



UHV-I

Session 5

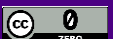
Peer Pressure

The Concern and its Resolution

Document prepared by UHV Team (uhv.or.in) and adopted by AICTE NCC-IP Sub-committee for Mentor Manual and related Materials for UHV-I

Suggestions for improvement are welcome

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Interaction Before Main Session

Hear from participants about their exploration from previous day(s)

Q&A

Place some expected conclusions, find out if they also came to these/similar conclusions

Home Assignments

| Human Being मानव | | Self (I) मैं | Co-existence सहअस्तित्व | Body शरीर |
|-------------------------------|---|--|----------------------------|--------------|
| Need आवश्यकता | Happiness (e.g. Respect) सुख (जैसे सम्मान) | Physical Facility (e.g. Food) सुविधा (जैसे भोजन) | | |
| In Time काल में | Continuous निरन्तर | Temporary सामयिक | | |
| In Quantity मात्रा में | Qualitative (is Feeling) गुणात्मक (भाव है) | Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में) | | |
| Fulfilled By पूर्ति के लिए | Right Understanding & Right Feeling सही समझ, सही भाव | Physio-chemical Things भौतिक—रासायनिक वस्तु | | |

4.1. From your exploration of human being as the co-existence of Self and Body, could you see that you have two types of needs:

- A continuous need (like need for respect)
- A temporary need, which is required from time to time (like the need for food)

Make a list of your needs. Mark those that are required continuously and those that are needed from time to time.

4.2. If you feel happy when someone pays attention to how you look, your clothes, your way of speaking etc., find out if you can get continuous happiness from the attention of others.



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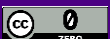
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Introduction

We do feel happy when we get attention, good feelings from others
(like attention, praise from others – family, friends, etc.)
(we also explored if this happiness can be continuous)

We seem to have a deep desire to relate, to belong, to be accepted and respected by our
peers... by all

In this session, we want to explore the how these aspirations may be fulfilled by understanding
specific fundamental realities

Concern

We want to be accepted by others

We think that we will be accepted when we are like them or better than them – in how we look, how we dress, how we talk, what we eat, what we drink, etc.

So, there is a **pressure to be like them or better than them** – in appearance, clothes, language and expression (e.g. English), etc.

This is part of the **peer pressure**

Analysis

If we assume that happiness may be ensured by **favourable feeling from others**, we try to get these feelings from them by way of:

1. **Being ahead of others** - (in terms of appearance, clothes, language and expression- English, money etc)
2. **Seeking likeness** - belongingness with a specific group (because others are doing it/ having it, so should I)

These two become the major sources of peer pressure

We are not able to see that even the other may be in the same state i.e., wanting to be accepted by us!

We try to address Peer Pressure by

1. Copying (नक़ल) – we give in to peer pressure

- We copy (their appearance, language, lifestyle, etc.)
- We let the other decide for us (though we may or may not be comfortable with their choice)
- We keep accepting wrong notions, because we don't have the practice, self-confidence of verifying things (notions) on our own right !

2. Arbitrariness (मनमानी) – we rebel (विद्रोह)

- We do our own things, do whatever we like “My way”
- We reject the other “I don't care”

There is a Third Option

3. Right Understanding (सही समझ)

- (understanding **happiness**)
- (understanding **human being**) The other is like me
- (understanding **relationship**, trust) We feel happy when we relate to each other, be complimentary to each other, help each other to develop rather than oppose each other

Process: verifying things on your own right:

- On the basis of your **natural acceptance** and
- On the basis of validating by living accordingly (experiential validation)

With Right Understanding, we will also be able to see

We can have different proficiency in language, taste in clothes, etc. These differences may even help us to be more complimentary

e.g. if a communication has to be established with someone who is familiar with a particular language that you are not proficient at, then you can take help from someone who is proficient in that language (and vice versa)

Feeling is more important than the form in which it is expressed

Language is only a means of expression of communication (what is communicated, how it is put across are more important than language)

Check if speaking in a particular language ensures your respect? Continuously, with all?

Similarly clothes are for the protection of the Body

Find out if you get respect by wearing a certain type of clothes? Continuous, from all? (rather, wearing exclusive clothes may lead to jealousy)

Summary

Copying – adopting

Living
on the basis of others
(some do's & don'ts)

**Indefinite
conduct**

Sometimes “happy”
Sometimes “sad”

Decided by other
“Peer Pressure”
(परतंत्रता)

Arbitrariness

Living
on the basis of
one's own
likes-dislikes

**Indefinite
conduct**

Sometimes “happy”
Sometimes “sad”

Rebel
“Reaction”
(परतंत्रता)

Right Understanding

Living
on the basis of
natural acceptance

**Definite
conduct**

Always happy
(निरंतर सुख)

Self-organised
Self-confident
(स्वतंत्रता)

Concerns

Coming out of stress
Managing pressure of academics
Time management
Entertainment
Sensual desires
Domination of females by males
Pressure of placement
Overcoming –ve thinking
Attending classes
Peer pressure
Temptations
Anger
Depression
Suicidal thoughts

We want to resolve our concerns

How do Want to Resolve our Concerns?

Education does help us to resolve our concerns

However, it may address these in a piecemeal manner, in bits and pieces. There may be contrary efforts also

(effort for personality development, stress management, memory enhancement, anger management on one side while trying to promote individualism, competition etc., on the other)

What is naturally acceptable

- To address one concern, even at the cost of another?
- or
- To address aspirations and concerns holistically?





Home Assignment

5.1. Explore if ensuring right understanding and right feeling within could be a holistic, long-term solution to concerns like peer pressure, self-confidence etc.

5.2. How, in your opinion, does understanding help in clearly identifying the meaning of **full human potential**

(Hint: right understanding and right feeling in the Self + a healthy body)

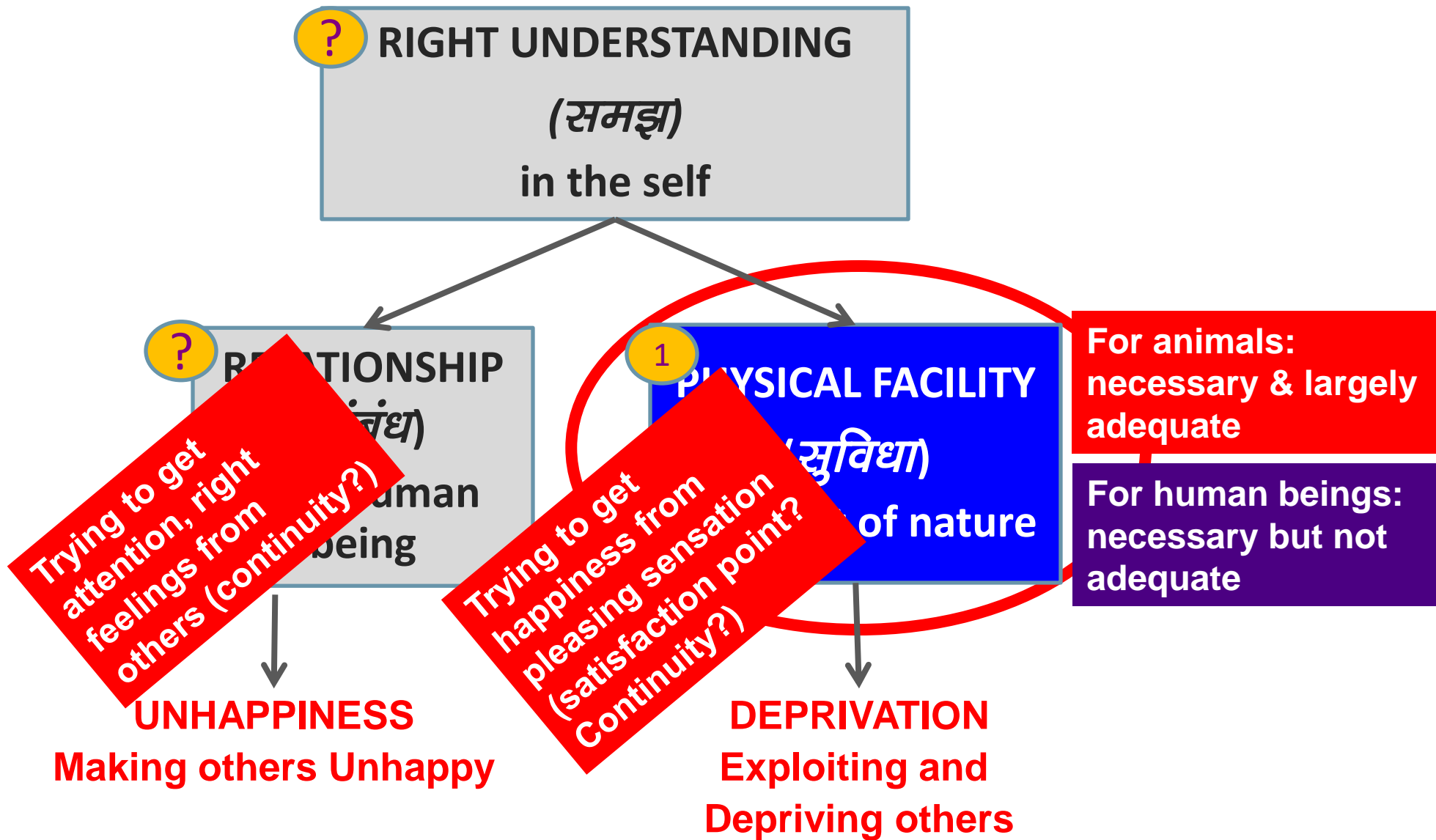


Questions

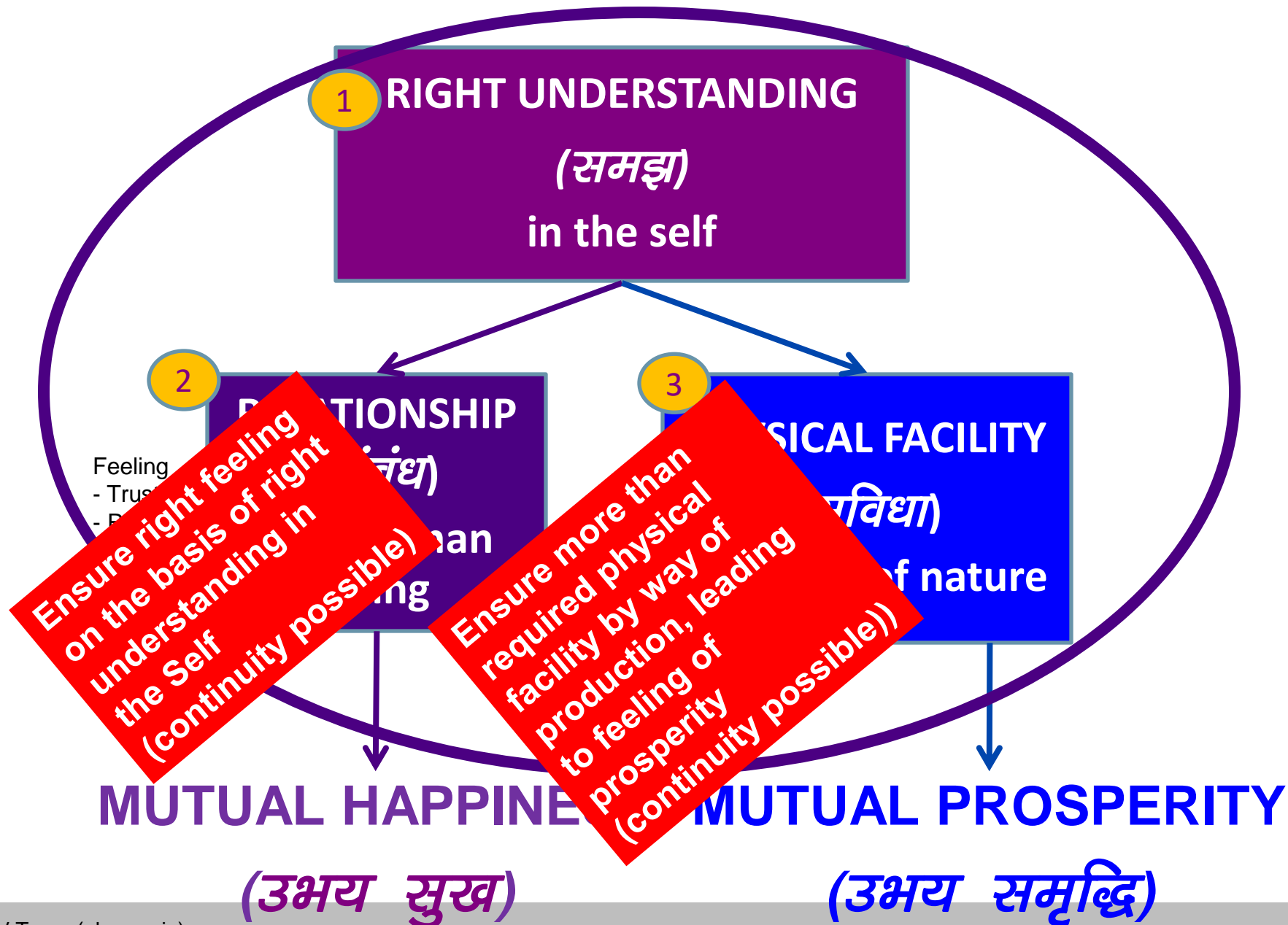


Only for Faculty Preparation

Assuming Human Being = Body → Focus on Physical Facility



Explore if This is What you Really Want



Peer Pressure in the New Environment

When students join college, they are mostly on their own, without parental oversight and have to fit in with the new environment

- They may be comfortable with their mother-tongue, but students who talk in English are given more attention
- They may be used to speaking without expletives, but senior students freely use abusive language
- Similarly with clothes, hairstyles and so many things...

There is a perceived pressure to conform (peer pressure)...