

PEER PRESSURE

Peer pressure is one such invisible pressure which would have stressed us highly, changed us completely from the path of our travel without showing its face to us. Most of us in the current and past generation have crossed this peer pressure and is suffering from peer pressure without even realizing as in what is forcing us to move in a particular way where we are not interested to travel.

Starting from the adolescent phase where there is psychological changes in the emotional and behavioral transmission from the brain we are endured to take up the trend and the practices of our peers conditionally to make us fit into the group. This is not something we can control by ourselves unless and until we realize the fact of being pressured.

How many of you are explained about the peer pressure and the importance of overcoming it, how many of you are explained with the consequences of getting influenced by peer pressure? Has anyone of your elders ever explained these to you and the ways to overcome it?

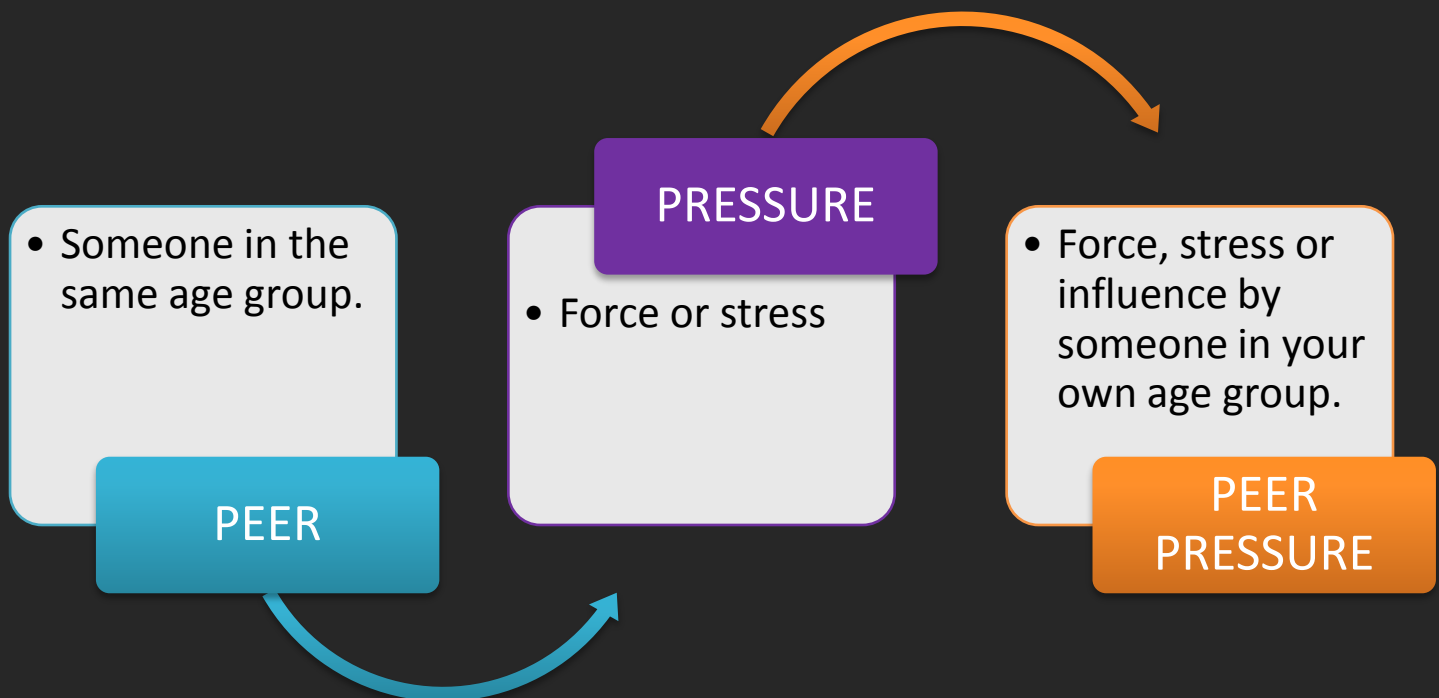
The answer would be NO. It is because of this I made an attempt to jot down the reason, effects and solution for peer pressure. Once when the individual is made to overcome the peer pressure understanding it, then it will be easy for the individual in his future to identify and overcome the peer pressure if any in his later stage of life.

-Dr.Priya Prabhakar.

PEER PRESSURE

INTRODUCTION:

Peer pressure, When we look into the meaning of these words separately we can easily derive the meaning of the whole word.



When someone influences your activity, thought or attitude it is called peer pressure. We all have suffered from peer pressure but it is some who have overcome it, some who got lost in it and many who never realized it. Understanding peer pressure is very much important because it decides and influences ourselves and the consequences are ought to be faced by us ultimately.

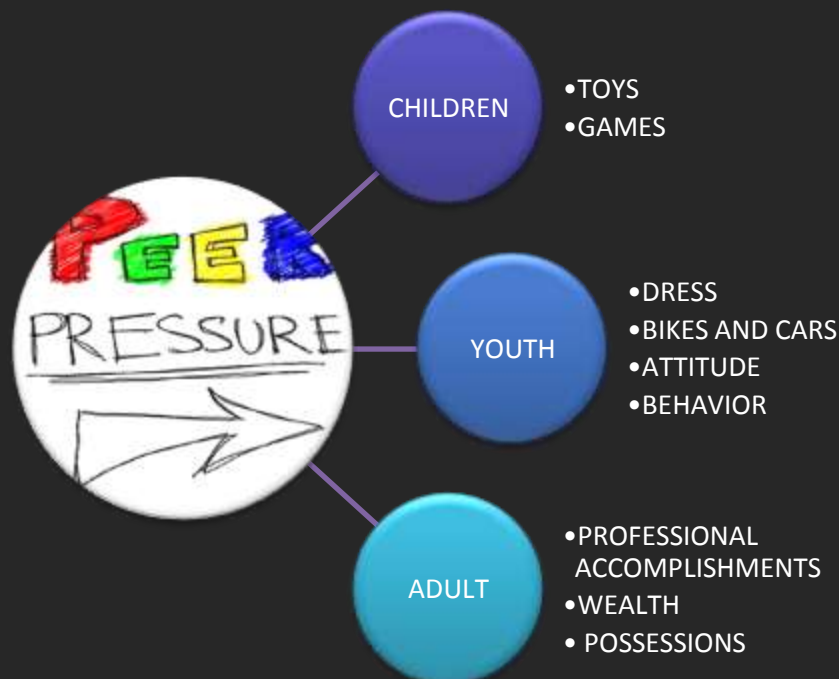
It is that in the current scenario we are to spend most of our time with our friends and peer groups, in a day if we consider we spend 8 to 9 hours in sleeping another 4 hours at home with our family and the rest 12 or 11 hours outside with friends. Hence it is our friends with whom we share most of our day.

When considering the maturity and the level of concern and guidance got from a friend of our own age, the degree of its authenticity is to be given a thought. A friend is considered to be the closest associate of an individual with whom anything can be shared, this is true in the practical scenario but I would say this is the basic reason for many ill happening and is the main reason for the onset of many hardships in one's life.

WHY DOES PEER PRESSURE INFLUENCE AN INDIVIDUAL:

Peer pressure will much influence an individual during his or her adolescence. It is during this time there are several physical and psychological changes happening within the individual due to which there arises a little of unconformity in their fixation with the society and with their peers.

It is from here an individual either starts losing or starts hiding his innocence, his genuinity, his uniqueness, his value, etc. On the whole in the venture of fixing himself to his social group he loses his self.



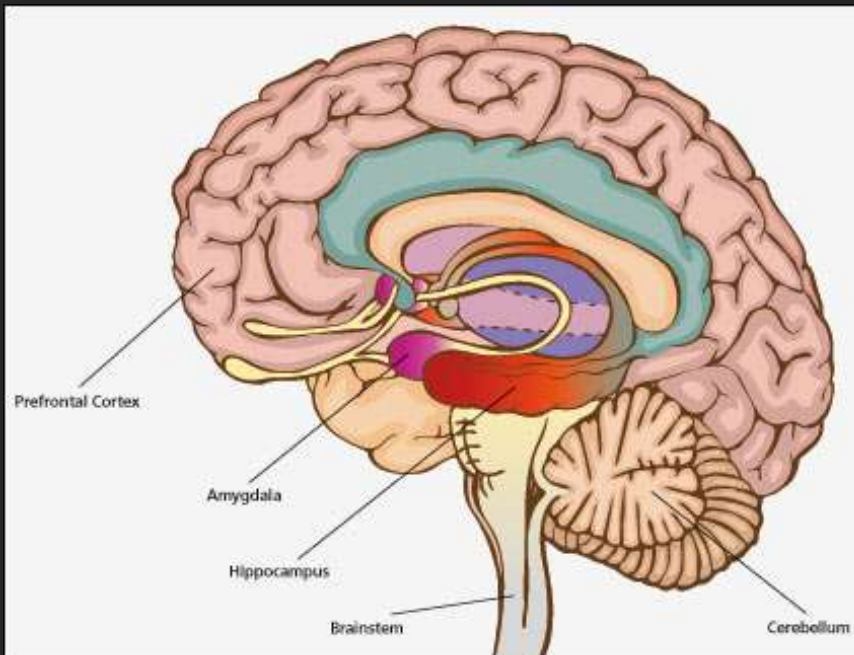
This influence of peer pressure is found from the childhood but it is in this stage of adolescence the peer pressure starts influencing the change of attitude, values and behavior of an individual.

We have seen kids crying for a toy like his friend but it is in this stage of adolescence we dress like our friend, we imitate the accent of our friends, we copy the lifestyle of our friend, we copy the food pattern of our friend, we try making up all to fit into the circle of our peer but we forgot to notice whether our activities has satisfied our soul and also forgot to notice as in are we surviving or living.



During this phase of the social and emotional part of the brain (amygdala) develops faster than the cognitive control part of the brain (frontal cortex), it is because of this the individual in the adolescent phase exhibit high recklessness and risk-taking behaviors.

It is only in the mid 20's the human brain establishes its complete connection with the inner part of the brain. In the stage of youth the growth of the human brain is in progress and one cannot expect the maturity and the decisive capacity for in an adult at this stage of an individual.



AMYGDALA – IMPLICIT MEMORY

- ☺ Present at birth
- ☺ Includes emotional, behavioral, perceptual and possibly body memory
- ☺ No sense of recollection (time) will be present when the memory is recalled.
- ☺ Conscious attention is not required for encoding or registering

HIPPOCAMUS – EXPLICIT MEMORY

- ☺ Requires conscious attention
- ☺ Includes semantic (factual) and episodic (autobiographical memory)
- ☺ Develops during the second year of life and beyond
- ☺ Sense of recollection will be possible when recalled

PREFRONTAL CORTEX

- ☺ Regulation of body systems
- ☺ Attuning to others
- ☺ Balancing emotions
- ☺ Modulating fear
- ☺ Responding flexibly
- ☺ Exhibiting insight and empathy
- ☺ Paying attention to the body's wisdom
- ☺ Morality

The addiction and the behavioral attitude of an individual towards the alcoholic consumption is said to be controlled by the Protein Kinase C- epsilon found in the amygdala. This enzyme helps in regulating the behavioral responses to morphine, ethanol, and controlling anxiety-like behavior.

The Protein Kinase C is a family of Protein Kinase Enzyme, Kinase enzymes are present in our body and its phosphorylation process of the protein (it modifies the protein by chemically adding phosphate groups to them). Phosphorylation usually results in a functional change of the target protein by changing enzyme activity, cellular location, or association with other proteins.

Activating the Protein Kinase Gamma will reduce the consumption of ethanol and alcohol. Activating more of Protein Kinase epsilon will increase the consumption of ethanol, alcohol and anxiety-like behavior.

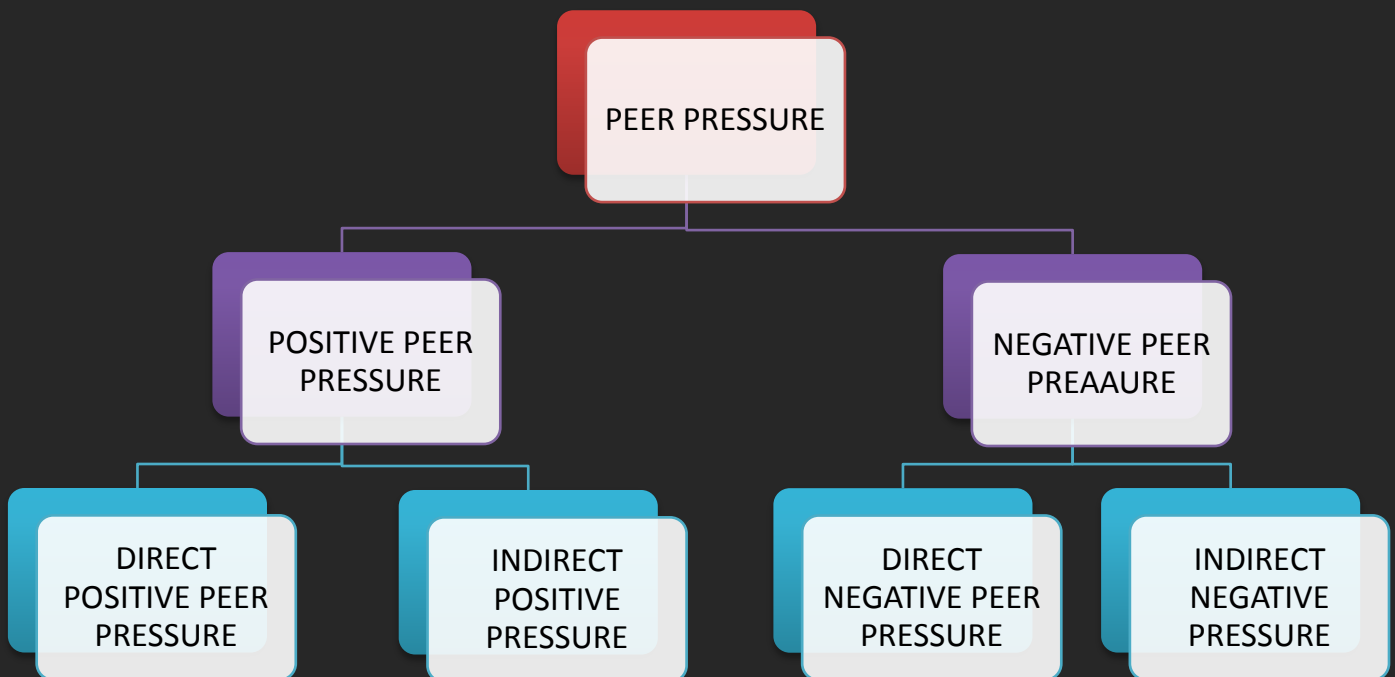
When we take a look at the classification of Protein Kinase, Protein Kinase Gamma comes under the conventional isozymes and Protein Kinase Epsilon comes under the novel isozymes.

which is calcium independent and phospholids dependent but the conventional isozymes (Gamma) is both calcium and phospholids dependent. Hence more of calcium intake will activate the Protein Kinase gamma without disturbing the Epsilon.

Understanding the changes in the stage of life is very much essential by every stakeholders of a common individual and also by the individual. It is only when the individual understands this the orientation given by the elder will be accepted positively by them.

It is in this part of the brain the individual endure changes during the youth phase and a perfect supervision with proper understanding and care is needed which would result in the growing of the individual as a better human being and a contributing global citizen.

TYPES OF PEER PRESSURE:



POSITIVE PEER PRESSURE:

This kind of peer pressure is very rare in the present due to environment we and our elders endured. There was a time in the society during the earlier and the mid-early times of civilization where the humanity and the values were given complete importance and was the main ingredient of the man making process. But as days evolved there were many evolutions happening in the complimenting spheres of human life like technology, lifestyle and etc where the concern towards the fellow being shifted in proving the status and the capability of self to the fellow beings which made a money centric society. Here people started running behind money, status and respect in the society. Also the status and respect was also backing money. It is at this point everything in this globe changed upside down.

It won't sound wrong or absurd when I say we live in a baseless society where MONEY and STATUS is all the matter of concern. Did we ever start the journey of civilization for this? We became what we were in the nomadic period. We are even ready to become a human hunter and lose our values for earning money. Even if we don't have any use for the money we are in need of more and more money which will only have place in an iron box.

POSITIVE PEER PRESSURE would be a pressure on an individual who will be forced to make a positive or progressive path away from all inhumane activities in the present.

Have you ever advised or have you ever been an example for your friend to be honest? Have you ever prevented or lead away your friend from entering a regressing or bad path? Have you ever registered your objection for any of your friend's negative desire? Have you ever advised your friend to give elder's respect when they weren't doing it? Or at least have you come across any single individual who has done this to you? If your answer is yes, then the relationship you shared or you received is friendship. If your answer is no, then either you have or you have been misused in the name of friendship.

Values and ethics has got nothing to do with maturity, maturity is the attitude of responding but values and ethics are all that we have learned from our family and those we are practicing at home. It is because of this certain degree of friendly relationship is required between the children and the parents. At any point if we tend to enter a negative path it will be our parents

who can best understand it and have the prime responsibility of orienting us. Hence at every time we must always give space for our parents to share their words with us if any where they have misunderstood our activities we should make them clear about our stance in a polite manner.

NEGATIVE PEER PRESSURE:

The most common type of peer pressure is the negative peer pressure. You would have been raised with high values and ethics at home. When you are with your friends and they have all indulged in an unethical activity like bullying someone and you say them this is not right. Later either they will start maintain distance from you making you to feel lonely and deviant or ask you to join them saying there will be no fun otherwise and ask you not to act too good.

This would have definitely happen at least once in the lifetime of every individual. When you start analyzing the way you lead your life from there, it would be deviant and it would be in the way long away from the way you wanted to travel and also long away from the values taught by your family.

DIRECT PEER PRESSURE:

In the above narrated situation where your friend advises you not to act too good is an example of direct negative peer pressure. They talk to you and influence your mind one to one directly to deviate you from your path. You know what they do is wrong but with no other option you change yourself to fit into their group.

This kind of direct peer pressure would influence highly than the other kind of peer pressure. You wouldn't be left with sufficient time to think and when you are pressured by more than one friend then the chance of influence is more.

INDIRECT PEER PRESSURE:

In the early narrated situation where you friends move away from you and influences you to deviate from your path, this type of pressure is called indirect peer pressure. Here you will not be communicated directly by your peers for the change instead you will be forced by their

action. Depending upon the mode and activity the peer pressure is said to direct, indirect, positive and negative



DIRECT PEER PRESSURE



INDIRECT PEER PRESSURE

EFFECTS OF PEER PRESSURE:

Apart from influencing the individual peer pressure has got many other consequences or effects. It can cause depression, involve some to use drugs, alcohol and cigar which will be a lifelong problem.

The individual who tends to overwrite his action, attitude and behavior upon his originality will lack confidence and will always project himself with an inferiority complex which will make unable to accomplish nothing in his life adding failures to his effort which would make his feeling of inferiority strong.

Peer pressure may look like a two simple words but this two simple word will play a key role is deciding our life. The peace, happiness, joy, cherishing moments of life and all such beautiful things in life will be stolen by this peer pressure if we allow it to influence us.

It is very much important for us to decide who are we going to concentrate on, Are we going to give importance to the society and loose ourselves or are we going to concentrate on ourselves, which when succeeded will bring the society to us.

Hence as we have discussed earlier, during the adolescent stage of an individual there occurs changes in the amygdala, prefrontal cortex and in the hippocampus region of the brain which is linked with the behavioral and emotional activities, the consequences and the cause of peer pressure are also associated with it and the important thing that should be noted is, all these are linked with our environment. Complete care and revision of practice is necessary from the level of government to the level of home for assuring the individuals a better future.

SOLUTION:

The solution for negative free peer pressure environment is very simple. All that has to be done is a minute modification using the scope given by technology. The individual at this phase of time need a complete monitoring with conviction. In the run behind money and status, parents of the current generation do not have time to concentrate on their kids, which makes them take complete freedom. When the children are provided a space to lead their life with complete freedom there is a high chance for peer pressure influencing them.

The individuals of the current generation are very much used to internet and a day without access to Internet would make their day feel incomplete. Most of the individuals in the just entered parent phase are also quite fluent in using the internet which shows us that future without internet would be unfilled.

When both professional sphere and education sphere is made to work online most of the mental stress and problem would get solved. Professional and personal space management will be achieved, individuals can be saved from peer pressure, mental stress and work place pressure can be avoided, rushing up in traffic to reach the workplace and schools can be avoided, land use can be reduced and more of land will be made available to accommodate the upcoming generation, deforestation can be avoided, unemployment issue can be solved, the children will get wide range of information, restriction can be avoided, there will be no rejection and many social problems can be avoided, and the lifestyle of the society will change contributing to the progression of the globe.

When both the parents and children are made to execute their responsibility being at the same platform, there will be proper communication between the two ultimately making every parent to nurture a responsible and a contributive citizen to the globe, individual to the family and the society.

CONCLUSION:

Every individual in the present is important to progress the globe and to save the human community as a whole. Concentration to the growing generation is very much important. It becomes the prime responsibility of the government to provide a hassle free life to the citizen; it is their professional ethics and our right. Taxing in any form cannot be carried out by the government to its citizen because it is also a form of slavery. Government is to regulate, guide and provide a peaceful environment for its citizen and they have nothing to do with authority and superiority.

It is that the officials in the executable position must understand the need for the change and use the rule in their hand progressively. Online mode of education and profession will be a permanent and a solid solution for many social complications in the present. Many illegal

activities can be avoided, equality can very much be achieved when the entire functioning is transformed online.

For many parents in the present children are being a burden to them. There is a comical saying in the present “If the school is on leave, the students are happy and if the school is re-opened, the parents are happy”. In many places we can find many kids playing in the road side during holidays without any supervision of the elders and the parents will be inside their home. During the youth phase individuals socializing with their peer group without any supervision is risky and are highly endurable to the peer pressure.

We have always been advised by our elders to listen to the words of the heart and not the words of our mind. We ourselves would have witnessed this, we would be thinking of something very seriously and first there will be a solution coming up in our mind and later in few seconds there will be a second solution which will be ethical corresponded. Here the first solution was from the mind (the solution taken out of pressure) and the second one with value is from the heart (your originality, the solution taken with the values and ethics taught to us by our family).

Behavioral changes, emotional changes can always be well handled by the parents, as they have the moral and higher responsibility towards their children. Hence a good personal environment with due concentration is needed in bringing up an individual adding up for the progression both the family and the world, parents need to share a friendly relationship with their children contributing a quality time with them to orient them from the changes taking place psychologically.

When we make any individual understand the consequences of peer pressure and make them capable to identify the negative peer pressure by orienting them to a positive environment then it will be easy for them to identify any sort of negative pressure in their way and the manner to handle it. And when every possible profession and the entire education is made online there will no social influence on the person and also there will no space for peer pressure as everyone will fulfill their responsibilities being at home.