

Peer Pressure Of Adolescents In Relation To Psychological Well Being

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Abstract

The present study focuses on the relationship between peer pressure and psychological well-being. The results of the statistical analysis show that the peer pressure in adolescents is significantly and negatively correlated to their psychological well-being. Adolescents having a high level of psychological well-being and who are more satisfied in their lives are less likely to fall under peer pressure. Whereas adolescents who are more social and possess good interpersonal relations have a higher impact of their peers. Mental health and efficiency don't have a significant impact on peer pressure. The results of gender analysis show that peer pressure level is higher in boys in comparison to girls.

Keywords: Adolescents, Peer Pressure, Psychological Well Being.

INTRODUCTION

Peers are people of similar age groups. Pressure is the force exerted by one body on another. Combining the two, peer pressure is the force exerted by another person of the same age group that makes a person behave, act and think differently. Geary (2002) found that in adolescents peers are the most prominent influencers. Sometimes to get peer conformity adolescents causes harm to themselves and other members of society. Further, Payne, Danielle and Cornwell (2007) stated that adolescents bear the influence of both near and distant relation friends. They come under the pressure of friends, friends or friends and even sometimes unknown people surrounding them.

According to the study of Ekstrom, Goertz, Pollack, and Rock (1986) adolescents do constructive tasks like showing good academic performance under the pressure of their peers. Whereas, according to Sullivan (2006) adolescents show delinquent under peer pressure. Further, Vekaria and Jarsaniya (2015) said, adolescents show direct peer pressure by getting involved in stealing, smoking, taking drugs, or getting involved in other risk-taking activities; and unspoken peer pressure by coping the styles like a haircut, dressing, etc. i.e., observational peer pressure. It can be concluded that there exist four types of peer pressure, positive, negative, direct and unspoken.

Psychological well-being is a state of mind in which a person identifies their own strengths

weaknesses, and targets of life can develop good interpersonal relations and can adapt to the environment. According to Bhogle and Prakash (1995), psychological well-being encompasses life meaning, self-worth, life satisfaction, control over the self and absence of suicidal ideations. Sisodia and Choudhary (2012), characterize psychological well-being as a combination of, Efficiency, Life Satisfaction, Mental Health, sociability and Interpersonal relations.

Pravitha and Sembiyan (2017), surveyed fifty adolescents. The data was collected using Ryff's Psychological well-being scale. Personal growth, environmental mastery, autonomy, positive relations with others, purpose in life and self-acceptance were analysed in the study. Results indicated that gender and age are negative whereas staying in a hostel is positively related to psychological well-being.

Mohan and Priya V (2020) the results show that Self-Esteem of adolescents is positively co-related to the psychological well-being of the adolescents. The findings of Poudel, Gurung and Khanal (2020) reveal that adolescents who perceive good social support had a higher level of psychological well-being. Further, no significant gender differences exist in the terms of psychological well-being of adolescents.

OBJECTIVES

The objectives of the study were:

- 1) To study the relationship between peer

pressure and psychological well-being of adolescents.

- 2) To study the relationship between peer pressure and satisfaction of adolescents.
- 3) To study the relationship between peer pressure and efficiency of adolescents.
- 4) To study the relationship between peer pressure and sociability of adolescents.
- 5) To study the relationship between peer pressure and mental health of adolescents.
- 6) To study the relationship between peer pressure and interpersonal relations of adolescents.
- 7) To compare peer pressure of adolescent girls and boys.

HYPOTHESES

- 1) There exists no significant relationship between peer pressure and psychological well-being of adolescents.
- 2) There exists no significant relationship between peer pressure and satisfaction of adolescents.
- 3) There exists no significant relationship between peer pressure and efficiency of adolescents.
- 4) There exists no significant relationship between peer pressure and sociability of adolescents.
- 5) There exists no significant relationship between peer pressure and mental health of adolescents.
- 6) There exists no significant relationship between peer pressure and interpersonal relation of adolescents.
- 7) There exists no significant difference between peer pressure of adolescent girls and boys.

SAMPLE

A sample of 150 adolescents (75 male and 75 female) studying in class XIth in Private and government schools of Chandigarh, were randomly selected.

TOOLS

- a) Psychological Well-Being Scale by Sisodia and Choudhary (2012).
- b) Peer Pressure Scale- Revised by Singh and Saini (2016)

RESULTS AND DISCUSSION

Table 1 and table 2 show the values of coefficient of correlation and t-value, followed its

interpretation, discussion and conclusion.

Table 1: Coefficient of correlation of peer pressure with psychological well-being and its dimensions

Sr. No.	Variables	Coeff. of correlation
1.	Peer Pressure and total Psychological Well Being	-0.160*
2.	Peer Pressure and Satisfaction	-0.187*
3.	Peer Pressure and Efficiency	0.144
4.	Peer Pressure and Sociability	0.243**
5.	Peer Pressure and Mental Health	0.152
6.	Peer Pressure and Interpersonal Relations	0.179*

* Table value at 0.05 level of significance is 0.159,

** Table value at 0.01 level of significance is 0.208.

Table 2: t-values for peer pressure

Variable	Gender	N	Mean	t-value	Remarks
Peer Pressure	Girls	75	55.14	2.08*	Significant
	Boys	75	57.63		

* Table value at 0.05 level of significance is 1.97,

**table value at 0.01 level of significance is 2.60.

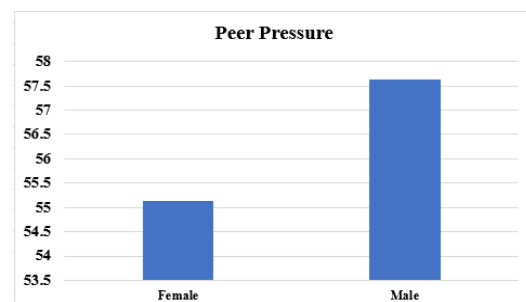


Fig 1: Graph showing the comparison of the mean scores of peer pressure on the basis of gender.

Interpretation and Discussion of results

The results obtained in table 1 and 2; and figure 1 are discussed as under

i) Testing hypothesis 1:

The coefficient of correlation between peer pressure and psychological well-being was found to be significant at 0.05 level of significance. Therefore, the hypothesis, “There exists no significant relationship between peer pressure and psychological well-being of adolescents” is not retained. Peer pressure is negatively and significantly correlated to psychological well-being. The results depict that adolescents who are aware of their strengths and weakness, have clear targets in life and have social intelligence are likely to ignore peer pressure.

ii) Testing hypothesis 2:

The coefficient of correlation between peer pressure and satisfaction was found to be

significant at 0.05 level of significance. Therefore, the hypothesis, "There exists no significant relationship between peer pressure and satisfaction of adolescents" is not retained. Peer pressure is negatively correlated to life satisfaction. The results show what adolescents showing higher the level of life satisfaction are less vulnerable to peer pressure.

iii) Testing hypothesis 3:

The coefficient of correlation between peer pressure and efficiency was not found to be significant at any level of significance. Therefore, the hypothesis, "There exists no significant relationship between peer pressure and efficiency of adolescents" is retained. Showing no significant relation of peer pressure with efficiency.

iv) Testing hypothesis 4:

The coefficient of correlation between peer pressure and sociability was found to be significant at 0.01 level of significance. Therefore, the hypothesis, "There exists no significant relationship between peer pressure and sociability of adolescents" is not retained. Peer pressure is positively correlated to sociability. Higher the level of sociability, more is the peer pressure in adolescents.

V) Testing hypothesis 5:

The coefficient of correlation between peer pressure and mental health was not found to be significant at any level of significance. Therefore, the hypothesis, "There exists no significant relationship between peer pressure and mental health of adolescents" is retained. Results show no significant relation of peer pressure with mental health.

VI) Testing hypothesis 6:

The coefficient of correlation between peer pressure and interpersonal relations was found to be significant at 0.05 level of significance. Therefore, the hypothesis, "There exists no significant relationship between peer pressure and interpersonal relations of adolescents" is not retained. Results reveal that the more adolescents possess interpersonal relations higher is the level of peer pressure in them.

Vii) Testing hypothesis 7:

The t-values of peer pressure of adolescent girls and boys was found to be significant at 0.05 level of significance. Hence, the hypothesis "There exists no significant difference in peer pressure of adolescent girls and boys" is not retained. This shows that adolescent boys bear more peer pressure as compared to girls. The results show that boys possess more peer pressure in comparison to adolescent girls. Adolescent boys more likely to work under the pressure of their peers than girls.

CONCLUSION

It is conclusive that peer pressure is significantly related to the psychological well-being of adolescents. Adolescents with higher levels of psychological well-being possess less peer pressure. Further, the more the adolescent is satisfied in life, he/she is less likely falls under peer pressure. Whereas the more the adolescent is sociable and has good interpersonal relations, often face more peer pressure. Peer pressure is not significantly related to the mental health and efficiency of adolescents. Further, adolescent boys possess more peer pressure in comparison to girls.

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