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English 1B

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### Your Right to Confront

Just surround yourself with people who will move you higher. Nowadays teenagers like to try everything and having a bunch of friends who can hang out with and having fun; they trust each and then broke their promises and trusts because of crazy things. They don't try to get to know their friends deeper. Once Teenagers turn to 16 or 17 they imagine themselves as an adult so they get interested and wants to be freedom and do whatever they want. Most teenagers don't listen to their parents and they always do the opposite ways. A teenager has a serious age because they build their adult personality at teens age. The relationship between teenagers and parents get competitive. Teenagers have lots of problems and struggles in their life peer pressure is one of the examples of their problems. "Peer pressure occurs when the individual experiences implicit or explicit persuasion, sometimes amounting to coercion, to adopt similar values, beliefs, and goals, or to participate in the same activities as those in the peer group" (Meshram).

Meshram Discusses peer groups and their influence on others.

teenagers find their friends based on their feelings and thoughts; They might find out different things like drugs, alcohol, and sex; teenagers think they will be cool if they try alcohol, drugs and sex they just notice their feelings rather than their mind. Peer pressure is a serious problem because it might change a teenager's future and make them stop catching their goals.

Parents can help their kids to let them know that there are so many things that might have influenced people so people should keep their culture and mind by trusting themselves so they will not be affected by others.

People should be more aware of the peer pressure crisis in society. Peer pressure is everywhere they might be college or high school students or they might even be a group of adults. What's peer pressure mean? Peer pressure is the influence on people by peers or the effects of individuals by encouraging other peers in different situations of friendship ( Meshram). "Positive peer pressure can be a force for good and beneficial change "( Boruah). Prerana and Binny discuss peer pressure sides and they explaining peer pressure doesn't have only one negative side it has positive sides as well.

for example, in my HIP/SLICES observations, I noticed that some groups encourage each other to join some activity educational clubs or some of them encourage each other to improve their grades by studying as groups. Peer pressure has negative sides as well; the group focusing on bad habits like trying out smoking, drunk and forcing each other to do some negative things which can have bad effects on people and society; Parents, each member of the bad peer groups, low self-esteem and scared to say No might be the causes of this problem. The society, students, teenagers, and adults are the most affected by this problem. Parents and family have the most effect on their kids and teens because family is the first place that people born, grow up, Learn different types of influence in the environment. "Moreover, adolescents are less influenced by friends when they have close and involving relationships with their parents (Steinberg & Silverberg, 1986)"( Meshram). Meshram discusses her article about relationships between parents. Parents need to work on their child to make them strong for their future People should

Try to say no forcefully and never be scared. In my HIP/SLICES, I saw some people especially teenagers and college students who scared to ignore and say no to their bad peers and they force themselves to fit in to bad peers group they scared to lose their friends by saying no and They prefer to avoid sharing their problems because of their parent's punishment decisions ; People should not ignore this problem they have to look for Possible solutions.

According to my observations and interviews of my HIP/SLICES, people trying to fit themselves in some peers this story begins very early on. One of my cousins had very long hair she really loved her hair but after one week I saw her with very short hair “ your hair looks so cute but why did you cut them? “I asked. “ because I didn't have confidence with them, everybody keeps telling me that I'm more look like boys rather than girls,” she said. My observations and interviews clearly show that she could have wanted to fit in. some researchers still working on the theory of children and teenagers are more affected by peer pressure than others but the most accepted theory is the who is more affected by peer pressure and on the other hand, some people have more influential than the others they can affect on others easily even if that person was not affected by anything ( Hamilton).

For example, According to my observations and interviews of my HIP/SLICES, Cindy always studies for her classes but she has some other friends who never study they always keep telling her they don't study, they just trying to pass the class studying is just wasting time we can go out and have fun instead of studying and having stress This can discourage that person easily to study for her or his exams and does not show any interests for education at this time it's better to find peers who have a positive effect rather than negative effects. Some Researchers arguing that boys are more likely interested to get affected by peers than girls because boys always try to

fit in different groups but girls more likely to find a specific type of friends(Laursen). Some peers make an anxious and stressful situation for others by Threatening them emotionally and mentally. For example, According to my observations and interviews of my HIP/SLICES, Parmida is one of my friends from high school she used to be friend with groups of people, at first she fit herself into these groups then they Threatened her emotionally and mentally by offering her drugs, alcohol, sex. Parmida prefers to be quiet and follow her friend's ways because She scared to talk to her mom about that situation she knows her mom will punish her and doesn't let her see her friends anymore. Peer pressure might include adults too it depends who has the influence on others, According to my observations and interviews of my HIP/SLICES a lady used to have blond hair but she changes her mind to change her hair color to brown so that seems that somebody told her that this color doesn't look good on her so she discourage and try to fit in herself to others opinion rather than what she really wants. Most of the people who affected by others they want to just fit themselves in, “peer pressure follows people across their whole life course. But, you're going to receive in different ways from different people. adults susceptible to peer pressure”( Laursen). Laursen argued her essay by including adult's problem in peer pressure he supports his claim by explaining that peer pressure is not only included teens and kids it includes adults as well. they don't really follow what they really like they follow and care about what others think and want from them. I think this problem is more related to their low self-esteem and decision making.

“So one of the first things we can do is we can help children understand that our culture is full of influence attempts and peers are just another set of forces that are vying for our attention and are vying to shape our behavior. So once children start to see that there are these influences

everywhere, that's really the first step of the process" (Laursen). Laursen discusses his argument by teaching parents how to behave and enhance their kid's thoughts and emotions about all the influences around them; label all those influences and teach them how to react. solutions that I planning to have can help parents to be more aware and try to be close to their kids; if they find out something about their kids or teens it's better to help instead of punishing them. Parents should make sure that their kids have a happy life if they find out something wrong about their kids or teens help their kids and guide them for a better life in an interesting way.

There are some ways that parents need to know how to behave with their kids when they get into the wrong way , they need to talk to their kids and try to be friend with them instead of yelling or making some punishments, teaching them useful information by labeling all influences around their kids or teens, sharing their own path and let their kids know about their parents experiences that parents had in their life. They really need to guide them as a real friend. Students need to learn how to improve their confidence and how bravely say no. I think it's better to Make some programs for peer pressure at school and encourage students to come and participate in that program, counseling and making some classes and activities for parents to be aware and teach them many interesting and nice ways for helping their kids, making some classes for students at school to help them how to improve their self-esteem and learn how to say no. The possible limitation is to help them by making some programs and classes, educate them more and help them to improve themselves. I think it might cost around 100\$ each month by scheduling the classes with professional institutions, sharing useful books and activities through this program. School can help to pay for it or those who have plans to make this program can get together and pay for fees. they are so many solutions that didn't work such as

Punishing kids by their parents and scare them for punishments. I saw some of the solutions that they worked in other places. Being nice with teenagers and try to help them; if we find out their problems it's better to solve it not scare them for punishments.

Teenagers need support and a sense of humor they need to be untreated by others especially their parents. Parents, each member of the group, low self-esteem and scared to say No are the causes of this problem. The society, students at school, families and themselves are the most affected. Peer pressure is a serious problem because it might change a teenager's future and make them stop catching their goals. Parents can help their kids to let them know that there are so many things that might have influenced people so people should keep their culture and mind by trusting themselves so they will not be affected by others. Teenagers should be open to their surroundings and be strong and brave to say no to all the negative peers surrounding themselves.

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