

# Peer Pressure among Teenagers

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**Abstract-** The construct of peer pressure was examined as part of a qualitative study of the determinants of mental health for 41 high-risk adolescents. The youths indicated that adoption of the behavior and appearance of peers was a consciously employed strategy to enhance personal and social power.

## 1) Definition

### Definition of peer pressure

- A feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them She started drinking in high school because of peer pressure.
- The strong influence of a group, especially of children, on members of that group to behave as everyone else does:

## I. INTRODUCTION

Peer pressure (or social pressure) is the direct influence on people by peers, or the effect on an individual who gets encouraged to follow their peers by changing their attitudes, values or behaviors to conform to those of the influencing group or individual. This can result in either a positive or negative effect, or both. Social groups affected include both membership groups, in which individuals are "formally" members (such as political parties, trade unions, schools), and cliques, in which membership is not clearly defined. However, a person does not need to be a member or be seeking membership of a group to be affected by peer pressure. Peer pressure can decrease one's confidence.

Today, peer pressure among teenagers has become very rampant unlike in the past. It is a case whereby peers influence young teenagers to adopt certain traits. In other words, peers tend to encourage them to change their characters and attitudes in order to be like them.



Fig 1.1

## II. ELABORATIVE APPROACH

### • Causes of Peer Pressure

Peer pressure is difficult to control. Peer pressure is caused by many things. Teenagers face peer pressure the most.

- Wanting to fit in with friends is one cause of peer pressure
- Fashion and technology has also been a cause of peer pressure.
- Fear of losing status in the group by challenging ones rules for everyone
- Another cause of peer pressure is the feeling of embarrassment for being rejected by their own friends.
- Wanting to fit in with friends is one cause of peer pressure
- People want to feel and be accepted by their friends. They often think that if they don't do what their friends do they will be left aside. That is why they sometimes end up involved with alcohol and drugs.

### A. Peer Pressure for Teens

#### I. Positive Peer Pressure

- Being encouraged to join the Debate Team can improve your self-confidence and your listening and thinking skills
- Going to college can be positive for your future
- Following the rules can keep you out of trouble and focus on what is important
- Showing up at school on time helps you learn discipline

- v. Respecting others will help you go far and will lead to people treating you well.
- vi. Being honest helps people trust you
- vii. Exercising is good for stress and fitness
- viii. Avoiding drugs can keep you out of jail
- ix. Working hard leads to achievement
- x. Listening to rap music
- xi. Volunteering at the Boys or Girls Club lets you share your knowledge and skills
- xii. Tutoring other students shares your knowledge

#### B. Negative Peer Pressure

- i. Drinking alcohol while you are underage can lead to jail and is dangerous when you are young
- ii. Smoking is very addictive and can result in lung cancer
- iii. Experimenting with drugs can be deadly
- iv. Being encouraged to fight someone can lead to an assault charge
- v. Stealing something on a dare can lead to imprisonment or a fine or both
- vi. Having sexual relations before you are ready or before you want to can lead to pregnancy and STDs
- vii. Bullying or teasing others
- viii. Putting your health at risk with too much bodybuilding or dieting
- ix. Skipping school
- x. Wearing clothes you don't like because it is expected
- xi. Doing anything you don't want to do

#### C. The Unspoken Peer Pressure

This is where peers influence teen without involving any verbal communication between them. Such cases happen when a teen sees other peers leading a different lifestyle on a daily basis. To influence such teens, communication is not necessary since their mind is rapidly influenced. They thus begin to believe that the peers are living a good and happy life unlike them. To make it worse, they assume that there is no harm in trying something which others are doing it. At this point, the teen common sense and the essence of judgment goes off totally. They, therefore, start to abuse drugs and alcohol drinking since all their friends are fearlessly doing it.

#### D. The Spoken Peer Pressure

This is a type of peer pressure whereby peers influence teenager verbally to behave like them. For instance, the peers can encourage students that studying is just a waste of time. They then urge the students to try something out. It can be smoking or taking alcohol with a claim that it is more fun than studying.

Instead of continuing with their own life, such students chose to listen to their peers. They tend to believe that the peers' lifestyle is much better and attractive. Sometimes, the teenagers are not willing to join the peer's group.

However, their mind is set to be part of the peer group. They assume that by joining their peers, no one can tease or make fun of them.

#### • The effects of peer pressure

- i. In its online fact sheet, Reach Out identifies the potential effects of peer pressure that go beyond the realms of sex and drugs. These effects include but, are certainly not limited to:
  - ii. Academic performance.
  - iii. Fashion choices.
  - iv. Decisions regarding social groups.
  - v. Willingness to have a boyfriend or girlfriend.
  - vi. Of course, in extreme cases, negative peer pressure may coerce otherwise "good" adolescences to engage in criminal activity. However, as you can see from the general effects outlined by Reach Out, peer pressure doesn't necessarily have to be a bad thing. In other words, your peers may influence your academic performance, your fashion sense, or any other aspects of your life for the better as well as for, the worse.

## II. FINDINGS

- Spend time with those who resist peer pressure.
- Learn how to be assertive
- Ask for help if necessary
- Get out of the situation
- Choose friends carefully
- Use the delay tactic
- Think ahead
- Provide your own positive pressure.
- Learn to say no

- Adopt good habits, read books, watch movies and so on

### CONCLUSION

In conclusion, i think that peer pressure is a grey shade to teen. Peer pressure affect the personality of a person, if someone is pressurized due to peer pressure he or she never feel confident or they are not able to take their own decisions... If someone feel peer pressure they should talk to parents, teachers or talk to anyone they think trustworthy.

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