Original Article

Male medical sciences students' perceptions of the positive aspects of dormitory life related to the quality of academic life: A phenomenological study

Mohammad Hossein Akhondi[1], Mohsen Shakeri[2*], Kazem Barzegar Bafrooei[3], Hossain Hassani[4]

[1]Master of curriculum planning Yazd University, Yazd, Iran.
[2]Associate Professor, Department of Psychology and Educational Sciences, Yazd University, Yazd, Iran.
[3]Associate Professor, Department of Psychology and Educational Sciences, Yazd University, Yazd, Iran
[4]Assistant Professor, Department of Psychology and Educational Sciences, Yazd University, Yazd, Iran

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***Corresponding author:**
Mohsen Shakeri, Associate Professor, Department of Psychology and Educational Sciences, Yazd University, Yazd, Iran.
Email: shakerimohsen@yazd.ac.ir

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Abstract

Background & Objective: The purpose of this study was to investigate the perceptions of male medical sciences students at Yazd University regarding the positive aspects of dormitory life and its impact on academic quality during the 2022-2023 academic year.

Material & Methods: Using a qualitative and phenomenological method, 11 Yazd University dormitory students were chosen for the study using a criterion-based purposive sample technique. Semi-structured in-depth interviews were used to gather data, and they were conducted until data saturation was achieved. The Smith method was used for data analysis, and triangulation was used to ensure the accuracy of the results.

Results: Three primary topics and seventeen supporting themes on students' experiences living in dorms and how it affected the quality of their education were found in the study. These themes, which were acknowledged as beneficial aspects of living in a dorm, included: Having a supportive atmosphere; Developing personal and professional capacities; and Ease of education and life.

Conclusion: Research indicates that policymakers and planners can improve the quality of education and create more capable graduates for society by capitalizing on the advantages of living in dorms for medical students.

Keywords: academic success, medical, qualitative research, quality of life, students.

Introduction

In order to produce highly competent graduates who will join the healthcare workforce and be in charge of disease control, diagnosis, and treatment, medical students must succeed academically (1). In every nation, medical students play a crucial role in providing healthcare services, and the caliber of their work directly affects how well the healthcare system functions (2). Living in a dormitory can have an impact on students' academic performance. Those who reside in dormitories tend to be more attuned to their environment, adaptable, and creative due to their desire for independence during their stay (3). While dormitory living entails being away from home for a period of study, it goes beyond being just a place of residence, serving as a real-life laboratory for human experiences and an educational center (4). Student residence halls, by offering possibilities for participation outside of the dorm walls, are vital in helping to develop more productive, autonomous, disciplined, and responsible persons (5). Additionally, the layout and architectural style of dorms can help lower stress levels, increase student enthusiasm, and accelerate academic achievement (6). One can even point to the layout of dorm rooms as a determining factor in how well students perform academically (7).

The results of the study indicate that although living in a dorm presents certain difficulties, there are also certain pleasant features of dorm life that should not be overlooked. Living in a dorm can lead to a number of benefits, such as increased independence and freedom of movement, improved patience and problem-solving abilities, financial management skills, exposure to diverse cultures and customs, development of diverse skills, order and responsibility promotion, strengthening spiritual dimensions and religious beliefs, learning from

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the experiences and skills of others, fostering cooperation and discipline, enhancing competitiveness, promoting interaction and tolerance, objectively facing life's realities, and familiarizing oneself with the tribes, religions, cultures, and customs of other cities (8–13). Furthermore, the study space availability, ease of access to lecture halls, large, well-ventilated rooms, a calm and stress-free atmosphere, and availability of electricity and water (14–16) all support the development of friendships and social networks (17–18), the improvement of spiritual intelligence (19), the reduction of stress (20), the reduction of expenses (21–22), the ease of study, the advancement of academic success, and the retention of students in higher education (1, 23–31).

The problem at hand is that living in a dorm has an impact on students' intellectual, mental, emotional, moral, and social development in addition to posing possibilities and problems. Considering the length of time medical students spend studying at the university and their vital role in advancing public health, it is necessary to take advantage of the opportunities provided by living in a dorm to improve students' academic quality. This will allow for more successful and higher academic achievement as well as more seamless advancement in science, academics, mental health, morality, and society. Since there has been limited qualitative research in Iran, particularly using a phenomenological method, investigating the dormitory life of medical students and its correlation with the quality of academic life becomes essential. Therefore, the primary objective of this research was to "explore the perceptions of male medical sciences students at Yazd University regarding the positive aspects of dormitory life and its impact on the quality of academic life."

Material & Methods

Design and setting(s)

This qualitative research employed a phenomenological approach.

Participants and sampling

The study participants were male medical students from Shahid Sadougi University of Yazd. In qualitative methods, researchers are advised to conduct interviews with 5 to 25 individuals who have experience with the phenomenon being studied (32). Until data saturation was reached, the researchers employed criterion-based, progressive purposive sampling. 11 students from Yazd University of Medical Sciences were chosen for interviews based on their mastery and depth of knowledge about living in dorms, as shown in Table 1. It is noteworthy that although 11 interviews were undertaken to assure data correctness, data saturation was reached after 9 interviews.

Table 1. Demographic information of the research participants

Row	Interview code	Field of Study	Age	Semester	Province of residence
1	A	Nursing	22	4	Fars
2	B	Health	23	3	Kerman
3	C	Pharmacology	25	7	Tehran
4	D	General medicine	28	10	Esfahan
5	E	General medicine	27	12	Esfahan
6	F	Dental	24	6	Fars
7	G	Radiology	21	2	Esfahan
8	H	Pharmacology	23	5	Fars
9	I	Dental	25	6	Khorasan Razavi
10	J	General medicine	25	8	Tehran
11	K	General medicine	26	8	Tehran

Tools/Instruments

The data collection method utilized in this study involved semi-structured, in-depth interviews.

Data collection methods

Prior to the commencement of the study, the researchers coordinated with the participants and communicated their assumptions, motives, and interests related to the research topic. A pilot interview sample was initially conducted. Verbal consent was obtained from the participants before all interview sessions were recorded. The interviews were conducted with field notes both during and after, and the transcribed codes were returned to the participants for review and revision. Every interview was painstakingly recorded verbatim, with important details noted at the same time. Following each interview, follow-up items, weaknesses, strengths, and reflections on the implementation process were noted to

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be taken into account in future interviews. The themes emerged from the data rather than being predetermined. After a while, the participants offered their opinions on the research, and their viewpoints were taken into consideration.

Data analysis

In this study, the data analysis was conducted using the method proposed by Smith et al. (33), which involves three stages of data generation, data analysis, and case integration for data analysis within the phenomenological method. The interviews were conducted, analyzed, and then sub-themes were identified and coded. Subsequently, themes were organized and grouped, with more general themes extracted by continuously comparing and considering the differences and similarities among the sub-themes. The interviews, which lasted between sixty and one hundred minutes in the dorm rooms during the students' spare time, were verbatim recorded and transcribed. Two professionals in qualitative research carried out and double-checked the coding to make sure it was accurate and consistent.

Prolonged and continuous engagement, avoiding hasty and unproven judgments, discussing findings with neutral individuals, and documenting the process of change throughout the study were employed during the data collection and analysis process to improve the trustworthiness of the research. Furthermore, the triangulation method—which makes use of many sources, methodologies, and reviews—was employed to strengthen the validity of the findings. In particular, the Deniz triangulation quadrants—which Johnson (34) cited—were used in this investigation.

Rigor

Measures were taken to ensure the accuracy of the findings, such as: peer review by professors and master's students familiar with the subject matter and qualitative research; collaborativeness of the research where participants were involved in data analysis and interpretation; and researcher reflexivity where efforts were made to minimize the researcher's bias and prejudice. Member checking involved some participants reviewing the final report, the analysis process, or the obtained themes and providing their feedback.

Results

After conducting the interviews, the interview text was categorized into themes, and in the next stage, the experiences of each dormitory student were qualitatively analyzed. In the end, three main themes and 17 sub-themes were identified. The primary and secondary themes derived from the interviews regarding the positive experiences of dormitory life impacting the quality of academic life are presented in **Table 2**.

Table 2. Positive experiences of dormitory life affecting the quality of education from the perspective of dormitory students

Row	Main themes	Sub-themes
1	Ease of education and life	1- Reducing the cost of living and education
		2- Access to free facilities
		3-Reduced expenses and time spent on commuting
		4- Holding an online class in the dormitory at a lower cost
2	Development of individual and professional capacities	1- Interaction with students of different fields, grades, and cultures
		2- Behavioral effectiveness
		3- Future business interactions
		4- Enhancing personal and communal life skills
		5- Freedom and gaining independence
		6- Gaining curricular and non-curricular experiences
3	Having a supportive environment	1-The suitable climate of the dormitory for studying
		2- Getting to know the advances in science and technology related to the field
		3- Consulting and assistance with homework and academic activities
		4- Participation in educational and cultural programs
		5-Exitance of a reading room, and a computer room
		6- Being a suite in the dormitory
		7- Free consulting services

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Main theme one: Ease of education and life

Since dorm-dwelling students are frequently away from their families and lack financial independence, lowering housing and educational costs is essential. Living expenses are lower for students living in dorms because the government pays for meals and basic utilities.

Reducing the cost of living and education

Reducing the cost of living in the dormitory is advantageous for the students, as emphasized by Participant Number 5: "The cost of living in the dormitory is less. If we wanted to rent a house in the city instead of a dormitory, with these heavy rents, it was unclear whether we could afford it. Of course, the goodness of the university dormitory in terms of cost is not only because of this; for example, the price of university food is even lower than the food at home due to the government's support of the university. Regarding education, I think we have easier access to study resources due to the presence of seniors, and we can borrow some resources from the dormitory children for free or buy them at the price of the second category."

Access to free facilities

Access to free facilities is another advantage for dormitory students, as stated by Participant Number 2: "The dormitory offers excellent sports facilities. In the lower part of the dormitory, sports and fitness equipment are very close to us, and we can use it without paying. Internet is also provided to students in the dormitory; For instance, doctoral, dental, and medical students receive one gigabyte of complimentary internet daily, which I think is a good amount and enough for research work, and the internet speed is also suitable."

Reduced expenses and time spent on commuting

The ease of lower costs and commute times for dorm students was emphasized by participant number four: "The dorm is near the university classes, and when we have classes, there are not a lot of travel expenses, and we get to classes by spending less time, and we can even go to class on foot, and we don't have to deal with traffic, taxis, and Snap."

Holding a online class in the dormitory at a lower cost

If some courses are offered virtually at the university, the dormitory can impose less expense on the students for conducting virtual classes. This is because a number of students from each class are already present in the dormitory, and there is no longer a need for all of them to connect to a separate system. They can even have more and better interaction with one another. In addition to lower costs, the classes can also have greater productivity. Participant Number 10 shared their perspective: "The dormitory officials have reserved a dormitory room for discussion or virtual class and have provided suitable facilities for holding online or offline classes. With this, less cost will be imposed on the university and students if they take part in virtual courses. Less internet volume will be used to download materials in offline classes, watch videos online, or teach the professor in online classes, and dormitory students can interact and talk with each other. The efficiency of virtual classes increases."

Main theme two: Development of individual and professional capacities

Acquiring knowledge in science is not the only objective of education. For students to succeed in their vocations and in life in general, they must also develop life skills. These skills are greatly influenced by the dorm environment, and because living away from home fosters independence, students who live in dorms tend to become more independent than their peers. Furthermore, living in a dorm exposes students to new people and experiences in life, which promotes growth in both the classroom and extracurricular activities.

Interaction with students of different fields, grades, and cultures

Living in a dorm allows students to interact with students from other fields, grades, and cultures, which is a useful experience. Students living in dorms have the chance to interact with peers from a variety of academic backgrounds and levels in addition to their fellow residents. Their education is enhanced by this interaction, which gives them a better grasp of other academic disciplines and offers insights into other subjects of study. Participant Number 9 noted: "In the dormitory, we have the chance to get to know and interact with students of different fields and levels, and even get to know different fields and get information about their expertise, and we can get information about the relationship between that field and our field, and this information will definitely be useful for our studies.

Also, in the dormitory, there are students from different races, ethnicities, and traditions, and even students from foreign countries are in our dormitory. This helps us get

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to know the customs of other provinces and countries and gain information about them."

Behavioral influence

Roommates have a great impact on the behavior and appearance of dormitory students; this might be either positive or negative, causing a change in culture and values for a student. Participant 8 explained, "The dormitory setting exposes one to great influences and opportunities that one can learn from others. For example, there have been many instances when I felt less like studying, but seeing my friend start motivated me to do the same. In addition, when shopping, we often find ourselves wanting to purchase clothes of a similar style. Other times, even without noticing it, I find myself mimicking my friends in the dorm when I go home. Overall, it is not only me—the other students in the dormitory tend to imitate each other and try to make their behavior and appearance match their friends".

Future work interactions

Generally, the life in a dormitory is a chance for the dormitory students to make good friends with some other individuals, subsequently allowing them interaction even after graduation and during their careers. Additionally, their dormitory friendships can provide them with access to new job opportunities. Participant number 8 noted, "In dormitory, we make acquaintance with people from various fields; some may be related to my field, therefore, I can ask them some questions. Suppose in the future, God forbid, I or one of my relatives get sick, considering that some students are specializing in medical fields. In that case, I can ask them and get help in the future, and I think the opportunity to help each other is not limited to now, but in the future, if we encounter difficulties, we can refer our patients to our friends if needed."

Enhancing personal and communal life skills

Living in a dormitory, away from family and facing its problems and challenges, encourages the development of various skills in dormitory students like that of responsibility, patience, decision-making, teamwork, problem-solving, self-sacrifice, and many other life skills. Obviously, these are the skills positively influencing the student's academic success and overall quality. In this context, Participant Number 10: “In the dorm, we are supposed to take care of our personal responsibilities ourselves, be more independent, and depend less on our family. According to me, when we successfully handle our responsibilities, develop new skills, and make friends with other students, then self-confidence rises, which is reflected in university classes. Moreover, dorm life involves new environments that one needs to get adjusted to, along with learning the rules regarding communal living, which means different settings and different individuals with different likings.”

Freedom and independence

The chief features of dormitory life are freedom and independence. Since the students staying in the dormitory are away from their families, they get ample opportunities to be independent and reduce their dependence on their families. As mentioned by Participant Number 2, “There are no unnecessary checks from my family in the dormitory. I am free and can live independently and comfortably, and I am not as dependent on my parents as at home, and I am on my own.”

Gaining curricular and extrea curricular activities

Life in the dorm allows students to experience more valuable and useful life, both in curricular and non-curricular activities. In fact, this kind of experience, which gained from interaction with a new environment and people with different backgrounds, such as classmates, seniors in the same major, and even students from other academic majors and levels, plays an important role in affecting their academic quality. Participant 8: “I think that living in the dormitory has had a positive effect on my academic quality. I live in a small city, but the city of Yazd is strong in medicine, and the job opportunities for a medical student are high. Living in a dormitory and interacting with different people has provided me with many experiences for a better life. Moreover, in the dormitory, we watch many movies with English subtitles and discuss some English words together; by this, our English language gets stronger.”

Main theme three: Having a supportive environment

The environment and the behavior of other dormitory students can have a significant influence on every student. If the atmosphere of the dormitory is geared towards learning and there is a collective effort from a number of students in that direction, it can motivate others to make more effort as well, thereby improving their academic quality. Moreover, dormitories have places where students can study comfortably, and sometimes they provide services and facilities that cannot be found in their homes. Therefore, the more

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appropriate the dormitory environment and its facilities are to studying, the better the academic quality will be for the students.

The suitable climate of the dormitory for studying

When several dormitory students are actively engaged in studying course or non-course textbooks, this activity encourages other dormitory students to study as well, leading to an improvement in their academic quality. Participant Number 5 expressed, "There may be a book in the dormitory that our friends are reading, and we will be interested in reading. Sometimes we may see that our friends are studying, and we will also be encouraged to study."

Getting to know the advances in science and technology related to the field

Dormitory students engage in student discussions and share personalized information, and they also watch educational videos on the latest advancements in science, particularly in the medical field. This helps them become familiar with the newest diseases and treatment methods, as well as the applications of robots and artificial intelligence in medicine. Participant number 10 stated, "In the dormitory, we discuss with our fellow residents about current issues, new treatment methods, and recent cases of diseases. This helps us stay informed about technological advancements in the medical field, and our knowledge about the applications of artificial intelligence and robots in medicine continues to grow."

Consulting and assistance with homework and academic activities

The presence of the peers and seniors, and their easy accessibility, are considered a great advantage to the residential students. A student can seek help and advice from them in his projects, assignments, research, and laboratory work, get his doubts cleared, obtain the lecture notes, and insights and summaries about the lectures. Relating to this, Participant Number 5 says, "When we live in the dormitory, we will be closer to our seniors and our classmates, so that we can communicate more conveniently with them. We will have the chance to clarify what the teacher said at the class. For example, if the teacher entrusts us with an exercise or an activity which we may not have understood well, we can discuss it with our peers. Additionally, if we missed taking notes for a certain lesson, we will have the chance to borrow the lesson note from our friends in the dormitory. If we encounter problems with a lesson, especially on exam nights, we can seek help from other students and ask for clarification."

Participation in educational and cultural programs

Given that a large number of students reside in each dormitory, there is a possibility of organizing both inner city and outer city academic and recreational excursions. Additionally, the university can conduct extracurricular classes, cultural and educational workshops within the dormitory building. Moreover, religious ceremonies such as various celebrations and congregational prayers are also held in the dormitory. Participant Number 10 emphasized: “In the dormitory, there is an opportunity to organize scientific and recreational camps within or outside the city for the dormitory students. Additionally, the dormitory can host extracurricular and educational activities, cultural and educational workshops, as well as cultural and religious ceremonies.”

Exitance of a reading room, and a computer room

Dormitories offer facilities, services, and an environment that enable students to pursue their studies with peace of mind and greater comfort. Not all of the mentioned services and facilities are actually available in their homes. Therefore, the more appropriate the environment of the dormitory is, with its facilities and services, for studying, the higher the academic quality will be for the students. Participant Number 6 emphasized issues at home: "My family is busy, and there is noise in our house. Guests come, and we have a hundred other problems and don't even have enough room at home to study. That's why the dormitory library and study hall are very good for me; they have a peaceful environment, a table, chairs, and proper lighting, and I can read my lessons safely and easily. I also have access to the necessary resources. Our dormitory has a computer room, and there are a number of computers in it that we can use for free and twenty-four hours to do our studies."

Being a dormitory suite

Dormitories that are in the form of suites have rooms, gas, refrigerators, etc., and create more space for students. There is also the opportunity for students to study within the rooms of the suites. In this regard,

Participant Number 8: "One of the advantages of our dormitory is that it is a suite with everything inside; it has a room, gas, and a refrigerator, it has proper heating and

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cooling equipment, and it has the facilities for an average life. If we want to study at some point, we don't need to go to the study hall, and if friends are careful, we can also study in the suite room. Our suite has good space, while the dormitories with only one room are very small."

Free consulting services

Certainly, every person may encounter an issue in their life or studies that requires counseling. A counselor is present in the dormitory for free, and dormitory students can utilize the counselor's guidance without cost in all aspects of their life, especially their education. In this regard, Participant Number 4 highlighted the presence of a counselor in the dormitory, stating, "The dormitory also has a counselor who comes on Tuesdays and advises on everything, and it's free, but children may rarely use it, and I personally never went to a counselor."

Discussion

The purpose of the current study was to examine the experiences of male dormitory students at Yazd University of Medical Sciences regarding positive experiences that influence the quality of academic life in 2022-2023. As a result, 3 main themes and 17 secondary themes were identified.

The findings related to the theme of ease of education and life were consistent with the findings of Rakhshandehrou et al. (8), Daliri Dizaj (35), Zotorvie (16), Xulu-Gama (28), Susilowati (36), and Veena (37). It is important to note that cost reduction is significant for dormitory students who are far from their families and do not have financial independence (38). As students are required to leave their homes and live outside their hometowns to pursue their studies, the need for student housing arises. Student dormitories provide the best option for these students. Residing in the dormitory and not incurring current housing costs allows students to travel for free to classrooms, libraries, workshops, and laboratories, making life easier and reducing their education and living expenses (35). Students may also receive help from other older students, borrow books from fellow students and other students in the dorm, hence lessening their expenses on education (27). Also, most hostels give free internet connection where students would enjoy an unlimited and free Wi-Fi and Internet access which they can use for their online learning and studies and thus improving their educational attainment

(28). The implementation of virtual classes has been able to reduce educational costs compared to face-to-face classes, thus holding a virtual class for some courses for dormitory students not only reduces costs but also facilitates more interaction between students (39).

The findings related to the second main theme, the development of individual and professional capacities, were consistent with the findings of Rakhshandehrou et al. (8), Rahmati et al. (12), Mohamadi (40), Xulu-Gama (28), Graham et al. (31), Picerno (17), Adama et al. (22), and Karazor et al. (18). It is worth noting that studies indicate that living in a dormitory provides numerous educational experiences, including interpersonal relationships with increased tolerance, reduced prejudice or discrimination, and enhanced personal independence after transitioning from home to a student dormitory, which leads to personal development (24). One way to conceptualize the dorm is as a semi-public space where peers connect with one another from different ethnic backgrounds (9). Researchers saw that students living in dorms at varying academic levels linked their in-class and extracurricular experiences by interacting more, and these incalculable advantages play a major role in learning and advancement (31). Forming friendships with other students in the dormitory and living with the opportunity to seek advice from professors and friends can be beneficial for students (4). The dormitory environment and students' formal or informal interactions with each other are part of their learning experiences at the university. Their professional and career performance in subsequent classrooms may be affected by these learning opportunities, both directly and indirectly (40). Even after graduation, relationships between students from various programs and levels of study can continue, which will help them succeed in their future professional endeavors (3). In order to promote more productive, autonomous, disciplined, and responsible students in extracurricular activities, student dorms are essential to the management of student life (5). Dormitory residents engage with instructors and other students more frequently, which helps them develop life skills like critical thinking, consistency, decision-making, communication, responsibility, teamwork, tolerance, and problem-solving (9). Despite the difficulties, many students choose to live in dorms since they have more freedom and independence there than when they live with families (13). The development of independence, prosocial behavior, and self-reliance is encouraged when living in a dorm (4). As a result, the setting of the dorms for students is beneficial for developing new skills and learning from other residents (8). The findings related to the third main theme, having a supportive environment, were consistent with the

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research of Abdi (6), Komal et al. (14), Xulu-Gama (28), Adama et al. (22), Sanusi (43), Ning & Chen (44), Rahmati et al. (12), Wei and Chen (42), and Picerno (17). Experts in higher education believe that dorms, as learning communities, can be used as tools to improve the learning process (28). Collaborative and group learning in the dorm gives students the chance to ask questions of others and impart their expertise on a range of topics (8). According to some research, studying in the dorm takes up more time for students than studying at home or outside of it (27). Additionally, dorms give students the chance to take part in scientific camps, organized events, and extracurricular cultural and educational programs (28). Additionally, dorms for students are crucial in fostering a community in which they can participate in both on- and off-campus activities while they are enrolled in classes (24). In addition to providing opportunities for students to live, unwind, maintain mental health, and access cultural, welfare, extracurricular, physical education, counseling and guidance, libraries, nutrition, and health facilities, the university dormitory is also seen as a physical space and a boundary of the university, as long as they follow all administrative and disciplinary guidelines (14). Living in a dorm enhances students' access to academic resources like the library for research and study, and it also provides continuous Wi-Fi for online learning and research (28). As a result, the dorm's amenities have a big influence on students' education (14). Moreover, the existence of a library in the dormitory creates a valuable opportunity to enhance the academic quality of students through the exchange of books, magazines, and newspapers among roommates (4). Research by Nazarpour and Norouzian Maleki (45) demonstrated a positive relationship between residential satisfaction and the anatomical factors of internal spaces and functions, management and service hygiene, aesthetics and natural lighting, security and social connections, and connection with nature. Suite-style dormitories give students additional space and the chance to study within the suite rooms since they come with rooms, gas, refrigerators, and other facilities (6). Students who have moved from one city or town to a different institution and dormitory setting and are facing new issues should definitely take advantage of counseling and guidance services (46).

There are several restrictions on this research. Only interviews with male medical science students provided the data used in this study; however, in the future, researchers may want to take into account the perspectives of female students, managers, and educational policymakers. Furthermore, there is a constraint in using solely semi-structured interviews as the data gathering method; focus groups and other group interviews may be used in future study.

Based on the findings of the research, it is recommended that dormitories be equipped with the latest facilities and offer workshops and training courses on stress management, life plan management, dormitory living, healthy communication, and increased sports and recreational programs for students. High achievers in the dorm can help their friends overcome obstacles in challenging coursework and offer guidance in a variety of cultural and educational domains. Officials should prioritize building an ideal learning environment that minimizes students' non-academic worries, and they should continue to push efforts to lower the cost of dorm rooms. Furthermore, the University Counseling Center ought to make use of the dorm's capabilities to provide educational programs designed to lessen students' psychological anguish.

Conclusion

According to the study's conclusions, living in a dorm at Yazd University of Medical Sciences has a positive effect on students' academic lives by promoting learning, helping them develop their personal and professional skills, and providing a safe environment. Therefore, policymakers and planners can enhance the quality of education and cultivate more capable graduates for society by leveraging the positive aspects of medical students' dormitory life and their development.

Ethical considerations

The students were provided with necessary explanations about the research objectives, and interviews were conducted after obtaining permission and consent from Yazd University and Shahid Sadougi University of Medical Sciences, Yazd. The confidentiality of the participants' information was assured, and no additional costs were imposed on the research participants. The participants were given the freedom to answer the interview questions. The study was conducted in accordance with the Declaration of Helsinki and subsequent revisions and was approved by the Research Committee and the Ethics Committee of Yazd University (ethics committee reference number: IR.YAZD.REC.1402.003).

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Conflict of interest statement

The authors declare no conflict of interest.

Author contributions

MH.A, M.S, K.B and H.H conceived and designed the evaluation. MH.A and M.S collected the clinical data. K.B amd M.S performed the statistical analysis. MH.A and H.H interpreted the clinical data. H.H drafted the manuscript. M.S and K.B revised it critically for important intellectual content. All the authors read and approved the final manuscript.

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Data availability statement

The dataset presented in the study is available on request from the corresponding author during submission or after publication. The data are not publicly available due to privacy.

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