

# **UHV-I**

## **Session 5**

### **Peer Pressure**

#### **The Concern and its Resolution**

Document prepared by AICTE NCC-IP Sub-committee for Mentor Manual and related  
Materials for UHV-I

Suggestions for improvement are welcome

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# Review of Home Assignment

Continuous happiness from feelings from others?  
(like attention from others – family, friends, etc.)

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

In this session, we want to explore how we go about this.

## 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 – in appearance, clothes, language and expression (e.g. English), etc.

**This is part of the peer pressure**

**Even the other is in the same state  
Asking for being accepted by you!**

## How we go about it

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

- We copy their do's and don'ts (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 (based on preconditioning), 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
- We reject the other

# Resolution – Explore if This is What you Really Want

There is a third option:

## 3. Right Understanding (सही समझ)

Verifying things on your own right:

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

If our sense of belongingness is on the basis of understanding (human being...), then it is permanent and with all (we feel comfortable with all)

Verify on your own right:

Language is only a means of communication (what is communicated is more important than language, expression)

Speaking in a particular language ensures your respect?  
Continuously, with all?



**Clothes are for the protection of the Body**

Can you get respect by wearing a certain type of clothes?

Continuous, from all?

Rather. wearing exclusive clothes may lead to jealousy

# Human Being = Co-existence of Self(I) and Body

Human being is a co-existence of  
Self (I) and Body

**Need of the Self (I) is happiness**

- which is fulfilled by Right Understanding & Right Feelings (like feeling of respect)

**Need of the Body is physical facility**

- which is fulfilled by Physio-chemical things (like food)

**Both needs have to be fulfilled separately**

Today, we seem to be neglecting  
the need of the Self

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 & 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

# What is Naturally Acceptable to You? What is the Solution?

## 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  
(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**

# Resolution of Concerns

Generally, we try to address these piecemeal. We make effort for personality development, stress management, memory enhancement, anger management and so on.

Should education help us to resolve our concerns?

- One concern at a time?  
or
- Holistically by ensuring right understanding + right skills?



# Home Assignment

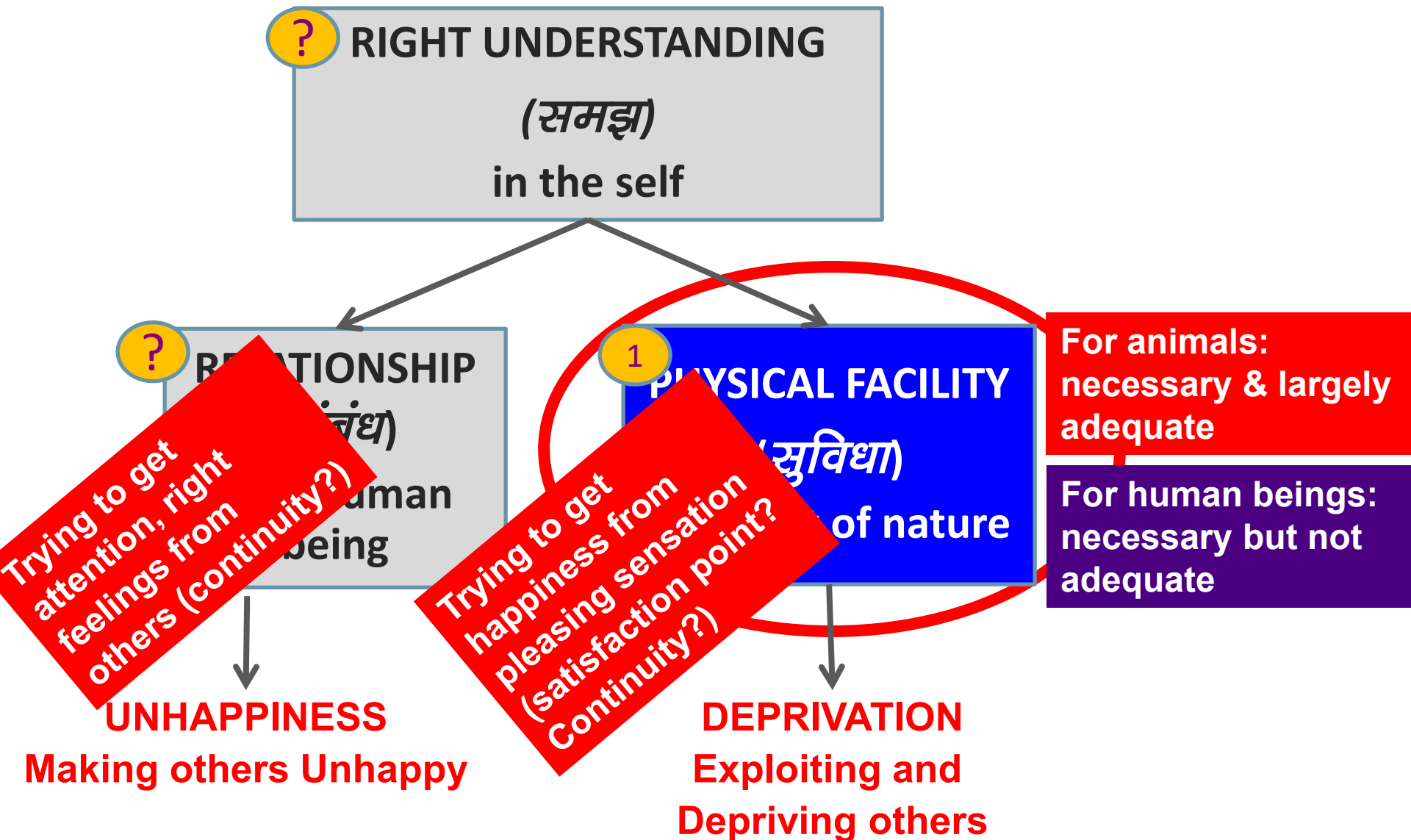


# Home Assignments

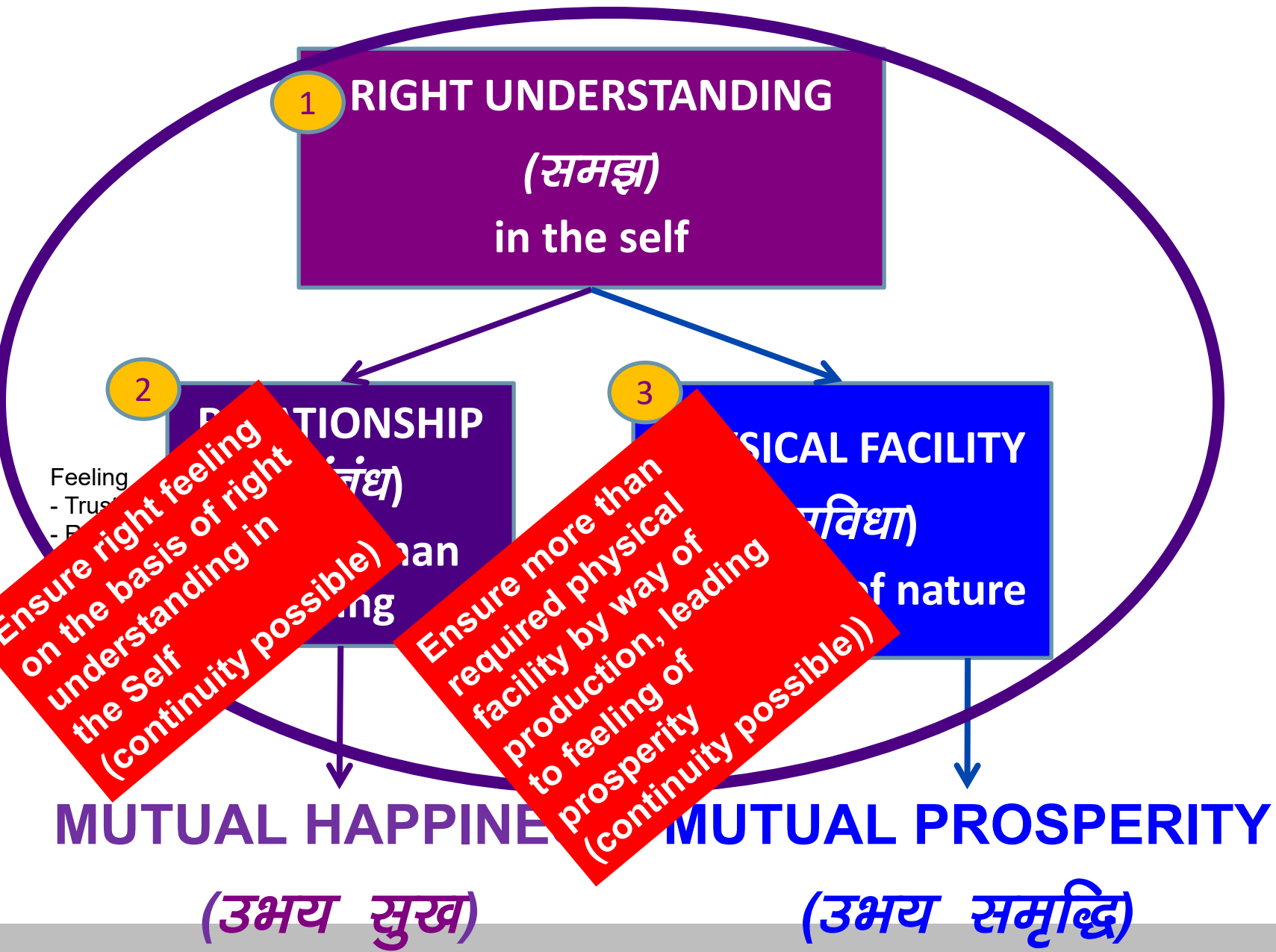
- 5.1. Explore if ensuring right understanding and right feeling within could be a holistic, long-term solution to concerns like peer pressure, self-confidence etc.
- 5.2. How, in your opinion, does understanding help in clearly identifying the meaning of **full human potential** (Hint: right understanding and right feeling in the Self + a healthy body)

# Questions

# 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)...