

Name; Ekong, Vivien Umoudoe

Course code; GST112

Department; MBBS

College; MHS

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THE EFFECT OF TRENDS ON THE YOUTH

Trends in this century are the standards in which most of the youths try to keep up with. Being precise with the definition of 'trends', it is a general direction in which something is developing or changing. It's quite noticeable that among youths, a division has been established, those who can keep up with latest trends are considered superior, while those who cannot are considered to be below them and are treated differently for not just reason.

Trends have given the youth standards of living in almost all aspects of life. In the world we live in today, (70-80) % of the youth's action are rather influenced than made. These trends are picked up from celebrities, popular cultures, established people on social media such as YouTube, Instagram, tiktok, and twitter or even something else entirely. In the life of their relationship for example, is guided by the latest trends and is seen as 'normal' looking at the effect of trends on this aspect of life from a Christian's perspective, activities such as sleeping with a partner before marriage, sleeping around with different people, engaging in sexual immoralities are all morally wrong as they are to be rejected and avoided.

Trends have negatively affected the minds of the youth. Luckily, trends do not influence all youths but still, a high percentage are putting in a lot to acquire such standards. In the process of this, those who are unable to reach the set standards are affected by low self-esteem, poor body image, mental illness and so on. Trends like fashion keep teens trying and trying till it becomes an addiction to be accepted by society, it leaves them obsessed and guilty when they cannot afford to keep up or maintain where they have gotten to. They start copying others, losing their true identities, and competing to get to places that will not benefit them but give them a sense of acceptance.

Trends leave youths neglecting their present situation. Some teenagers are not grateful for what their parents have provided and therefore only want more. They feel that if they don't have lessons in the best schools, if they don't get their clothes from the best stylist, if they don't use the latest phones, if they don't eat from the most expensive restaurants, it's not good enough. They begin to question their worth to their guardians and change their behavior towards them without considering their current situation. Most times, the teenagers try an alternative approach to solving their obsession for attaining standards and get into situation that may lead to regrettable actions such as doing forbidden activities like stealing, killing,

exposure of nudity, blackmailing and so on. They do all this, just to quench their uncontrollable obsession and attain money at the end of it all.

In conclusion, Trends can do a lot of bad to the lives of our youth by controlling their ways of living, their thoughts / methods of thinking and what they appreciate. These negative effects of trends can be avoided by enlightening the youths on self-love, showing love to our neighbors and so on, as there is always a way out of the dark.