



**MURRAY STATE**  
UNIVERSITY

**Murray State's Digital Commons**

---

Scholars Week

2016 - Fall Scholars Week

---

Nov 14th, 12:00 AM - 12:00 AM

## Roommate and Relationship Difficulties

Alexus Flowers  
*Murray State University*

Follow this and additional works at: <https://digitalcommons.murraystate.edu/scholarsweek>



Part of the [Community Health Commons](#), and the [Environmental Public Health Commons](#)

---

Flowers, Alexis, "Roommate and Relationship Difficulties" (2016). *Scholars Week*. 10.  
<https://digitalcommons.murraystate.edu/scholarsweek/Fall2016/EXSHEA/10>

This Poster Presentation is brought to you for free and open access by the The Office of Research and Creative Activity at Murray State's Digital Commons. It has been accepted for inclusion in Scholars Week by an authorized administrator of Murray State's Digital Commons. For more information, please contact [msu.digitalcommons@murraystate.edu](mailto:msu.digitalcommons@murraystate.edu).

# Roommate and Relationship Difficulties

HEA 356: Health Promotion Programming Photovoice Research Project – Fall Semester 2016

Alexus Flowers; Under the supervision of Dr. Miranda Sue Terry, Assistant Professor

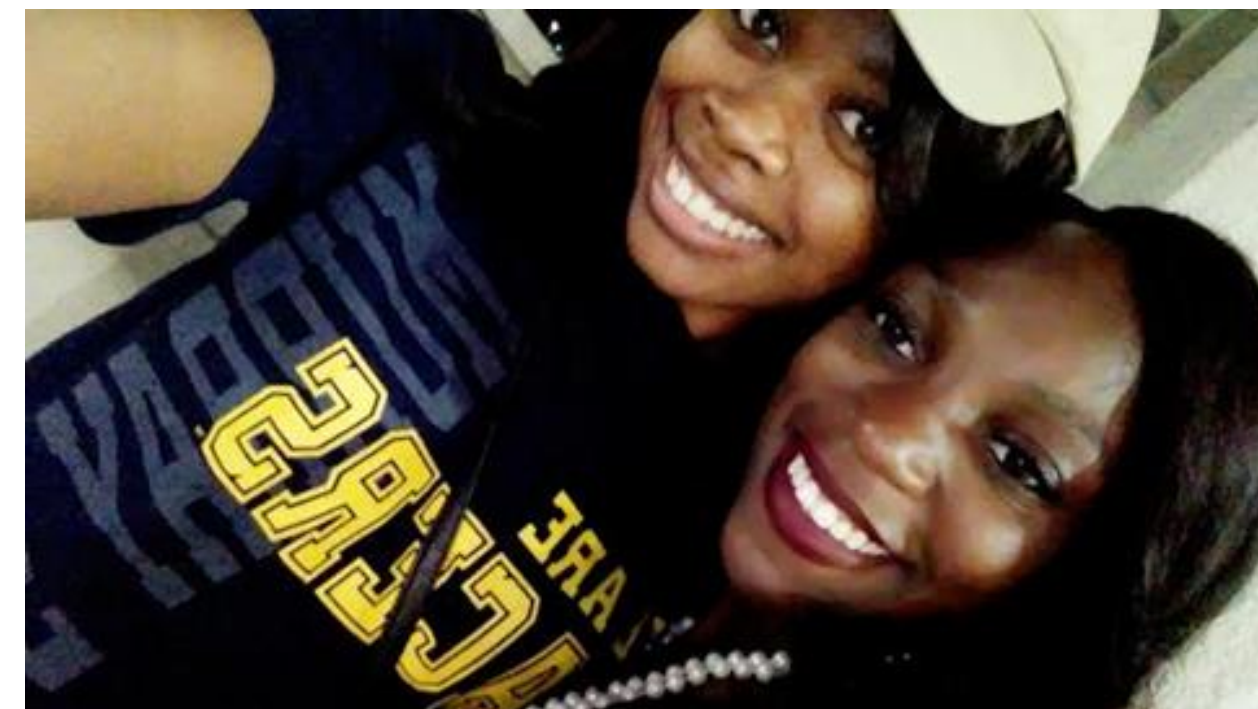
Department of Applied Health Sciences, Murray State University

## The Problem:

It is difficult learning or figuring out how to adjust comfort levels and trust with a stranger, or someone you are friends with and have never been confined to small spaces. The problem is as individuals, especially in American culture we are instilled at a young age that personal space is a big deal, and when it is invaded it causes concern. Only those involved are impacted, but it becomes a community health concern when shared living spaces are negatively disrupted, which may result in emotional, physical, or financial harm.

## Research Methodology:

Photovoice is a process where people have the opportunity to identify with or represent their thoughts, concerns, and ideas of their community through photographic techniques. It is used to share knowledge or to teach or share a story.



## Resources Available:

- Your family
- Friends dealing with the same issue
- A community or campus counselor
- College students: Resident Advisor
- Public Safety

## Conclusions & Recommendations:

Relationships in college, after or in life are important. Being in the same living space with other people can get overwhelming and frustrating but you gain a level of respect for others while learning to adapt in environment that may be new or uncomfortable for you. Developing and having these relationships and/or living situations with people assists in gaining levels of trust, respect and adaption that would help in future relationships. Failing to address difficulties or issues could indeed take a toll on your emotional health. Rather it is you or the other person; Failing to cater to one's emotional well being could go from taking a toll on your emotional health to interrupting one's mental and maybe physical health as well.

## Common College Roommate Struggles and Potential Solutions:

Yadegaran (2013, 2016) identifies common college roommate conflicts and solutions, with the most common issues among college roommates being scheduling conflicts and using each other's belongings without permission.

Other common issues:

- Issue: "The Food Fight"
- Issue: "Feeling Like a third wheel"
- Issue: "The Messy Roommate"
- Issue: "A Different Lifestyle"
- Issue: "A Pot Problem"
- Issue: "The Couch Conflict"

Solution: Label your food

Solution: Communicate

Solution: Create a chore list

Solution: Be Respectful; Treat them like you want to be treated (Golden Rule)

Solution: Communicate, request they engage in this behavior off-campus; report

Solution: Group purchases – one buys out the others or sell and split money evenly

## References:

- Arona Maskil, Director, EducationUSA center in Tel Aviv, Israel. (n.d.). Understanding American Culture Tips for Acclimating to US Daily Life. October 11, 2016. <http://www.internationalstudentguidetotheusa.com/articles/understanding-american-culture.htm>
- Doyle, E. I., Ward, S. E., & Oomen-Early, J. (2010). *The Process of Community Health Education and Promotion* (2nd ed.). Long Grove, IL: Waveland Press, Inc.
- Kurantani, D. L. G. & Lai, E. (2011). *Photovoice Literature Review*. Retrieved October 11, 2016 from University of Southern California, TEAM Lab Web site: <http://teamlab.usc.edu/Photovoice%20Literature%20Review%20%28FINAL%29.pdf>
- Wang, C. & Burris, M.A. (1997). Photovoice: Concept, Methodology, and Use for Participatory Needs Assessment. *Health Education & Behavior*, 24(3), 369-387.
- Yadegaran, J. (2013). Seven college roommate conflicts — and solutions. October 11, 2016. <http://www.mercurynews.com/2013/08/06/seven-college-roommate-conflicts-and-solutions/>