

Quarterly Newsletter by the Department of Psychology

PSYCHOLOGY DEPARTMENT

HEAD OF DEPARTMENT

Ms. Harpreet Kaur Rakhra

FACULTY INCHARGE

Ms. Urvashi Sharma
Dr. Hena Dembla

FACULTY MEMBERS

Ms. Prerna Goyal
Ms. Kanishka Agrawal
Ms. Pallavi Madan
Ms. Shaurya Sharma
Ms. Tannu Gera
Ms. Rupali Rawat



EDITOR'S NOTE +

We all know how important it is to have a feeling of belongingness, but does it really need to come at our own expense? Dear readers, do what you want to, say no to things that you don't connect with, but at the end of the day, do not look in the mirror and fall to recognize yourself. And if you HAVE to do something to be their friend, are they really freinds worth having? Embrace your individuality, for it is your unique qualities and true self that make you shine brightest in any group.

- LEVIN KUMAR

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Navigating Peer Pressure: Learning From Personal Incidents.

Peer pressure ain't just a phrase; it's a force that can shape our choices and identities. I remember a time when my friends pressured me to skip class, promising it would be fun. Despite knowing it was wrong, I gave in, fearing ridicule if I didn't comply. That day, I learned the hard way about the consequences of succumbing to peer pressure. Every day, we come across situations where peer pressure nudges us towards decisions we wouldn't make on our own. Whether it's dressing a certain way, indulging in risky behavior, or conforming to societal norms, the pressure to fit in can be overwhelming. It affects our everyday lives, influencing the music we listen to, the hobbies we pursue, and even the career paths we choose. Witnessing a friend fall victim to peer pressure opened my eyes to its pervasive nature. I watched as they abandoned their values to gain acceptance, only to realize it came at a steep cost i.e. their authenticity. Seeing their struggle made me vow to stay true to myself, even if it meant standing alone. Navigating peer pressure is a journey fraught with challenges, but it's one we must undertake to forge our identities. By drawing from personal experiences and learning from the mistakes of others, we can resist its influence and carve our own paths in life. After all, the true measure of character lies not in conformity but in the courage to be ourselves.

Vanshika Awasthi
Psychology Sec-A



I N P S Y C H F U L

Don't change so people will like you.
 Be Yourself and the right people will love the real you.



Resisting The Tide: Empowering Yourself Against the Peer Pressure

Peer pressure, a common aspect of social life, can sometimes lead to negative outcomes. But beyond the typical influence lies something more harmful – toxic peer pressure. Unlike positive peer influence, negative peer pressure pushes individuals into harmful behaviours. Understanding and addressing peer pressure is essential for creating supportive environments where people can grow without being pressured into harmful choices.

WHAT IS PEER PRESSURE?
 Peer pressure happens when our friends or peers pressurise us into doing things that are risky, harmful, or against our values. It can come in many forms, like teasing, bullying, or even just making us feel like we must fit in by doing something we do not want to do. Peer pressure can happen at school, online, or even in our neighbourhoods.

SIGNS OF PEER PRESSURE-
 It is important to recognize the signs of peer pressure so we can protect ourselves. Some signs include feeling uncomfortable or pressured to do something, worrying about what our friends will think if we do not go along with them, or feeling like we must do something just to fit in. If our friends are pressuring us to do things that make us feel bad or unsafe, that is a red flag.

HOW TO DEAL WITH PEER PRESSURE?
 There are ways to protect ourselves from toxic peer pressure. One way is to surround ourselves with positive influences – friends who support us and encourage us to make good choices. It is also important to trust our instincts and say no if something does not feel right. We can also talk to a trusted adult, like a parent or teacher, for advice and support.

Peer pressure is a part of life, but it does not have to control us. By recognizing the signs of peer pressure, understanding its effects, and learning how to stand up for ourselves, we can stay true to our values and make choices that are right for us. Remember, it is okay to be yourself and to choose friends who respect and support you.

EFFECTS OF PEER PRESSURE-
 Peer pressure can have serious effects on our lives. It can lead to feelings of stress, anxiety, or low self-esteem. We might start doing things we know are wrong or dangerous, like skipping school or using drugs, just to please our friends. This can harm our health, relationships, and future opportunities.

Rishita Chawla
 Psychology (1st year)

Let your Light Shine



I WANNA BE HER

A SPOTLESS BEDROOM
 SPENDS QUIET NIGHTS
 PILATES MORNINGS
 AND SHE'S GOOD WITH TIME

SHE WAKES UP AT THE RIGHT TIME
 SETS THE RIGHT VIBES
 SHE'S FUNNY BUT NEVER TOO MUCH
 MYSTERIOUS BUT ALWAYS IN TOUCH

I WONDER WHAT YOU SEE
 WHEN YOU SEE SOMEONE LIKE ME
 DO YOU SEE HER?
 WON'T YOU RATHER TOUCH MARBLE INSTEAD OF LIMESTONE

ALL I WISH TO BE IS SOMEONE DESERVING OF THE COMFORT THAT YOU BRING
 CAUSE DEEP INSIDE I WANNA BE HER
 SHE TAKES THE HIT BUT NEVER SHOWS YOU WHERE IT HURTS?

SEASONS CHANGE
 SAY YOU'LL STAY THE SAME
 LOOK MY WAY, LOOK YOUR WAY
 SAY OKAY, I'M OKAY

IN SEVEN YEARS TIME
 WILL I LOOK BACK AND WONDER
 WHY WAS I SUCH A MESS
 UNABLE TO RELAX

CAUSE DEEP INSIDE I WANNA BE HER
 SHE TAKES THE HIT
 BUT SWINGS BACK STRONGER THAN BEFORE
 LOOK MY WAY, LOOK YOUR WAY
 SAY OKAY, I'M OKAY



SAKSHI SINGH
 BCA - FSD (2ND SEM)

THE BATTLE WITHIN

In the dark room of her thoughts, between the chatter of doubts and the shadows of insecurities, she sits, with a heart burdened by the weight of expectations, both external and internal. She once danced freely in the joy of closeness, finding comfort in the warmth of friendship and admiration for those around her. But now, as the continuous march of time pushes her deeper into the maze of competition, she feels lost, suffocated by the emerging ghost of peer pressure.

With each passing day, it seems as though the world is spinning faster, leaving her forever chasing after the elusive prize of victory. She pours her soul into her aims, giving her all, yet still finds herself on the losing end of the battle. It's a cruel irony to give your best and still come up short, to watch others enjoy success while you're left standing in the shadows of defeat.

What once fueled her passion now threatens to consume her spirit. The whispers of self-doubt grow louder with each setback, echoing in her mind until they drown out the melody of her dreams. She sees herself reflected in the faces of her peers, her friends, her siblings, all seemingly outpacing her on the road to greatness. With each victory they achieve, she feels another brick added to the wall separating her from her aspirations. But through the darkness, there flickers a tiny flame of hope. Even in the depths of despair, there lies the potential for transformation. It is in these moments of trouble that we discover the strength within ourselves, the strength to rise from the ashes of defeat and move ahead with renewed determination.

Yes, the path may be filled with obstacles, and the journey may be long and hard. But every stumble is a lesson learned, and every defeat is a stepping stone toward a brighter tomorrow.

True victory lies not in the recognition we receive or the trophies we hoist high but in the courage to keep pushing forward, even when the odds are stacked against us. It will never be easy, but obviously, she's never walking alone. In each peer's eyes, she'll see a reflection of her own struggles and triumphs. She can honor their journey by celebrating their victories while reserving her greatest admiration for her own milestones.

The view is quite beautiful from here, isn't it? The top of the mountain where dreams are converted into reality by those daring enough to take off. The air is crisp with limitless possibilities. She need only breathe it in and let it refresh the flames of her ambition. Then she can join the others and shine in the glory of what she has achieved through her steady spirit. This is true victory - the victory of the self over the self. And no ghostly whisper of peer pressure can ruin the shine of such an accomplishment.

Tani Dubey
 MCA(2023-25)



I N P S Y C H F U L

THE DUAL EDGE OF PEER PRESSURE

Peer pressure can be both negative and positive, because if a person is a pressuring you for a good cause then it is motivation. Motivation is essential for the growth of a person. While peer pressure for a bad cause will always lead you to a disastrous situation.

Therefore, it is necessary for a person to not get influenced by the people around them. They should analyse the outcome of the deed in a strict manner. So that they may not do anything harmful for themselves. As this world is full of bad people, so you need to be careful about trusting anyone.

Peer pressure is advantageous in many ways. Most importantly it creates a sense of motivation in the person. Which further forces the person to cross the barrier and achieve something great. Furthermore, it boosts the confidence of a person. Because our brain considers people's opinions and makes them a priority.

Many salesmen and Entrepreneurs use this technique to influence people to buy their products. Whenever we are in a social meet we always get various recommendations. Therefore, when a person gets these recommendations the brain already starts liking it.

It creates a better image of that thing. This forces the person to buy the product or at least consider it. This peer pressure technique also works in creating a better character of a person. For instance, when we recommend someone for a particular job, the interviewer already gets a better image of that person. Because he is recommended by a person the interviewer trusts. Therefore, there is a great chance of that person to get hired.

Arham Jain
Management (BBA, 1st year)



BREAKING FREE

In the shadows where whispers thrive,
Lurks the poison of peer pressure alive.
A serpent's hiss in the cars of youth,
Leading astray, blurring the truth.

In the hallways where judgments reign,
Echoes the call of conformity's chain.
Toxic tongues weave webs of deceit,
Binding souls in a deceptive feat.

Underneath the guise of belonging,
Lies a trap where hearts are longing.
For acceptance, for fleeting praise,
Sacrificing self in misguided ways.

In the dance of influence, we sway,
Caught in the grip, led astray.
Masks worn to hide the inner strife,
Lost in the whirlwind of a toxic life.

Yet amidst the clamor, a voice must rise,
A beacon of truth, a solemn guise.
To stand against the tide's cruel flow,
And let individuality proudly show.

For in the face of toxic peer pressure's snare,
Courage and resilience become rare.
But with strength and wisdom, we may find,
The power to break free and truly shine.

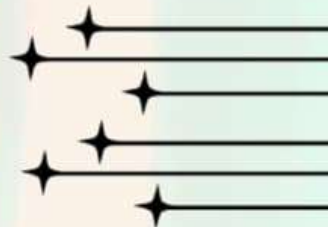
Gurnoor Kaur
Psychology (1st year-2sem)



PEER PRESSURE: A DICTATOR / A STUDENT'S PERSPECTIVE

The greatest prison people live in is the fear of what other people think... Do not let anyone dilute your opinions and confidence. Peer pressure can be referred as direct encouragement to engage in specific behaviors or activities irrespective of one's own opinion and willingness. As students we all have experienced a pressure to perform good in school; we do not want to behave a certain way but we do want to keep our image in front of our peers. We do experience peer pressure at every point. You do not want to bunk lectures or argue with authorities but you do to justify yourself as superior and brave. Such behavior slowly starts overruling our own intentions and behavior. You might not want to drink or smoke but you do under someone's influence. The real psychology behind such pleasure is: actually, humans are inherently social beings, and the need for acceptance and belonging can drive individuals to conform to peer expectations. Peer pressure is not all bad. Your friends may set plenty of good examples. Peers who are loyal, kind and goal-oriented can influence you to develop such qualities in you too. But you need to identify the good ones. Cunning peers may pressure you to do shoplifting, drugs, drinking, or some criminal offense ranging from mild to highly punishable. You must have heard "On, come on it's just one cigarette", such dialogues are generally used by them. And you think "It must be ok." To fit into the frames of society, you do everything. All confirmations you strive for, lowers your self-esteem. What you can do is "Listen to your gut." If you feel something is wrong or out of your comfort zone just do not do it. Learn to say 'No.' Most importantly hang out with people who feel the same way as you. The idea would sound funny but blame your parents like "If my mom finds out! I will be homeless." Regardless of all such things drive the car of your thoughts your way. Consider yourself a leader and believe that you have the potential to being a change.

Shweta Jain
Management (1st year-2nd sem)



Maintaining Integrity Amidst Social Influences

We have done many things just because our friends or peers have done them. For example, watching a movie, a TV series, bunking classes, etc. Now the question arises: what is peer pressure? It is the pressure we feel to do things so that we are accepted and valued by our friends. Peer pressure can be both negative and positive. For example, a child might be influenced to become more assertive or try new activities; similarly, a negative influence could be that some teenagers might choose to try things they normally would not be interested in, like smoking or behaving in an anti-social way.

Now the question arises: how do we deal with peer pressure? The first thing to do is to understand our own values and belief systems. Nobody wants to be controlled by others, and when we know what is important to us, it becomes easier to resist pressure that goes against our beliefs. Choosing your friends wisely can be a great way to avoid peer pressure. Building a habit of saying 'no'. We can deal with peer pressure with the necessary skills, open communication, and a supportive environment.

Navya Rana
Psychology (2nd year-4 sem)



