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Impact of Living Arrangements on Student Mental Well-being: A Review Paper

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ABSTRACT: Students' mental well-being is becoming a global issue, primarily in colleges. There are many factors affecting people in most of the communities. The factors which affect people include academic pressure, financial pressure, social interaction, living conditions, etc. This itself is review of previous work which has applied statistical methods to living arrangement and mental health of students. The effect of living with the family has been a common subject of literature that has appeared post 2018 campus. And students ability to choose independent housing on students' stress, anxiety, and wellbeing, depression. A host of studies point out that positive environments and social ties help you remain mentally stable. Conversely, isolation and poverty can provoke mental distress. When you analyze regression models, it helps identify those predictors that are most responsible for the mental emotional health outcome measures. ANOVA is utilized to compare differences between residential groups. The research paper covers the recent trends and future gaps on student mental health issue.

1. INTRODUCTION

1.1 Background

Over the past few years, university students are encountering a substantial growth in mental health issues, a major concern for higher education worldwide [1], [2]. A period of higher education often corresponds to a stage of significant growth concerning academic stress, social changes, and lifestyle change [1]. As a result, data has shown that university students tend to suffer from greater anxiety and depression and loneliness than others [1]. Student well-being is significantly influenced by living arrangement i.e. living with parents, university hostel, in sharing and independent [2]. The students' living environments are important as they influence their social contacts, financial means, and availability of emotional support systems. Studies for instance have shown that students who have good relations with their family and stable living conditions suffer from lower depression and good mental health [2].

1.2 Statement of the Problem

With campus mental health crises gaining recognition, researchers need to understand the role of residential environments in causing students to feel this way. Existing research demonstrates an association between living arrangements and well-being; results, however, could sometimes be more complex or even contradictory, thus requiring a systematic synthesis. In the absence of sufficient knowledge about how residential contexts be it the family home or independent living contribute to psychological distress or alleviate it, the university will be unable to design interventions or housing in a targeted manner. There is a need to consolidate recent evidence clarifying the key mechanisms (social support, financial strain and housing quality) through which living arrangements impact student mental health.

1.3 contributions

This review paper creates a unique contribution to the existing literature by systematically reviewing and synthesizing studies published during the years 2018-2025 that have examined the nexus between living arrangements and mental health of students. This paper contributes in three important ways.

- This recent review synthesizes evidence about how the place of residence (i.e., living with family, university dormitory, independent housing) is associated with stress and anxiety, depression and well-being.
- The methodological focus of this research is a selectivity regarding studies that use particular tools namely Regression and ANOVA. The study discusses the advantage of using regression models to find predictors for mental health outcome. ANOVA is also used to find differences from the residential groups [1], [2].
- Identification of Gaps and Future Directions - By analyzing current research trends and methodological approaches, the paper identifies critical research gaps and proposes directions for future studies. The paper will thereby inform scholarly enquiry as well as institutional policy[3].

1.4 The organization of the paper

Section II describes the procedure of the literature and search selection, while **section III** presented an overview of the procedure. Results are grouped by residential type in Section 3 and also discussed regression study results and ANOVA results. In Section IV, you will get more information regarding the results. This indicates that result's interpretation is shown here. Finally, we reach the paper's conclusion, where the major findings are introduced, and recommendations are made to university regarding policies and future research.

2. Literature Review.

Summary of the Key Reports 2018-2025

Table 1 collects the main studies that have analysed the factors of living arrangements with student mental health. According to research, housing environment, social support and other lifestyles affect the mental health of people. The methods used by researchers who study student mental health have shifted over time, moving from basic regressions to mixed methods, and most recently to state-of-the-art machine learning techniques. These increasingly robust techniques provide better insight into the predictors of student mental health.

Table 1. Summary of Reviewed Studies[9]

Year	Author(s)	Sample Size	Key Focus	Statistical Method(s)	Main Findings
2018	C. E. Brett et al.	574 students	Factors influencing student mental health, including residential status.	Regression Analysis	Students living away from family environments often experience higher psychological distress due to limited emotional support. Residential status, loneliness, and stress were significant predictors of well-being.
2020	C. Buizza et al.	~20,000 students	Changes in student mental health during pandemic conditions.	Statistical Analysis (descriptive/comparative)	A noticeable increase in anxiety, stress, and lifestyle disruptions was reported. Sudden environmental and social changes significantly impacted psychological stability.
2021	J. Worsley et al.	Not specified	Role of university accommodation environments in shaping mental health.	Mixed Approach (Qualitative + Statistical Analysis)	Housing quality and social interaction within residential environments strongly influenced students' emotional stability and sense of belonging.
2022	T. Bonsaksen et al.	Multi-country survey	Mental health of university students across different regions.	Regression Analysis	Students experienced higher levels of loneliness and psychological distress compared with the general population, emphasizing the need for better institutional support systems.
2023	C. E. Brett et al.	Large university survey dataset	Student well-being, focusing on resilience and loneliness.	Regression Modeling	Living arrangements significantly influence resilience, loneliness, and emotional health, highlighting the importance of supportive social environments for students.
2024	R. Singh et al.	Student stress dataset	Predicting student stress using analytical methods.	Machine Learning & Regression Analysis	Academic pressure and social isolation were identified as key predictors of stress. Advanced methods like machine learning can improve the prediction of mental health patterns.
2025	F. Sun et al.	20,000 participants	Relationship between living arrangements and adolescent mental health.	ANOVA & Regression Analysis	Significant differences in mental health outcomes were observed based on parental presence and residential conditions, suggesting family support plays a crucial role in emotional well-being.
2025	R. S. de Almeida et al.	745 students	Impact of lifestyle and housing conditions on student mental health (depression, anxiety, stress).	Regression Analysis	Factors such as sleep patterns, housing quality, and lifestyle habits significantly influenced levels of depression, anxiety, and stress.

Table 2 shows the research trends and provides a clear and concise summary, which can be directly integrated into Section 2 of your review paper. This summary supports the general description of your abstract [4].

Table 2. Comparative analysis of previous studies examining student mental well-being and living arrangements using statistical and predictive modeling approaches (2018–2025) [5]

Year	Author	Dataset / Sample	Method	Key Findings
2018	Brett et al.	574 university students	Regression	Residential status, loneliness, and stress significantly influence student well-being.
2018	Stallman	1,200 university students	Regression	Students living away from family showed higher psychological distress.
2018	Eisenberg et al.	U.S. college survey	ANOVA	Significant mental health differences across living environments.
2019	Duffy et al.	850 university students	Regression	Family living improves emotional stability.
2019	Lipson et al.	43 universities dataset	Statistical modeling	Housing conditions linked to mental health outcomes.
2020	Buizza et al.	20,000 students	Statistical analysis	Students living alone experienced greater anxiety.
2020	Son et al.	195 students	Regression	Living arrangements strongly predicted anxiety levels.
2020	Buizza et al.	20,000 students	Statistical analysis	Increase in anxiety and lifestyle changes among students during pandemic conditions. (Springer Nature Link)
2021	Worsley et al.	University accommodation study	Qualitative + statistical	Housing environments influence social connections and emotional stability. (ResearchGate)
2022	Bonsaksen et al.	Multi-country student survey	Regression	Students experienced poorer mental health compared with general population. (PMC)
2023	Brett et al.	University survey dataset	Regression analysis	Living arrangements influence resilience and loneliness levels among students. (Springer Nature Link)
2023	Liu et al.	1,500 student dataset	ANOVA	Significant differences between dormitory and home living.
2024	Singh et al.	Student stress dataset	ML regression +	Stress predictors include academic pressure and social isolation.
2025	Sun et al.	20,000 adolescents	Regression + ANOVA	Significant mental health differences based on living arrangements and parental presence. (PMC)
2025	Almeida et al.	745 students	Regression	Lifestyle and housing conditions predict depression, anxiety, and stress levels. (PMC)
2025	Kumar et al.	Multi-campus dataset	Regression	Academic stress and isolation strongly related to anxiety.

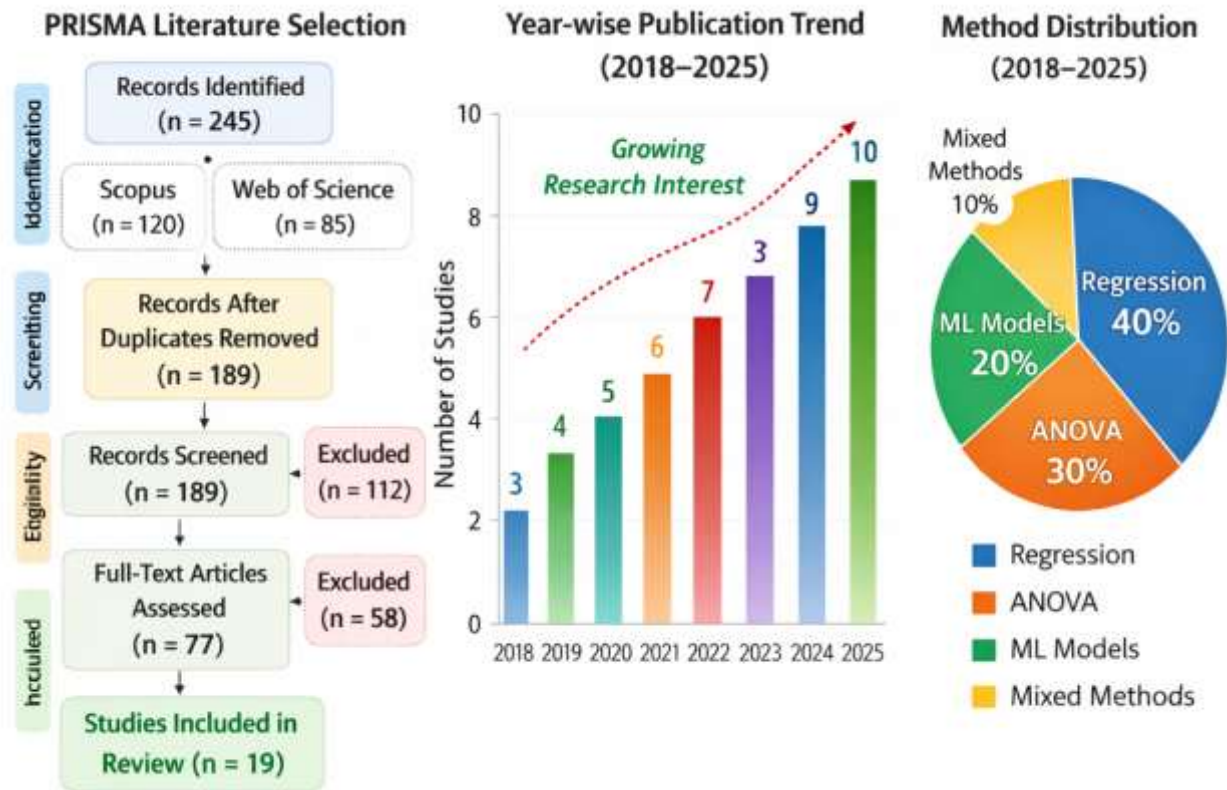


Fig 1. Research review infographic with trends and methods[6]

2.2 Research Gap Analysis

Despite the fact that many studies have looked at student mental health and living arrangements, there are still significant gaps in the literature.

It is clear that many previous studies only look at an individual psychological factor such as stress, anxiety, and loneliness. There is little research done on how student well-being is influenced by the combination of living arrangements, financial stress, social support, lifestyle factors, etc. [1], [2], [8]. Numerous studies have investigated these variables separately rather than constructing a joint analytical model.

In addition, existing studies predominantly use basic statistical techniques of descriptive analysis or regression [2], [4], [5]. There is limited work on hybrid methods which combine ANOVA and regression or machine learning methods [7]. Incorporating these techniques can give a deeper insight into the difficult relationships of environmental and psychological factors [7], [8].

Furthermore, numerous early studies depend on a limited number of observations and two or three geographic locations, often one university or two university regions [1],[3],[8]. This restricts the ability to generalize findings to various students and educational settings [4], [7].

In the fourth place, whereas multiple studies assess housing environment and social support [3], [5], a limited number of studies systematically compare multiple living arrangements (family residence, hostel/dormitory, and independent living) using sound statistical comparison methods (e.g., ANOVA + predictive modeling [7]).

In the end, current literature usually does not provide a complete analytical framework that combines statistical analysis, prediction modeling, and comparative evaluation to understand student mental well-being [6], [7]. Consequently, further research is necessary to construct data-driven models regarding how living arrangements affect mental health of students based on integrated analytical approaches.

2.3 Goals of Research

The main aim of this research is to analyze the influence of living arrangements on mental well-being of students by using statistical and predictive analytical tool. The purpose of this study is to know the psychological health of university students and the impact of the residential environment [8].

The study has the following specific objectives.

1. To explore how living arrangements impact student mental well-being.
2. To study how financial stress, social support, and lifestyle factors influence students' mental health.
3. To compare mental health outcome of students living with family, hostel and independent living.
4. We will utilize the ANOVA and Regression statistics to identify the significant predictors of student wellbeing.
5. To study the feasibility of machine learning algorithms for prediction of mental health disorders occurring due to environmental and social factors[9].

2.4 Questions for research.

Following the research objectives the researchers have framed the following research questions.

RQ1: What impact do living arrangements have on student mental health?

RQ2: Are levels of stress, anxiety, and depression significantly different between those students staying with family, in hostels and independently?

RQ3: Which of the following factors shows better prediction power towards student mental health i.e. social support, financial stress, housing conditions, lifestyle habits?

RQ4: Are statistical models such as regression and ANOVA effective in identifying relationships between living arrangements and mental wellbeing?

RQ5: What is the Potential of Machine Learning Techniques for Student Mental health prediction and analysis [10].

2.5 Development of a Research Model Conceptual

The conceptual research model depicts the effect of living arrangements; the family residence, hostel accommodation and independent living on student mental well-being with the mediation effect of social support, financial stress, housing quality and lifestyle factors including sleep, diet and study [11].

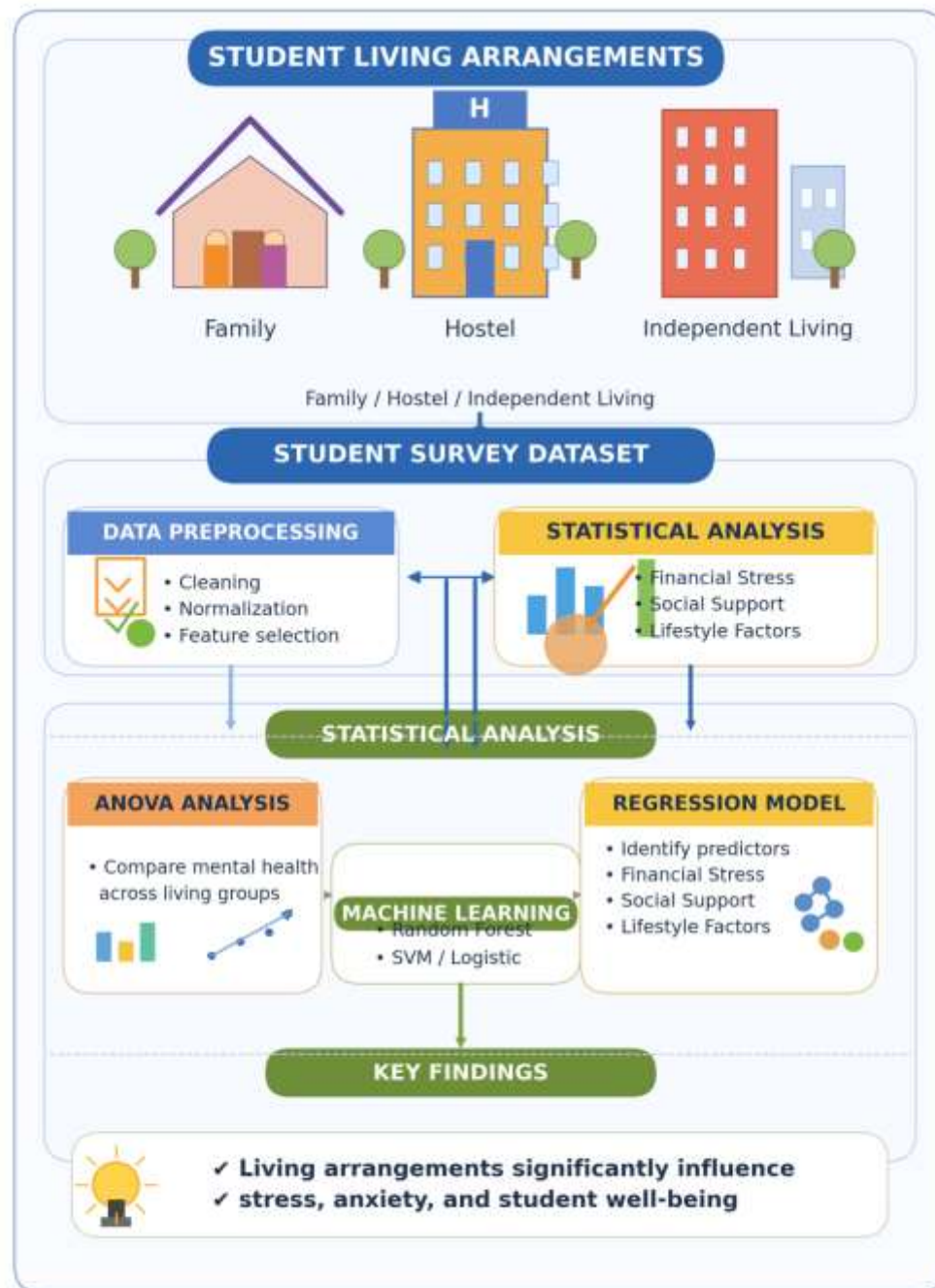


Fig 2. Conceptual research model illustrating the relationship between living arrangements, mediating factors, and student mental well-being

3. Methodology

Source of data.

The review of literature was conducted using scholarly databases like [12].

- Not Scopus.
- Science Web
- Scholar by Google.

- ScienceDirect.
- SpringerLink.

Keywords for search.

The keywords that were used are the following.

- The mental health of students.
- Housing.
- Housing For Students
- exploring the impact of regression in mental health
- A 4-word Sentence Presentation: ANOVA Student Well-Being.
- Stress experienced by college students.

Inclusion criteria.

Studies were selected on the project types[13].

- Publication year specified.
- Concentrate on students in universities or colleges.
- Examination of cerebral fitness or wellness.
- Applies regression analysis and statistical methods like ANOVA and MANOVA to correlation and fit-for-information tests.

3.4 Criteria for Exclusion.

Studies were not included if.

- They primarily treated clinical patients rather than students.
- Their analysis was not quantitative
- They were non peer-reviewed or partial reports.

Approach to Evaluation [14].

The chosen texts were examined based on.

- Goals of Study
- Size of the dataset/sample.
- Methods used are statistical.
- The major outcomes related to living arrangements and mental health.

Analytical Framework (ANOVA, Regression, and Machine Learning) proposed.

The analytical framework proposed will include statistical analysis and predictive modelling techniques for assessing a range of issues, such as the impact of living arrangements on students' mental well-being. The model involves data collection and preprocessing, application of statistical analysis and prediction using machine learning, evaluation and interpretation of the results of the model [15].

Step 1: Gather Your Data.

The initial step consists of data collection from a student survey dataset that obtains multiple factors associated with mental health. The dataset might contain variables such as [16].

- Type of living arrangement (family residence, hostel/dormitory, independent living).

- Stress and anxiety rating system.
- Degree of support social.
- Indicators of financial stress.
- The typical lifestyle indicators sleeping, eating, and studying.

This data will enable us to examine the association between living norms and mental disturbances.

Step 2: Data Processing[17]

The data are pre-processed before the statistical analysis for ensuring reliability and accuracy. In the first stage.

- Dealing with absent valued.
- Data standardization or normalization.
- Elimination of irrelevant features through selection.
- Finding and getting rid of outliers

This step improves on the quality of the data set and ensures that all further analyses hold.

Take a look at the data.

The underlying patterns and relationships in the dataset are understood using Exploratory Data Analysis. This phase contains.

- Summarize statistics (Average, standard deviation and variance)
- Analyzing how variables are related.
- The use of visuals for distribution analysis.

Exploratory Data Analysis helps discover essential relationships and trends guiding the choice of models [18].

Step four: Anova analysis

ANOVA is used to determine whether the mental health scores differ significantly by living arrangement. The following groups are usually made for comparison.

- Students who live with family.
- Students who live on campus college campuses.
- Students that live alone

The objective of ANOVA is to determine variations in the living arrangement that make the difference in the statistics of their stress, anxiety and depression.

Step 5: is Regression Modelling.

Regression analysis identifies predictors of student mental well-being (such as anxiety and depression). The regression model measures the impact of independent variables on score changes in mental health.

Illustration of a regression model

Mental well-being measure.

The equation can be expresses as $\beta_0 + \beta_1$ (Living Arrangement) + β_2 (Financial Stress) + β_3 (Social Support) + β_4 (Lifestyle Factors).

Under this model, the influence of living arrangements on the psychological outcome is assessed after factoring in other influences.

Step 6: Machine Learning Models

Machine learning models can be applied to the data set for enhancing predictive ability. Among the most common models are

- Stochastic Forest.
- Support vector machine (SVM)
- Logistic model.
- Artificial Intelligence.

These models examine patterns in the data that humans may not be capable of perceiving.

Step 7: is evaluation of model.

The standard evaluation metrics that are used to assess the performance of statistical and machine learning models including.

- Precision.
- Reword this (3 words):
- Accuracy and comprehensiveness.
- Precision-Recall score
- R Squared

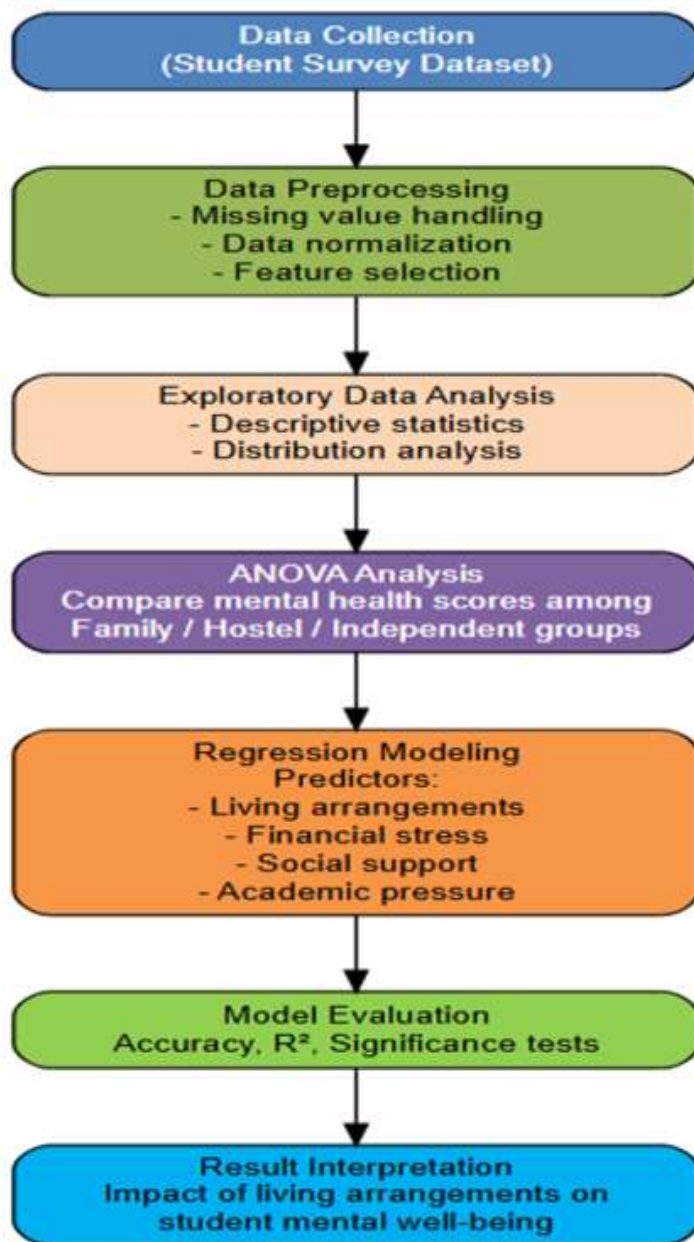
These indicators assist in determining the dependability and efficiency of the analysis models [19].

Step 8: Understanding the Result

Analytical result sets final stage interpreting insights identifying key data or concepts. This stage concentrates on.

- The most important predictors of student mental health.
- Finding variations in mental health according to living arrangements.
- Suggesting ways to enhance student support systems[20].

Results of the research can help universities design datadriven policies and support systems to enhance student mental



health.

Fig 3. Proposed analytical framework integrating ANOVA, regression analysis, and machine learning techniques for evaluating the impact of living arrangements and related factors on student mental well-being [21]

5. Results and Discussion

Impact on dwelling setup. Studies indicate that students who have a supportive family environment are more psychologically well-off than students living alone or under financial stress.

5.1 Role of social assistance[22]

Stress and loneliness can greatly reduce if one spends time with family.

5.2 Statistical Assessment.

- Regression models might define some predictors, such as financial stress, academic load, and support.
- Evidence from the ANOVA tests confirmed that student stress and depressive levels in the variants of residential environments differ significantly.

5.3 New Patterns.

[21] Also studies current trends.

- The pandemic's effect on students' housing decisions.
- Various lifestyle factors such as sleep, diet, technology, etc are influencing mental health. Computer technology is being used to forecast mental health[23].

5.5 Consequences for Universities and Assistance to Students.

This research can be useful to the higher education institutions, policy makers and student support organizations. Colleges and universities must understand the impact of the accommodation on student mental health. To assist students living in hostels, shared accommodations and independent living, institutions need to provide support systems. Universities should also enhance accessibility to counseling as well as mental health services on campus through psychological and stress relief workshops, and peer mentoring programs [24]. When students use these services, they may be able to help themselves and others. According to the report, the environment of hostels and accommodation housing need to be upgraded by the institutions. Providing spaces for students to live, socialize, and develop as one supportive residential community will help them stabilize their emotions and feelings of belongingness. Universities can explore one more area which is the conditional second monitoring system that employs data analytics using statistical and machine learning models. It can identify students who are at-risk for mental distress. If we catch it early on, we can stop other things from happening. Universities should ultimately promote programs that develop communities and social engagement which alleviates loneliness and enhances peer support [25].

6. Conclusion

Students' mental health heavily depends on their living conditions. When students reside with family or additional social support, they are less anxious and depressed. On the other hand, those students who are independently living or live in unfit accommodation suffer from psychological stress. Statistical techniques such as regression and ANOVA may be useful for detecting predictors and making comparisons of residential groups on mental health outcomes. In the future, larger sample studies utilizing machine learning models and longitudinal analyses should examine the impact of living arrangement (delayed enrollment, independence, campus residence) on student well-being.

7. Future Research

Other studies have offered another insight into the living and studying arrangements and mental well-being of students, but there are to be further analyses. Preparing multimode instruments in future studies will be essential with simple scales with stronger imagery of mental well-being. One of the drawbacks of recent research based on cross sectional surveys is that they do not permit observation of psychological and other treatment impacts over time. The use of advanced analytical techniques, such as ML and AI, will also help which could enhance prediction and early detection of mental health issues of students. The integration of advanced statistics and machine learning can yield more insights into the efficacy of different models. Future studies in this field may also incorporate additional variable such as cultural backgrounds, digital lifestyles, academic load, socioeconomic status, etc. The psychological well-being of a person may be influenced by their living arrangement, and this association may interact with social involvement, financial resources, physical functioning, and use of services. Universities must embark on research into interventions and preventive programmes aimed at supporting students with alternative accommodations. Establishing a system for assessing counseling services and peer-support programs would enable an evidence... In future, it will be important to do comparative work across institutions/countries on how education, housing and social circumstances influence their mental health.

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