students are bullied and backstabbed which causes a major effect on their happiness and thus leads to depression.

Table.4. Reason to waste so much time on the internet

Possibilities	Responses	Total Samples
Addiction to memes	13	20
Downloading torrents	7	20
Due to slow internet speed	4	20
E-Books are addicting as they are easily available	3	20
Making and sharing senseless videos just for likes	0	20
Online games such as PUBG, CS GO waste much time	9	20
Online money making applications	5	20

Online music streaming series	4	20
Online shopping tempts to browse many products	6	20
People like reading blogs	4	20
People waste much time watching movies and web-series on websites such as NETFLIX	11	20
Porn-addiction	12	20
Social media craze	5	20
Video calling and instant messaging	4	20
YouTube videos are addicting	13	20
TOTAL RESPONSES	100	20

Post conduction of the above mentioned survey, it is concluded that many students waste their precious time on the internet. Many of them are addicted to memes and they spend much of their time in reading and sharing memes causing an effect on their academics. Some of them are interested in movies and often busy in downloading torrents and if the internet speed is slow much of their time is gone as they are constantly on their computer screen. Others waste their time watching movies and web series on NETFLIX and listening to songs. A few of them are addicted to porn industry which causes a major distraction from the academic part. Rest of them spend time in video calling and texting with friends , playing games such as PUBG and waste time on social media.

Table.5. Reasons for not mingle with roommates / classmates

Possibilities	Responses	Total Samples
Always keep the room dirty	10	20
Busy with their girlfriends	8	20
Call many of their friends and disturb	7	20
Do not lock the room	3	20
Do not share food and other kinds of stuff	2	20
Happy with own circle of friends at home town	10	20
I am a little introvert	6	20
Keep on playing loud music	6	20
Language barrier	7	20
Misers	2	20
Most often plan for mobile and pc games	8	20
Never allow turning off lights even after 12.00 AM	7	20
Never help in studies	2	20
Remain busy in their discussion	12	20
Remain busy watching movies	10	20
TOTAL RESPONSES	100	20

It is a major problem that many students do not mingle or talk to their roommates. From the above survey, it is found that the main reason behind students not talking to their roommates is that they like to remain within themselves and within their own environment and comfort zone . Some are little introvert and it take a little time to open up with friends while others like to stay within their own circle stay busy with their work, assignments, girlfriends or boyfriends. Some of them do not like talking to their roommates because they find their roommates disturbing by their actions such as playing loud music, keeping the room dirty and most often there is a language barrier. So, these students try to remain locked within their rooms and enjoy their own company.

Table.6. Reasons for avoiding best friend

Possibilities	Responses	Total Samples
Character issues	11	20
Cheating in case of financial issues	3	20
Creating personal disturbances	8	20

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Difference of opinion	10	20
Distance of separation	9	20
Diverse outlook in life	5	20
Ego problems	14	20
Either one of them indulging in illegal activities	2	20
Fight on a personal issue that can't be compromising	7	20
Forcing to do wrong activities	4	20
Lack of anger management	7	20
Lack of belief in each other	9	20
Lack of importance in friendship	2	20
Love and relationship	4	20
Using me to fulfil personal needs	5	20
TOTAL RESPONSES	100	20

Some students at a stage of their lives start avoiding their best friends due to various reasons. Major reason behind this change is ego problem that many people possess as they become a little mature. This can include character issues, lack of belief in each other and diverse outlook in life. Another major reason include a fight between the two best friends on personal issues like cheating in case of financial issues, either of them indulging in illegal activities and difference in opinion which creates a disturbance in their relationship. Other factors include lack of belief in each other, distance of separation, lack of anger management and using the other one for one's betterment. These are the reasons which can cause a person to avoid his best friend.

6. Findings

- 1) Truth behind some students found lonely so often is that many of them are introvert while others overthink due to academic pressure.
- 2) Most of the students engage their free time either in sleeping or on internet like social media or watching random videos on YouTube.
- 3) Reason for students looking depressed is either loneliness or failing grades.
- 4) Reason to waste so much time on the internet is that most of them are addicted to memes and watching random videos on YouTube.
- 5) Reasons for not mingle with roommates / classmates is that these students prefer their own space and are happy with their own circle of friends at hometown while others stay busy watching movies and shows.
- 6) Reasons for avoiding best friend is majorly due to ego problems between friends and difference in opinion and character.

7. Recommendation and Conclusion

- 1) Most of the students are introvert and hence they find difficult to make friends and end up being lonely. Therefore, they should start talking to people and make good friends.
- 2) Students engage their free time in sleeping or on internet and doing nothing. Instead they should utilize their free time well either in extra curricular activities to improve skills or maintaining physical health.
- 3) Students get depressed due to failing grades. Instead of getting depressed they should work hard on their academic part and prepare sincerely for next set of exams and perform well.
- 4) Students waste time on internet because of their addiction to memes and internet. Instead, they should do something productive such as working on technical projects that would increase their knowledge.
- 5) Students, especially hostellers should regularly talk to their roommates and discuss the problems they are facing for a better hostel life.
- 6) Students avoid their best friends due to ego problems. Best friends, instead of avoiding each other should talk to each other and discuss the problems that one is facing due to other and find a solution for that and keep away all the misunderstandings from their friendship.