“Peer Pressure”

Peer pressure is an influence from other person for you to do something that you don't consider doing. It is also called as “Social Pressure” and, called "the Identity Shift Effect", is introduced by social psychologist Wendy Treynor. They called it identity shift effect because if a person adapt the behavior of other people that person will apply also that behavior to itself. Peer pressure can be present at school or in a wider community. There will be some changes in attitudes, values or behaviors. It often happened because you don’t want to be alone or left out. Peer pressure can happened to anyone if someone is same age as you, friend, classmate or someone you admire on television. It always happened to youths which can easily adapt it. If you’re dealing with peer pressure you’re not alone. A person does not need to be a member or be seeking membership of a group to be affected by peer pressure. There is also called a Dissociative Groups which one needs to avoid the norms and behavior of a certain group. Some studies shows that many popular students also make lower grades than less society accepted person. It’s because those popular students or person who is a victim of peer pressure just pay attention to their social life instead of studying. Many people encounter this because they don’t want to be left out for being a millennial. There are different ways of peer pressure first is direct which is as simple as someone telling you what to do, second is indirectly which your friends do some habits that’s why you’re doing it also and third is Individually which this pressure came from you that you really wanted to be like the people around you. Peer pressure can affect you in many ways and the top answer for this is Fashion choices. People now try fashion trends and try everyone style of clothing that most people wear. Teenagers drink alcohol and use drugs and that is also because of peer pressure they just did it to become a part of a group where people surrounds them also use it. If you deal with peer pressure you’re not alone that’s why many people choose to ‘say no’ famous friend because people will look up to them and they want also to socialize to a group where all or their doings are trend and they also do what is trend. We can’t deny that we are also dealing to peer pressure but you need also to manage and control yourself like hang out with people who are doing similar stuff because those people will not force or pressure you to do something that you don’t want to do. You also need to say no but the important is you stick to something what you believe in yourself and in your life. If possible try not to judge other people respect their choices in their life so that they will respect yours. To be far from negative kind of peer pressure you need to take an action. We need to be more responsible for ourselves because we’re the one who make choices in our life and if you know that you’re adapting or doing something wrong you must make it right. But there is also a positive kind of peer pressure when you’re influence to join volunteering for charity or excelling in academics.