 **Role of Peer Pressure in Students’ life** .

**By – Anjali Chitti**

‘Peer pressure and social norms are powerful influences on behaviour, and they are classic excuses.’

Yes, it has truly been said. According to me peer group refers to the people around us with whom we sense a feeling of either competition or we assume our identity through their vision.

‘This joy of discovery is real, and it is one of our rewards. So too is the approval of our work by our peers.’

It is needless to say how influential peer pressure can be on an individual. Peer pressure comes in when we get influenced by the lifestyles and the ways of thinking of our peers. Some people get positive influence from it whereas others tend to get negatively influenced. An analytical approach towards peer behaviour can be positively impactful on the other hand, blindly following peers and not holding an opinion of your own might leave a negative impact on your life. Let us distinguish the positive and negative sides of peer pressure in detail.

Usually, peer pressure is used in a negative context. But there is always another side of the coin. Yes, there is also a positive peer pressure. Peer pressure cannot be termed bad always. It can also lead you to adopt good habits in life. Your peers may teach you some good things about life and encourage you to follow them.

For instance, if you see your peers doing something for a noble cause, we may also like to adopt their certain habit. This will help us to change ourself for the better. Adopting good habits of our peers can actually bring about a positive change not only in our life but also our way of thinking. Peers might even inspire us to develop a healthy competition. Therefore, peer pressure can also have a positive impact on your life and can actually lead us to make the right choices for us

“I'm not in this world to live up to your expectations and you're not in this world to live up to mine.”

Most of us are well aware how negative peer pressure can influence one’s life but we would still like to throw some more light on this aspect. There might be a particular idea, a habit, or a lifestyle which we personally dislike and would not like to accept. However, our peer group would want to compel us to do something which is against our own will. As a result, when we take a wrong decision by succumbing to peer pressure, we may land ourself in deep sorrow and feel remorseful about the whole situation. Similarly, a large number of vices such as smoking, drinking, becoming drug addict etc., are cultivated when teenagers blindly follow their peers, putting aside their own will. Furthermore, they lose their identity by surrendering to peer pressure. They lose their lifestyle and entirely adopt their peers’ way of living. They no longer follow their own taste and are forced to like what their peers like and do what they do. This is how peer pressure can yield a wide array of negative outcomes for our life.

‘At the end of the day, just know that God made you, so you can be your own individual, and don't let people give you that peer pressure.’

Therefore, it is better to learn something from peer pressure by adopting good habits and avoid succumbing to its negative side. We must live our life with our passion and not under anyone's impression. Friends and out circle is important for socializing but without losing our focus on our growth, progress and improvement areas. Always believe whatever we feel like either hiding or depress us is never good for us.

Here I would like to compress my thoughts with an optimistic note.

‘Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Peer group is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.’