

# Relocating for Studies: A Challenge or a Threat

Sonam Singh

Student Daulat Ram College University Of Delhi

---

**Abstract**—Health is a broad term that refers not only to the absence of diseases or problems but rather to social, mental and physical well-being. The state of health keeps changing, thus rendering it to have a dynamic nature. However, whenever our state of health loses its equilibrium, we need to bounce back from the situation that has caused the imbalance. This bouncing back is called resilience, which is defined as the ability to rebound quickly from situations that cause stress. Relocating for studies is a common scenario in today's world but it can be both challenging and threatening. The focus of the present study was twofold. First, to study the impact of relocation of undergraduate students to Delhi on their levels of stress and resilience. Separation from home is a transition that can have both negative and positive aspects. Second, was to assess if there exists any significant difference between people belonging to different regions and religions in their experienced levels of stress and resilience. On the basis of quantitative analysis it was found that relocated students belonging to regions outside Delhi were higher on purpose (one of the dimensions of resilience). At the same time, relocation also emerged as a common stressor for many in terms of homesickness, adjustment issues, roommates, loneliness, stringent rules and regulations of the place they are staying at and health issues. It was found that once relocated, factors such as accommodation, number of roommates, satisfaction with roommates have an impact on stress and the levels of resilience. It emerged that students living at PGs were more resilient than the ones staying at hostel, with relatives, siblings, local guardians etc. It was also found that the number of roommates had an interesting impact on levels of stress however, the relationship was not linear. Participants staying with 4 roommates were found to be least stressed while those with 3 roommates were most stressed. Also the participants who rated themselves as satisfied with their roommates were found to be significantly higher in resourcefulness. Participants with more number of roommates and higher levels of satisfaction with them were found to be suffering from least homesickness thus implicating the importance of making the right choices in terms of accommodation and roommates while relocating. In the second part of the study, it was found out that there were regional differences in resourcefulness. Out of the 25 regions that the participants belonged to, the ones belonging to regions such as Assam, Chhattisgarh, Kerala and Nepal were found to be more resourceful; this could be due to varied reasons. Lastly, in terms of religion, no significant difference was