

Impact of Peer Pressure on Quality of Life

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ABSTRACT

Purpose: This study sought to find the correlation between peer pressure and quality of life in age group of 18-25. It is important to analyze that how peer pressure affects the quality of life on an individual. And peer pressure and quality of life in male and female individually. **Objective:** The main objective of the research was to find the correlation between peer pressure and quality of life. And both the variable affects male and female individually. **Research Methodology:** A sample size of 100 participants from the age group of 18-25 years the data was collected in hybrid mode, where 50% of the data was collected offline and 50% was collected online.

Keywords: Peer pressure, Quality of Life, Male, Female

Peer pressure is one of the most underestimated factor in the world it affects the whole population of the world and Quality of life which is important for an each individual. Each individual may experiences peer pressure in a different way. Peer pressure can capitalize on adolescent's abilities or existing difficulties. "For instance, a teenager with low self-esteem and few close friend can be more vulnerable to the negative impacts of peer pressure, whereas a self-assured, outgoing teenager might be more likely to extend and be exerted by positive peer pressure. Peer pressure has both positive and negative sides to it. (Jelena may curz, 2020)

This research contains two variables:

- Peer Pressure
- Quality of Life

Background of the study

Peer pressure is respectively one of the important variables that affect the quality of life in this research. Quality of life as well could be affects the pressure so both variables can be dependent and independent on each other. The environment and the kind the peer pressure have an impact or not peer pressure is welfare-enhancing or -inhabiting. Negative social peer pressure can provide the negative quality of life for an individual. Numerous individual qualities have been discovered to be connected to peer influence vulnerability, For instance, it has been discovered that youngsters with high levels of anxiety reports less social acceptability, general self-esteem, and more unfavorable relationships. On the other side quality of life is generally one of the main aspects in this paper. "In terms of "quality of

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Impact of Peer Pressure on Quality of Life

life," more quality control is required. Regarding the requirements for accepting publications that report data from outcomes research, there should be a much tougher reviewing and editorial procedure". (Hunt, 1997)

In an effort to address some of these issues, the term "health-related quality of life" (HRQL) was coined to describe the value attributed to a life altered by impairments, disabilities, social opportunities, and other factors. That were influenced by ailment and illness. Peer pressure and quality of life is affects each other when an individual influences by the peer group. The primary issue with estimating personal satisfaction is that there is no "highest quality level," or objective standard, against which measurements can be assessed.

In contrast to clinical parameters, there is no normal range or mean value for quality of life. This is largely due to the lack of agreement regarding the meaning of the term and the fact that a person's quality of life is linked to so many dynamic and complex interactions as well as idiosyncratic personal values that the concept of an "average" quality of life is absurd. The class-specific variance in reaction to observability has a number of potential causes. For instance, how much students worry about confidentiality or how they respond when decisions may be seen may differ substantial between honors and no honors students. "The modern scourge of smoking, which starts with a smoker's hack and ends with cellular disintegration in the lungs, has reached its peak in developed countries and is now spreading vertically to developing ones. Currently, it is known or widely accepted that smoking causes more than 25 diseases." (mausami basu, 2011) During the early years of adolescence, peer pressure is at its highest. "A young person must choose between growing more dependent on their parents and developing independence, self-awareness, and self-esteem during this time." People frequently have to change in order to fit in, even if it means giving up their preferences and points of view. It is hard to provide an answer without considering healthy relationships, a positive view of oneself, a tough attitude, and less adverse environmental effects. It is only certain that each of the aspects mentioned contributes to achieving the final goal, which is a happy and competent youngster. "An anxious connection to peers retains its ability to predict in regard to the criteria variable of vulnerability to pressure with each subsequent block of predictor factors." (Lebedina-Manzoni, 2013) Clinical and educational therapies have been shown to increase quality of life by increasing patients' perceptions of their control over their condition and their overall health. From a methodological perspective, it is essential that multifaceted quality of life evaluations contain both general and disease-specific variables.

Hypotheses

- H0: There is no significant relationship between Peer pressure and Quality of life.
- H1: There is a significant relationship between Peer pressure and Quality of life.
- H0: Males do not experience more peer pressure than female.
- H2: Males experiences more peer pressure than female.
- H0: Males do not feels more Quality of life than female.
- H3: Males feels more Quality of Life than female.

All hypotheses have been accepted, except the first one where the null hypothesis has been retained

- H1 has been accepted: Males experiences more peer pressure than female
- H2 has been accepted: Males feels more Quality of Life than female.
- H3 has been retained: Females experiences more peer pressure than male.

LITERATURE REVIEW

According to Aycicek & C.T. (2019). The relationship among high school students' degrees of attachment to school and their perceptions of peer pressure and the quality of school life was examined. The sample group for the study consisted of 1533 high school pupils from twelve distinct educational institutions in the Hatay province of Turkey. The sample for this study is a purposeful sampling. The quality of school life is seen by students to have a strong, substantial, and favorable link ($p. >05$) to their attachment to school, according to correlational research used in this work. Peer pressure also has an evident degree crucial and adverse association with school life quality ($p.>05$) (CT, 2018).

Torre (2020) investigated the connection between senior high school students' mental health and peer pressure. 226 senior high school students were the subject of the descriptive correlational study. Peer pressure and mental health have a significant correlation with a score of 0.36, according to statistical analysis.

Vinayak and Arora (2018) discovered a favourable correlation between anxiety about social situations and peer pressure among their 300 teenage respondents. The topic of their investigation was "Social Anxiety and Peer Pressure as Predictors of Materialism among Adolescents." Additionally, it has been discovered that materialism has a favourable relationship with peer pressure and social anxiety.

“The goal of this study is to ascertain the correlations between school life quality and peer pressure and the attachment levels of students, as well as whether these factors significantly indicate students' attachment levels to school. The relational screening methodology was employed in the study. The sample group for the study consisted of 1533 high school students from 12 different high schools located in six counties in the Hatay region of Turkey. The study's sample was chosen using simple and intentional sampling. The Personal Satisfaction in Secondary Schools Scale (QLHSS), the Friend Tension Scale (PPS), and the School Connection Scale among Kids and Youths (Secondary School Structure) (SASACA) were used as tools for information gathering.”

Research Tools

The data was collected using the following instruments from the subjects of the research.

Consent form

A form where the participant is invited to participate after being educated about the researcher and the purpose of the study. Regarding the maintenance of categorization whenever reactions are presented to the analyser, the members received assurances. Participants were requested to sign if they acknowledged having read, understood, and agreed to all of the material provided to them. The structure also included the member's segment data, such as name, age, orientation, and date. Each field was a requirement for the subjects to complete. Except name.

Peer pressure Scale (PPS)

The scale was developed by Sandip Saini and Sunil Saini. The scale contains total 25 items, where lower score would indicate low peer pressure and high score would indicate high peer pressure. The participate submitted their rating on a 5 point Likert scale.

Impact of Peer Pressure on Quality of Life

WHO Quality of Life

WHOQL developed by WHO. It contains total 26 questions including how long did take participant to fill out the form. The WHOQOL-Brief (Field Trial Version) calculates four domain scores and two individually scored questions reflecting a person's overall impression of quality of life and health. Positive ratings may be found for each of the four domains, with greater ratings indicating higher quality of life.

RESULTS AND DISCUSSION

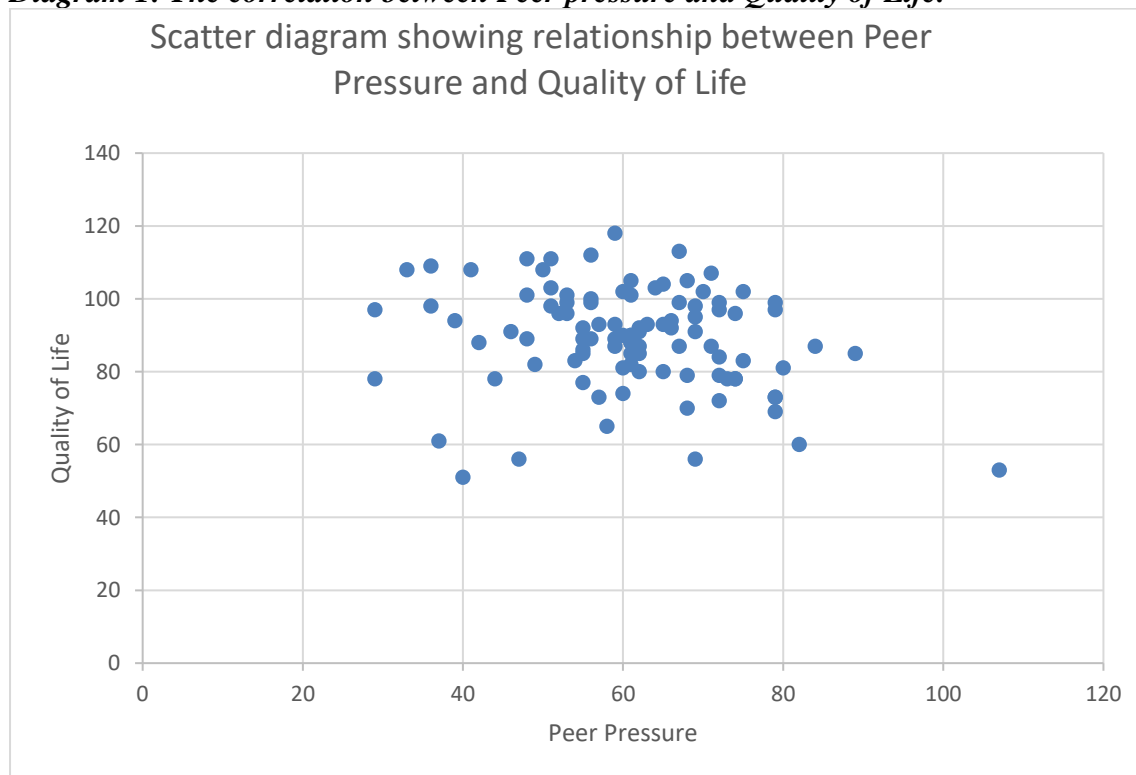
Table 1: Demographic details

Demographics	Category	Number of People
Gender	Male	61
	Female	39
Age	18-25	100

Table 2: Correlation Between Two Variables

	Peer Pressure	Quality of life
Peer Pressure	1	
Quality Of life	-0.225861829	1

Diagram 1: The correlation between Peer pressure and Quality of Life.



In order to find correlation between the both the variables the sum of per sample response was calculated, once the sum of both the variables was calculated the correlation between both variables is available. It was found that there was weak negative correlation between the Peer pressure and Quality of Life. The correlation value of both the variables is -0.22. The result is significance at $p < .05$.

Impact of Peer Pressure on Quality of Life

Table 3: Descriptive statistics of peer pressure in female

PPS DS F	
Mean	60.60526316
Standard Error	2.384617451
Median	61
Mode	79
Standard Deviation	14.69976921
Sample Variance	216.0832148
Kurtosis	-0.2955425009
Skewness	-0.3692537742
Range	60
Minimum	29
Maximum	89
Sum	2303
Count	38
Largest (1)	89
Smallest (1)	29
Confidence Level (95%)	4.83169387

Table 4: Descriptive statistics of peer pressure in Male

PPS DS M	
Mean	58.12903226
Standard Error	1.49430151
Median	57.5
Mode	69
Standard Deviation	11.76614185
Sample Variance	138.4420941
Kurtosis	2.561335086
Skewness	0.5957281494
Range	75
Minimum	28
Maximum	103
Sum	3604
Count	62
Largest (1)	103
Smallest (1)	28
Confidence Level (95%)	2.988040444

Impact of Peer Pressure on Quality of Life

Table 5: Shows the descriptive statistics of Quality of Life in Female

QOL DS F	
Mean	90.57894737
Standard Error	2.273488612
Median	91.5
Mode	78
Standard Deviation	14.01472503
Sample Variance	196.4125178
Kurtosis	-0.6224300752
Skewness	-0.1962670595
Range	57
Minimum	61
Maximum	118
Sum	3442
Count	38
Largest (1)	118
Smallest (1)	61
Confidence Level (95%)	4.606525454

Table 6: Shows the descriptive statistics of Quality of Life in Male

QOL DS M	
Mean	149.5645161
Standard Error	2.066660251
Median	151
Mode	149
Standard Deviation	16.27289909
Sample Variance	264.8072448
Kurtosis	2.41530575
Skewness	-0.992962249
Range	89
Minimum	91
Maximum	180
Sum	9273
Count	62
Largest (1)	180
Smallest (1)	91
Confidence Level (95%)	4.132542445

Impact of Peer Pressure on Quality of Life

Table 7: Z test score for the Peer Pressure in Male and Female

Z test score for the Peer Pressure in Male and Female			
	Male	Female	Z
Mean	58.12	60.60	0.87
SD	11.76	14.69	

Table 8: Z test score for the Quality of Life in Male and Female

Z test score for the Quality of Life in Male and Female			
	Male	Female	Z
Mean	149.56	90.57	-19.19
SD	16.27	14.01	

DISCUSSION

There is a significant negative correlation between peer pressure and quality of life in male and female. The result is significant level at $p < .05$. And Z test has applied to assess both the variables. So, All hypotheses have been accepted, except the third one where the null hypothesis has been retained.

So, Males experiences more peer pressure than female. Males feels more Quality of Life than female. Female experiences more peer pressure than male. Mean of peer pressure is 58.12 for male and 60.60 is for female. On the other side in quality of life mean is 149.56 in male and 90.57 in female.

CONCLUSION

This study has investigated that correlation between peer pressure and quality of life is significant. But there is a weak negative relationship between both the variables. From the analysis it has been found that peer pressure impacts the quality of life on an individual. Especially in age group of 18 to 25.

Along with the both the variables works independently in males and females in this research. By z test it has found that male feels more peer pressure than female and female have more quality of life then male. By the mean value of each variable it helps to identifying the Z test analysis of this sub variables.

Limitations

Any research concerning peer pressure always suffers from the drawback of cross-sectional research which reduces the general reliability and validity. The research consisted of a sample size of 100 participants which is a small sample size for generalizing the research for population. The research compromised of data just from the age group (18-25 years of age) which reduces the overall external validity of the study.

It is believed that quality would refer to both the topic and the object of the investigation as a quantifiable characteristic. In this view, there are two approaches to personal satisfaction: the mental and the natural. The fact that certain scholars have entirely disregarded the viewpoint of the local population, however, makes this constraint a significant problem. Another constraint has to do with the elements, indices, and indicators chosen for a certain investigation. This essay aims to examine several quality-of-life measurement techniques while highlighting the benefits and drawbacks of emerging and developed locations.

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Conflict of Interest

The author(s) declared no conflict of interest.

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