

Analysis of Solutions to University Dormitory Conflicts

Jiale Dong, Yue Ma*

*Author to whom correspondence should be addressed.

Abstract: College dormitory assignment is like a “war” without gunpowder. People with different personalities and living habits are forced together, colliding like Mars slamming into Earth; conflict can erupt at any moment. Some rise and retire early, others are night owls; some love cleanliness, others are downright sloppy. These seemingly tiny differences, accumulating day after day, can spark fierce quarrels and even break friendships. Dormitory-assignment conflicts not only disturb students’ study and life but also challenge campus harmony. This paper probes the problem of college dormitory conflict, analyzes its causes, manifestations and impacts, and proposes solutions—stronger communication, heightened self-awareness, shared norms—aimed at helping students handle dormitory disputes and create a harmonious university life.

Keywords: College students; Dormitory assignment; Personality traits; Conflict.

1. Introduction

As society develops and universities expand enrollment, dormitory conflict among college students has become increasingly prominent. Dormitories are where students live and study; conflict directly affects mental health, academic performance and interpersonal relationships. This study offers theoretical guidance and practical reference for counselors, dormitory managers, teachers and students, promoting dormitory harmony and improving students’ quality of life.

2. Current Survey of College Dormitory Conflict

This study randomly sampled 211 undergraduates of different genders, grades and majors. Nearly 40% reported dormitory conflict.

We conducted an anonymous survey of 84 students who showed emotional conflict in campus life to learn their real psychological state in depth. The survey seeks the roots of emotional conflict and provides targeted mental-health education and services. Strict confidentiality was observed to protect every student’s privacy.

Among them, 15% of students face lifestyle incompatibility issues. For instance, some prefer early bedtimes while others stay up late. 10% of dorm conflicts stem from insufficient personal space. In the current dorm setup, limited individual space can spark clashes over item storage and space usage. 25% cite personality clashes and poor communication as the main cause; starkly different traits under one roof create friction—some are introverted, others outgoing. When roommates don’t talk things through, minor issues snowball into major disputes and deepen misunderstandings. Hygiene gaps also loom large: one may be neat, another sloppy, breeding dissatisfaction. Unequal resource sharing—water,

electricity—adds fuel; if one pays more or less, conflict ignites.

3. Causes of College Dorm Conflicts

Dorm conflicts are diverse, hidden, lasting, and value-laden. They arise from gaps in habits, personality, and values. A simple example: mismatched sleep schedules disrupt study and rest. Without instant talk, sparks fly. Early on, issues seem trivial—tiny as sesame seeds—yet over time they stack like a pyramid and explode: that's the hidden side. In communal campus life, dorm clashes are routine, born of intertwined factors. Breakdown follows:

First, personality gaps top the list. Each student brings unique traits and habits; cram four or more distinct types into a tight space and friction is inevitable. One may burn the midnight oil while another needs quiet sleep—schedule clash equals personality clash.

Differences in daily habits are another major cause of dorm conflicts. Hygiene, item placement, money management—everyone's standards differ; without mutual tolerance, friction quickly follows.

Cultural backgrounds and values also matter. Students from different regions carry distinct beliefs, communication styles, and problem-solving approaches. These gaps can magnify daily misunderstandings; a single sensitive topic can spark heated debate and turn into open conflict.

Academic pressure and emotional swings act as triggers. Exams, deadlines, and internships heighten anxiety and sensitivity, so trivial matters ignite clashes. Adolescent mood shifts—romantic upsets, jealousy, misread friendships—can likewise poison dorm life.

In short, dorm conflict stems not from one cause but from the interplay of personality, habits, culture, values, academic stress, and emotional turbulence.

4. Negative Effects of University Dorm Conflicts

4.1 Changes in Mental Health

When conflicts erupt, students' mental health shifts in varied ways. Irritability, gloom, and emotional strain set in. If dignity or values feel attacked, self-doubt and shaken confidence follow. The dorm is the primary social arena; rejection or isolation there breeds inferiority and loneliness. Immature coping skills can leave lasting scars on growth and mindset.

4.2 Impact on Interpersonal Relations

First, conflict tightens the dorm atmosphere, stifling daily talk and interaction. Everyone feels uneasy, avoids lingering inside, and may even shun specific roommates.

Second, dorm conflicts can erode trust among roommates. When friction exists, people start doubting each other's words and motives, wrecking mutual trust. That loss makes everything else harder—no one backs anyone up.

Also, dorm conflicts can harm mental health. Long-term tension may trigger anxiety, depression, or low self-worth, disrupting study and daily life and sometimes causing deeper psychological issues.

Finally, unresolved conflicts can leave lasting scars on friendship and future networks. Estrangement—or outright hostility—can persist for years and even spill into later careers.

4.3 Impact on Study Motivation

Dorm conflicts can undercut students' drive to learn in several ways:

- 1) Distraction and stress. Fighting drains time and energy, spikes pressure, and wrecks focus and efficiency.
- 2) Emotional turmoil. Anxiety, anger, and similar moods sap interest and make it hard to engage with coursework.
- 3) Social barriers. A toxic room can isolate students campus-wide, cutting collaboration and lowering motivation.
- 4) Worsened study setting. A hostile atmosphere darkens mood and state of mind, sinking results.

5. Recommendations for Resolving College Dorm Conflicts

Most students have faced or seen dorm conflicts; these breed tension and hurt life and learning quality. Everyone sees that harmony fuels growth—so how do we view and fix these clashes?

- 1) Build solid communication. Push open, respectful, effective talk to solve issues early and stop escalation.
- 2) Foster tolerance and empathy. Run programs that grow acceptance and perspective-taking, smoothing relationships.

Third, apply an intelligent dormitory allocation system. Use technology to assign rooms based on students' personality traits, improving compatibility and reducing potential conflicts. The system can weigh personality, interests, and living habits to create better roommate matches. Sometimes we feel dissatisfied but lack the courage or channel to talk with roommates; grievances then build and eventually explode. To prevent this, we must initiate open, honest communication, airing thoughts and feelings promptly. Effective dialogue solves issues early and keeps conflicts from escalating.

Dormitory conflicts that trigger campus bullying are a complex, serious problem demanding in-depth discussion. Bullying gravely harms victims' physical and mental health and endangers overall campus safety and order. Because dormitories are central to student life, internal tensions—easily overlooked—can spark bullying. Recognizing the severity, we need effective countermeasures. Solving dormitory and campus bullying requires joint effort: sustained education, management, and care can foster a healthy, equal, harmonious environment. In short, dormitory conflict is a shared college experience; most of us have faced similar troubles. Mutual respect, understanding, and communication resolve disputes and build a comfortable dorm life. These experiences teach interpersonal skills, strengthen communication and problem-solving abilities, and provide valuable lessons for future social and professional life.

References

- [1] Su, J. (2020, March). Problems in Interpersonal Relationships of University Dormitories and Its Solutions. In *4th International Conference on Culture, Education and Economic Development of Modern Society (ICCESE 2020)* (pp. 375-378). Atlantis Press.
- [2] Kangli, L. (2021). Conflict and integration: A qualitative study on the dormitory life experience of freshmen. *Teacher Education and Curriculum Studies*, 6(4), 109-114.
- [3] Liang, Q. (2023, July). Exploring the Potential Causes of Dormitory Relationship in University Students in Terms of Experiences and Behaviors. In *International Conference on Human-Computer Interaction* (pp. 151-166). Cham: Springer Nature Switzerland.
- [4] Yang, X., Bao, Y., & Wang, D. (2024). Empirical Study of the Effect of Dormitory Conflict on Dormitory Exclusion—The Mediation Role of Competition. *Psychology*, 15(11), 1728-1741.
- [5] Sun, H., Ma, M., Tao, Y., Tang, X., & Li, W. (2025). Innovative dorm allocation: Integrating the theory of planned behavior to foster positive student interactions. *International Journal of High Speed Electronics and Systems*, 2540301.
- [6] Zhang, X., & Tan, X. (2022, December). Research on the Influencing Factors and Countermeasures of the Formation of “Clique” in College Students’ Dormitory Based on Binary Logistic Analysis. In *2022 3rd International Conference on Big Data and Social Sciences (ICBDSS 2022)* (pp. 1015-1021). Atlantis Press.

Author Profile

Jiale Dong female, undergraduate in Business Administration, Dalian Institute of Science and Technology, class of 2021.

Yue Ma female, Associate Professor and Director of Business Administration Teaching & Research Section, School of Economics and Management, Dalian Institute of Science and Technology. Research interests: enterprise management, human-resource management, corporate governance.