Roommate and Relationship Difficulties

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Roommate and Relationship Difficulties
HEA 356: Health Promotion Programming Photovoice Research Project – Fall Semester 2016
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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.

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

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
adaptation 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.

References:

