

Dealing with peer pressure

Coping mechanisms

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Abstract

Peer pressure is always built in fear. Influence from members of one's peer group.

"his behaviour was affected by a drink and peer pressure"

Dealing with peer pressure will not feel tough after reading this journal publication.

Yoga - Meditation to calm your mind

Briefly for the betterment of ourselves.

Feeling free from doing home chores as much as you wish to, and complete relaxation.

INTRODUCTION

Peer pressure may start at a certain age or any age.

But developing certain habits like trying for good handwriting. As in the meticulous journey of a pen or pencil on paper.

Peer pressure is not something that usually happens in school. But challenging ones take it as whole heartedly to study, listening to lectures and taking Notes is good for your curriculum.

It is totally up to us to deal with peer pressure.

Certain times a class with a lot of people like 60 + 80 is a little scary as it is uncomfortable to continue in the same institute for a longer time.

One more thing about reading, having a habit of reading novels, will soothe your mind but this is manageable and it will not feel stressful trust me on that :)

At the age of puc or at the times of peer Pressure sit in one bench all by yourself and with the help of your text book. You will cleanly learn and one best way to study and understand is through writing about what is the curriculum.

This Publication will be here forth written in the near future in a vast way to deal with peer pressure.

NEED OF THE STUDY.

During the age of college as in 1st and 2nd year PUC board. Or college times like 11th and 12th or maybe even afterwards during the degree age.

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RESEARCH METHODOLOGY

During my PUC that is pre University I had to suffer from peer pressure as the crowd of the college was vast in number.

So, coming from. An old-school girl too much is Too much to handle single handedly while I had to manage the education, teaching and having fun.

But as time alone can permit for little of fun and a whole lot of studying.

out of **356** students polled
students who reported mild to strong exposure to peer pressure: **55.6%**
but, **47.7%** reported **no exposure**
to peer pressure within the context of parties
approximately **70%** of students feel pressure from social media
and students who reported peer pressure from their friends was **77.2%**
47.7% reported academic peer pressure,
53.9% of whom reported frequent or strong exposure

3.2 Data and Sources of Data

For this study data has been collected. From the website google.

But while following our own coping mechanism we are to be free from peer pressure.

How to? In simple words.

Systematic Study of your ongoing course and sharing with family.

Take as many breaks as possible. But at home, make up your mind to study as much as possible.

Keep 5 Badam in water soaked Over night and peel the skin for ready to be consumed. And 5 of walnuts which are excellent for your brain health, dry fruits and dry fruits milkshakes are good for your physical strength.

How to?

Taking a bath at least twice, if not possible once is good too. But do try to bathe twice for an immensely free feeling and relaxation.

Make use of free time the way you would want to prosper. as in do your own scented candles. The preparation itself gives you stress free relief. Light your scented candles while taking a bath or shower.

Make sure it's hot with warm water. Never go for a cold water bath.

Take at least twice. Hot water bath. Once early morning evening and if possible in the night too. For sound sleep. Have turmeric milk warm it and add pepper to it for binding in your intestine.

Try fruits and fruit juices or milk shakes to soften your mood as well as good health. As it is a sheer delight to feel fruity.

Added benefits, good skin, Complexion, good gut health, aids in weight loss.

Keeps you away from carbs from junk food.

Ice cream could be an exemption.

A good bath and rejuvenation with body lotions, face care, nail hygiene and hair grooming. Feeling confident will get you to your best.

Long walks, a bit of jogging or running during the walking session. Listen to good music that uplifts you and keeps your legs moving. A min of 1 km a day is good. If you try 2-3 you will have everything under your control and saying goodbye to peer pressure once and for all.

The key to a good life is easy.

It's a good everyday routine.

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Self help from a peer pressure survivor

