

Peer Pressure among Undergraduate Students: A Study on Tezpur University

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ABSTRACT

India is a country having a largest youth population. According to census 2011 data around 41% of India's population is below the age of 20 years. During adolescence period most of the peoples are influenced by their peers. This influence can be in terms of attitude, values, behavior, decision regarding clothing, music, fashion, food habit etc. In some of the cases high influence of peer pressure can also be seen which had a very awful and long lasting effect on the person. Some issues like drug abuse, drinking alcohol, smoking, depression, mental illness, drop out, suicide etc are found among the students and peer pressure is one of the major causes behind this problems or issues. In spite of these, peer pressure also influence on the academic achievement of the students. In this paper we have studied the level of peer pressure among the students as well as peer pressure on the basis of gender. For the study researcher has taken 120 students of Tezpur University (2nd semester) from the school of Humanities, Sciences, Management and engineering as a sample. Standardized tool has been used for data collection. This paper is helpful for the teacher as well as the parents in handling their child during adolescence period.

Keywords: Peer, Peer Pressure, Adolescence period, Undergraduate students

INTRODUCTION

Today's world is a critical and challenging world and to cope with this world all round development of the child is very much important. It has been argued that most of the development occurs in the adolescence period. Adolescence is the developmental period of transition between childhood and adulthood which involves biological, cognitive, and socio-emotional changes (Uche, 2010, p.12) in this period adolescence were gone through rapid physical, psychological, social, emotional, mental development and these development reaches to the level of maturation. Adolescence is considered as a rapid transition period that includes important biological, social, emotional and cognitive changes. A healthy part of every child's

development is involvement with their Peers. This is especially true during adolescence as teenagers develop a sense of independence from their parents. A peer group is a social group comprise of members equal in respect of age, education or social class. Broadly called it is an act in which the peers follow their friends.

The behavior of adolescence seems to be similar with their peers. It may be in terms of dressing sense, food habits, hobbies, decision making capacities etc. It is argued that adolescence are more inclined towards their peers in comparison to parents, teachers and counsellors. Also to get recognized by their peers it is seems that they behave in the same manner. Furthermore, it is observed that the

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suggestions of peers holds a important position in the life's of the adolescence.

Peer pressure is generally can be seen in younger people, especially among teenagers.

Responding to Peer Pressure is part of human nature that some teenagers are not able to deal with all type of pressure given by their peers. And many of them are able to deal with the various happenings and likely to resist and stand in their ground. Peer pressure is something that all of teens have common. Therefore some or other way every child face the peer pressure may be in a positive or negative way.

Review of Literature

Bediako. S. E., Quansah. F., Omotosho. J. A., & Hagan. J. E (2021) studied on the Assessment of Peer Pressure and Sexual Adventurism among adolescents in Ghana: The Moderating Role of child-Rearing Practices. The study shows that peer pressure is a major reason behind high level of sexual adventurism. **Adeyemi. F. B., & Adejoke. B. A. (2019)** studied on Peer group influence on academic performance of undergraduate students in Babcock University, Ogun State. Results shows that there is a significant influence of peer pressure on academic performance of students. **Daniel, K. E. (2016)** studied on The Effect of Peer Presence on Adolescence Risk-taking Behavior. This shows that there is much influence of peers in enhancing the risk taking behavior of adolescence. **Leka, I. (2015)** studied on The Impact of Peer Relations in the Academic Process among Adolescents. Study indicates that impact of peers becomes more dominant in their studies. **Khan, A., Jain, M., & Budhwani, C. (2015)**. Studied on An analytical cross-sectional study of peer pressure on adolescents. Findings reveals that there is a tendency of smoking and use of alcohol because of

peer pressure. **Singh, S., & Saini, S. (2007)**. Studied on HIV risk perception in relation to peer pressure and drug abuse behavior among adolescents. Results revealed that there is a very strong relationship between peer pressure and HIV risk perception; drug abuse behavior and HIV risk perception and between peer pressure and drug abuse behavior. **Mahanta, B., Mohapatra, P. K., Phukan, N., & Mahanta, J. (2016)** Studied on Alcohol use among school going adolescent boys and girls in an industrial town of Assam, India. Peer pressure was reported to be responsible for about 45.6% of substance user (including alcohol) among North Indian college students.

DEFINITION

1. **Peer Pressure:** Peer Pressure is a feeling pressure given by their peers to act in a certain manner. In the present study Peer Pressure is associated with many antisocial activities and risky behavior among youth's i.e. smoking, drinking, drug abuse, road rage, traffic accidents, rule violation at public places, risky sexual behavior, robbery, kidnapping, rape, even murder and development of diseases like HIV infection.
2. **Undergraduate Students:** By undergraduate students in this study means those students who are pursuing their undergraduate courses in different schools of Tezpur University.

OBJECTIVES

The objectives of the following study are as follows:

1. To find out the levels of Peer Pressure among the undergraduate students.
2. To find out the levels of Peer Pressure on the basis of gender of undergraduate students.

HYPOTHESIS

NULL HYPOTHESIS (H_0): There is no significant difference between the levels of

Peer Pressure on the basis of gender of undergraduate students.

POPULATION AND LOCALE OF THE STUDY

Population or universe means entire mass of observation which is the present group from which a sample is to be made. In the present study entire students pursuing undergraduate courses in different schools of Tezpur University is considered as the population.

The local of the present study is Tezpur University. In that School of Humanities and Social Sciences, School of Engineering, School of Sciences and School of Management Sciences have been chosen. The university campus is at Napaam about 15 km east of Tezpur, the headquarters of the Sonitpur district of Assam.

DESIGN OF THE STUDY

According to the demand and nature of the study Descriptive survey research methodology was used to investigate the overall Peer Pressure among the students and to see the difference between the levels of Peer Pressure on the basis of gender of undergraduate students. The details of the population with respect to number of schools, with respect to Male and Female students have chosen.

SAMPLE AND SAMPLING TECHNIQUE

A sample means representative unit of entire population. For this study a sample of 120 students from different departments under four schools were selected. According to the convenience of time and money researcher took only 120 samples. For the present study purposive sampling method was used due to the convenience of the researcher. It consisting the age group of 16-19 year. So, researcher has chosen only 2nd semester students

purposively and the departments of different schools as well.

TOOL USED FOR THE PRESENT STUDY

Peer Pressure scale developed by Sandeep Singh and Sunil Saini has been used for the present study. This tool can be administered individually as well as in a small group. It takes around 20 minutes to answer all the items of the scales.

PROCEDURE FOR DATA COLLECTION

The study was conducted on a sample of 120 students of Undergraduate students of Tezpur University (students of 2nd semester). In the presence of the investigator, questionnaires were distributed among the students and returned back to investigator after filling it.

STATISTICAL METHODS USED FOR THE STUDY

For analyzing data statistical techniques namely Percentage, Mean and chi-square test were applied.

ANALYSIS AND FINDINGS OF THE STUDY

Objective 1: To find out the level of Peer Pressure among the Undergraduate students.

In order to find out the level of Peer Pressure among Undergraduate students, the total scores obtained were classified into three categories namely High, Average and Low.

FINDINGS

Table 1.1

Showing the percentage of students experiencing High, Average and Low level of Peer Pressure

Variable	Levels	Number of students	Percentage
Peer pressure	High	49	40.83%
	Average	40	33.33%
	Low	31	25.84%
Total		120	100%

Objective 2: To find out the level of Peer Pressure on the basis of gender of undergraduate students.

H₀ (Null Hypothesis): There is no significant difference between the levels of Peer Pressure on the basis of gender of undergraduate students.

Table 1.2

Number of students experiencing High, Average and Low Peer Pressure on the basis of gender

Gender	Total	Level	Number of students	percentage
Male	56	High	30	25%
		Average	19	15.83%
		Low	7	5.83%
Female	64	High	20	16.67%
		Average	20	16.67%
		Low	24	20%

CHI-SQUARE INTERPRETATION

Objective 2: To find out the level of Peer Pressure on the basis of gender of undergraduate students.

Null Hypothesis (H₀): There is no significant difference between the levels of Peer Pressure on the basis of gender of undergraduate students.

FINDINGS

Table 1.3

Table showing observations of male and female students, mean score and chi-square calculated value

Gender	observation	Mean score	Level of significance	d.f.	Chi-square calculated value	Chi-square tabulated value
Male	56	72.94736	0.05	118	0.004376	5.99
Female	64	61.15873				

From table 4.3 it is found that chi-square calculated value is $0.004376 < \text{tabulated value } 5.99$ for 118 d.f. at 0.05 level of significance. Hence the result of the null hypothesis of the present study shows that there is no significance difference between the levels of Peer Pressure on the basis of gender of Undergraduate Students.

OVERVIEW

1. **Objective 1:** To find out the levels of Peer Pressure among the undergraduate students. This objective was analyzed with the help of

simple percentage. The result found on the basis of this objective shows that -

- 40.83% of students having high Peer Pressure
- 33.33% of students having average Peer Pressure
- 25.83% of students having low Peer Pressure

1 **Objective 2:** To find out the levels of Peer Pressure on the basis of gender of undergraduate students. This objective was analyzed with the help of simple percentage and chi-square test. The result found on the basis of this objective shows that –

- ❑ Among 56 male respondents - 25% having high Peer Pressure

15.83%

having average Peer Pressure

5.83% having

low Peer Pressure

- ❑ Among 64 female respondents – 16.67% having high Peer Pressure

16.67%

having average Peer Pressure

20% having

low Peer Pressure

- The mean score of male candidate is 72.94736
- The mean score of female candidate is 61.15873
- The calculated chi-square value is 0.004376. At 0.05 level of significance for 118 degrees of freedom the tabulated chi-square value 5.99 which is greater than the calculated value 0.004376. Hence the result of null hypothesis of the present study shows that there is no significance difference between the levels of peer pressure on the basis of gender of Undergraduate students.

EDUCATIONAL IMPLICATIONS OF THE STUDY

The study shows that there is a high Peer Pressure among the Undergraduate students.

And there is no difference of Peer Pressure on the basis of gender. Some, educational implications of the study are as follows

- ❑ This study will be useful for the teachers' to know about the overall Peer Pressure and its level among the students.
- ❑ This study will also be useful for the teachers as well as parents to know in what way students are engaged in risk taking behaviors. So that they can take appropriate interventions and can guide the students accordingly in a proper way.
- ❑ This study will also be helpful for the students to make them aware about the affects of Peer Pressure.

SUGGESTIONS

Hence, from the present study researcher have found that Peer Pressure is a most dominant factor in the life of Adolescence which may affect their daily life in various ways. So, to deal with the Peer Pressure some suggestions are given as below

1. First of all one have to learn to say 'NO' when their Peers force them to do such things which is uncomfortable for them.
2. Parents and family members should build a strong bond with their kids so that they feel comfortable to share their thoughts, opinions and ideas with them.
3. Parents should look out their children's when they are hang out with their friend circle or peer group, so that they can find out that their friend circle is suitable to them or not.
4. Parents as well as teachers should try to develop self esteem and confident among the children's so those children's can take proper actions and bold decisions by themselves and can deal with their Peer group.
5. Children's should surround them with positive people and should keep them busy with healthy activities.

So, these are some probable suggestions which may help a child to avoid peer pressure and to deal with that.

CONCLUSION

Adolescence is a period of rapid social and biological change. According to Stanley Hall Adolescence is generally regarded as stress and storm of an individual's life. It is associated with increased risk to the physical and mental health of those enroute to adulthood. A healthy part of the adolescence development depends upon the mankind and environment around them. In this regard in Adolescence period peers or peer groups is one of the most important aspects of one's life. The quality of peer group and a healthy environment leads to a better development of an individual. During this crucial period the Adolescents are more likely to be influenced by the members of their Peer groups they are with. With good friend circle the Adolescents will develop good social behavior and adjustment patterns that will help them to adapt to the changing circumstances in the society. However, if the peer circle is more inclined towards antisocial activities and risky behaviors then the individual will also inculcate similar negative traits which will not only hamper their personal adjustment but will also affect their social and emotional adjustment in the world around them. That's why it is very much important to understand the peer pressure among adolescence, specially related to their risk-taking behavior.

Based on the results of this study, it is hereby concluded that Peer Pressure has an important influence in the risk-taking behavior of the students. So, the parents and the teachers should try to develop self confident among their child so that they can handle the peer pressure and deal with them. And there is

no difference of peer pressure on the basis of gender.

Thus, it is very much important to understand the peer pressure among the adolescence. This understanding will lead parents, teachers and the counselors to make the adolescence enable enough to resist with peer pressure and deal with them efficiently so that they can adjust with their surrounding and their environment they are in.

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