



A STUDY ON PEER PRESSURE AND ITS IMPACT ON STUDENTS

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Abstract

Academic achievement describes academic outcomes that indicate the extent to which a student has achieved their learning goals. Academic achievement is important because it shapes the minds of the students. Academic achievement is often measured through examinations or continuous assessments. Peer pressure is certainly among those pressures which a student particularly experience in school days and which really has a impact on attitude, self- esteem, feeling of security and insecurity and also academic performance and stress. Teenagers need to be guided to deal critically with peer pressure. Looking at modern society, most teenagers are unaware of the pressure they may be under with their peers. Teenagers need to be aware of the implications of the people they choose to interact with. Therefore this research paper helps to know about the peer pressure and its impact on academic development of the students.

Keywords: Academic achievement, Peer, Pressure, Impact, Teenagers

INTRODUCTION

The word “peer” refers to those who are your equal in abilities, qualifications, age, background, or social status. We have all been there, seen it, felt it, the intense pressure that a group can impose on individuals to think and act in certain ways. Peer pressure then is nothing more than the people of your age pushing you to wear certain clothes, listen to certain music, engage in certain behavior, or to use harmful drugs, or adopt certain beliefs. Bending to peer pressure is the easy way out. But peer pressure can be negative or positive, and it's up on a teenager to figure that out.

Warning signs of peer pressure include-

- Low moods, tearfulness or feelings of hopelessness
- Aggression or antisocial behavior that's not usual for your child
- Sudden changes in behavior, often for no obvious reason
- Trouble falling asleep, staying asleep or waking early
- Loss of appetite or over-eating

Types of Peer Pressure

Direct Peer Pressure

Explicitly communicated pressure to behave in a certain way, such as friends urging someone to drink alcohol.

Indirect Peer Pressure



Implicit pressure felt by individuals to conform, even without explicit requests, often through observing the behaviors and attitudes of others.

Positive Peer Pressure

Encouragement to engage in beneficial behaviors, such as studying, participating in sports, or volunteering.

Negative Peer Pressure

Encouragement to engage in harmful or risky behaviors, such as drug use, bullying, or skipping school.

REVIEW OF LITERATURE

Holliday, Rothwell and Moore (2013) examined the relative importance of smoking behavior of best friends, boyfriends/girlfriends, the wider friendship group, and school year group smoking prevalence as correlates and predictors of smoking behavior (peer influence). The article also aimed to assess the relative extent to which smoking behavior was associated with changes in smoking among peers who were selected to be friends (selective association). Results indicated that the smoking behavior of best friend, boyfriend/girlfriend, the wider friendship group, and school year group prevalence were cross-sectional associated with higher odds of weekly and occasional smoking. In longitudinal multivariate influence models, only the smoking behavior of boyfriend/girlfriend and the wider friendship group were associated with weekly smoking.

Tope (2016) investigated the influence of peer group on adolescent's academic performance. The sample of the study was 150 randomly selected students from four secondary schools. The findings were the peer group could either positively or negatively influence the academic performance in school. Tope recommended that parents and teachers may provide adequate guidance to adolescents to help them understand how the friends can positively or negatively influence their academic performance.

Akhtar and Aziz (2016) investigated the effect of peer and parent pressure on the academic achievement of university students. The male and female university students of masters' class were the population of the study. 156 students were selected by using cluster sampling technique from three departments of university (Business Administration, Computer Science and Economics) as a sample for the study. A questionnaire was used to elicit the opinions of the students regarding peer and parent pressure. The findings of the study were the parent pressure effect positively and peer pressure effects negatively the academic achievement of students and especially female university students. No effect of peer and parent pressure was found on the achievement of male students. The parent's pressure has positive effect on the academic achievement of business administration students.

Sacerdote (2015) studied peer effects among college age roommates. Freshman year roommates and dorm mates are randomly assigned at Dartmouth College. It was felt that

peer effects are very important in determining levels of academic effort and in decisions to join social groups such as fraternities. Residential peer effects are markedly absent in other major life decisions such as choice of college major. Several forms of peer effects are considered. The data support a model in which peer effects are driven by roommate behaviour after the freshmen arrive. Social learning based on a roommate's observable pre Dartmouth information or skills appears to be less important. Peer effects in GPA occur at the individual room level whereas peer effects in fraternity membership occur both at the room level and the entire dorm level. It was also found that a freshman with high social ability is likely to remain with his or her roommates in sophomore year, but high academic ability actually decreases roommate retention.

Chen, Chang, (2013) investigated the relationship between peer influence and academic progress of children of China. Groups of the children were found to be linked closely with the academic success of the adolescents. The main aim of these investigations was to find these links, if any, between the group's influence and the success of individuals of the group. According to the results, the attitude of the group towards academics determines adolescent's success in academics. In addition, the academic achievement of the teens depends upon their popularity in the group as it increases their self-esteem.

OBJECTIVES OF THE STUDY

The main objective of the paper is:

- To explain the meaning of peer pressure.
- To understand the impact of peer pressure on the students.

PEER PRESSURE AND ITS IMPACT ON STUDENTS

Peers serve many important roles in the life of a child. From toddlerhood through adolescence, peers serve to meet the child's need for acceptance and belonging. They provide valuable messages regarding the child's socialization informing the child, through words and actions, which behaviours are acceptable and which are not. Peers serve to provide children a source of support in times of difficulty or stress, they share in times of joy and excitement, and they participate in learning activities providing motivation, competition, and companionship. Therefore, powerful impact of the peer group on a child's healthy growth, development and socialization cannot be ignored.

➤ **Positive Effects**

The positive effect of peer pressure encourages socialization and participation in-group activities. Peer pressure can lead to improved academic performance and healthier lifestyle choices. Sometimes positive peer pressure fosters a sense of belonging and community.

➤ **Negative Effects**

The negative effect of peer pressure can lead to risky behaviors, such as substance abuse or illegal activities. Peer pressure may cause stress, anxiety, and lowered self-esteem in

individuals who struggle to conform. This may result in loss of individuality and personal values.

➤ **Academic Performance**

Positive Influence

Peers can motivate each other to perform better academically, participate in study groups, and strive for higher grades.

Negative Influence

Conversely, peer pressure can lead to distractions from studies, decreased motivation, or even cheating if students feel the need to meet unrealistic expectations.

➤ **Behavior and Lifestyle Choices**

Positive Behaviors

Students might be encouraged to join clubs, engage in sports, or volunteer, fostering personal growth and development.

Negative Behaviors

Peer pressure can lead to engagement in risky behaviors such as substance abuse, truancy, or reckless activities to gain acceptance.

➤ **Social and Emotional Well-being:**

Sense of Belonging

Positive peer interactions can enhance students' self-esteem and sense of belonging.

Stress and Anxiety

The pressure to conform to certain norms or behaviors can cause significant stress, anxiety, and even depression if students struggle to meet these expectations.

CONCLUSION

Peer pressure has a significant impact on students, influencing their behavior, academic performance, and overall well-being. During school years, especially in adolescence, students are particularly susceptible to peer pressure as they seek acceptance and approval from their peers.

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