

# HV REPORT

## Peer Pressure

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We are assigned a project to analyze Peer Pressure of and at different levels in an individual's life and its effect on the society.

### Introduction

For first, we would like to analyze its basic definition.

**“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.<sup>[1]</sup> It is the social pressure or influence of peers on people. It affects an individual to change their behaviour, attitude or values which they have been following from their experience just to conform their peers. The affected individual try to adjust with the ‘trending’ norms which they perceive as important or necessary to maintain their status in a peer group”. -- This is the conclusion one gets when they search internet for the term Peer Pressure and related topics.

From the conclusion made by searching internet we perceive ‘Peer Pressure is some kind of affection, influence or effect on a single person by a peer group. When a person tries to change self under this effect or pretend to change under influence the person is said to be in Peer Pressure.

### Causes of peer pressure

Peer pressure is generally caused when one person wants to be accepted into a group that he considers elite.

One of the best examples for this is the JEE examination which is famous in the world as the hardest exam because of the low acceptance ratio. This leads to competition between students where they end up fighting for each and every question. Though it leads to greater understanding, people get stuck in the loop to fear when they are unable to solve the question but their peer were able to solve. This fear of not solving stays with student even after the examination is over. Also the peers who were

able to solve the questions consider themselves as 'world champions' who can solve everything but practically have not seen any problems which could be classified into a real world scenario.

### **Analysis of peer pressure different groups**

Peer pressure in teenagers is a highly studied topic, it is proposed that teenagers try to 'fit in' or 'become a part' of a group and to do so tend to show risky behaviour for to be accepted by their community. This also includes indulging in some of the activities which are frowned upon in the community such as intake of alcohol, smoking and sexual intercourse.

We can find people fighting against peer pressure everywhere. We can see it free market where different companies compete against each other which leads to increased tension to gain the larger share of the market.

Peer pressure also influences parents who have a risen expectation from their siblings. Indian parents have great expectation for their siblings. Many indian parents invest a lot of their earning for the education of their children. They know it is a crucial step for safeguarding their children and their future. This causes many parents to compare their children with siblings of other parents which leads to peer pressure on the parent as well as on the sibling to succeed.

### **Neurological Analysis of peer pressure**

Studies have been done to understand the influence of peer pressure on the brain. They also take in account the social reward and self-control processes which helps adolescents to evaluate others' perspectives and shift their attitude to others.

In one of the studies, 19 participants were told to rate an artifact provided a parental or a peer review. It was noticed that the rating by the adolescent changes from 13 points in presence of their peers outcome, whereas the parental data influences the adolescent by 22. Hence it clearly indicated that a teenager is highly influenced by his parents. [\[2\]](#)

Interestingly, the neural correlates of peer and parental influence appear similar, even though these sources can provide adolescents with very different perspectives and enjoin upon them different courses of action. Both peer and parental attitudes involved activity in the MPFC, RTPJ, LTPJ, precuneus, RVL PFC and VMPFC. [\[2\]](#)

S/N	Item	Peer Group	Non-Peer Group	Remark
		Mean (SD) N=99	Mean (SD) N=21	
1	I belong to a peer group	4.45(0.50)	2.04 (0.74)	Agree/Disagree
2	I spend much time with my peer group	3.93(0.86)	3.57(1.50)	Agree
3	My current achievement in chemistry is worse	2.40(1.35)	2.33(1.01)	Disagree
4	My current achievement in chemistry is better than the previous one before I met my friends	4.22(0.90)	3.61(1.28)	Agree
5	I often skip chemistry classes to spend time with my friends	2.07(1.21)	1.61(1.02)	Disagree
6	I and my friends are always punctual to chemistry class	4.28(0.72)	4.14(0.85)	Agree
7	I and my friends compete for good grades	4.28(0.72)	4.14(0.85)	Agree
8	We study chemistry together after class	4.11(0.87)	4.19(0.51)	Agree
9	We always help each other with academic difficulties	4.15(0.64)	3.95(0.74)	Agree
10	My friends have assisted me improve my grades in chemistry	4.05(0.89)	4.47(1.16)	Agree
11	I and my friends always solve any assignment given to us in Chemistry	4.19(0.73)	3.95(0.86)	Agree
12	My friends like to persuade me in the class while the chemistry lesson is going on	2.51(1.30)	2.19 (1.32)	Disagree
13	We always perform experiment during chemistry	3.09 (1.24)	2.47(1.24)	Agree/Disagree
14	I and my friends always revised together before chemistry examination and test	4.29(0.57)	3.61(1.28)	Agree
15	I and my friends dislike chemistry as a subject	4.29(0.57)	3.61(1.28)	Agree

Figure 1 [3]

The figure shown above shows behaviour of students with and without a peer group. We can clearly see how the mean decision of the person is influenced by his peers.

From the definition, we also perceive that this effect can be seen in every classification of human beings irrespective of their age, sex, etc. That every affected individual has a peer group which influence and is responsible for actions of individual.

### Is peer pressure always good or bad?

On a macro level we can see that peer pressure produces a great advancement in the name of the positive competition. But when seen from a micro level we can see it produces stress, tension and unwanted expectation between peers (especially teenagers). Hence it imposes a important that should peer pressure is good for humanity or is it even required anymore?

### Conclusion

In this report we went through our HV project on peer pressure. Peer pressure has been always been a method to induce competition between peers but due to the population explosion we discussed its effect on various age groups. We also discussed some scientific research that has been done in this field and showed how our brain works in absence and presence of a peer group. Lastly we discussed the biggest question of this study, whether peer pressure is a good or bad and if we should use the same strategy in future.

## References

1. [https://en.wikipedia.org/wiki/Peer\\_pressure](https://en.wikipedia.org/wiki/Peer_pressure)
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4692320/>
3. <http://pubs.sciepub.com/education/5/4/2/>