NAME: BADARE OBUKOWHO DESTINY

MATRIC NO: 19/MHS01/115

DEPARTMENT: MBBS

COURSE CODE: GST 122

**PEER PRUSSURE IN NIGERIA**

**(POSSIBLE CAUSES, EFFECTS AND SOLUTIONS)**

 What is peer pressure? From my observations and studies I can say peer pressure is the influence of peer group, or and individual exerts that encourages others to change their attitudes, values or behaviours to confirm to those of the influencing group, peer, or individuals.

 Peer pressure (sometimes also referred to as social pressure). Is the effect on individuals whose attitudes, beliefs or values are changed by their peers in order to confirm to those influencing groups.

 In my case of study and observation in our country Nigeria today, I will explain the possible causes, effect and solutions regarding peer pressure.

**causes :**

there are numerous causes of peer pressure in Nigeria today, some are, weak personality, fear of rejection, social acceptance, avoidance of bullying, improvements in coolness, hormonal reasons, bad parenting, religion etc. Let’s look at some of the most common in Nigeria today.

 Fear of rejection: many youths, teenagers and even adults in Nigeria are also quite fearful of rejection and are therefore afraid to have their own opinion. If this fear of rejection is too strong, it may lead to a point where the individual gives up all his values and beliefs just to confirm with the attitudes and value systems of the group. Thus, this fear of rejection is a powerful reason for pack behaviour and development of peer pressure.

 Avoidance of bullying : People who haven’t developed a strong character yet are also often victims of bullying activities most especially in schools. In order to get out of all this, people who are afraid to become victims of bullying might join groups or gangs in which they feel safe and protected.

 To be able to match up to their more likely successful peers :I have seen this to be one of the greatest causes of peer pressure in our country Nigeria today, mostly amongst the teenagers and young adults. Teens are known to be more and easily influenced. When one perceives or notice that his or her peers are becoming more likely successful or successful than they are, the feeling of jealousy tends to kick in, or the feeling of wanting to belong to the same caliber of what they seem to call likely successful or successful peers without even bothering or caring to know where or how the means of that money or wealth came about. This then drives them into fraudulent acts like internet fraud(yahoo), armed robbery, theft and etc.

**Effects of peer pressuse**:

Effects of falling a victim to peer pressure are, change in performance at school, change in attitude, change in visual appearance, change in school attendance, drug use. Looking at some of the most common effects:

 Change in visual appearance : teenagers who are affected by peer pressure may also change their visual appearance in a drastic manner. This could mean changes in hair colour or also getting piercings or tattoos. Depending on the change of their visual appearance, parents should more or less worry about the appearance of their children.

 Change in performance at school :peer pressure may have a significant impact on changes in grades in school. For instance, if you start to hang out with people who do not care about their grades at all, chances are that your own grades may suffer.

**Solutions regarding peer pressure :**

There are many ways to solve or address the problem of peer pressure, these are:

School classes to address this topic, parents should build self esteem in their children, educate children about the consequences of drug use, get to know your kids friends etc.

 Get to know your kids friends : It may also be quite useful to get to know the friends your kid hangs out with. Quite often, it is possible to determine the intent and attitude of people by just talking to them for a while. By getting to know your kids friends, , you might be able to identify if those friends may imply serious trouble for your own kid.

 Educate children about the consequences of drug use: most especially in Nigeria here today, there is still too less education about drug use, abuse and consequences related to it. Therefore, it is crucial that you as a parent educate your child why it might be dangerous to take drug use or dealings due to peer pressure.

 In addition, peer pressure as a whole is not only bad. The word “peer” means friends, so the word peer pressure refers to influence of friends. So there is such a thing as positive peer pressure, so it is up to you to decide whether to be influenced positively or negatively .

 Peer pressre is quite common in our country Nigeria. Especially for teenagers and young adults, peer pressure can be a significant danger since it is associated with several adverse consequences.

 Therefore parents should take a close look on how per pressure may affect the behaviours of their children in order to be able to take suitable measures in time if necessary.