

# 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.



## 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:

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