

Mixed-Methods Research on How Teenagers Respond to Conformity and Peer Pressure through Resilience

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Abstract

Adolescence is a critical developmental phase characterized by significant social, emotional, and cognitive changes. During this period, peer pressure and conformity plays a crucial role in shaping adolescent behaviours and decision-making. This study aims to analyze the role of resilience in helping adolescents navigate the challenges of peer pressure and conformity within their social environment. The mixed method research was conducted to achieve that goal. A qualitative research method was employed, involving 100 adolescents to partake and fill out a survey that was using three validated and reliable instruments, that being The Resilience Scale (Wagnild & Young), The Peer Pressure Questionnaire (Saini), and The Conformity Scale (Mehrabian & Stefl). Data analysis was conducted using the Pearson and Spearman correlation tests by using SPSS 25.0. The findings indicate a strong inverse correlation between resilience and peer pressure ($r = -0.81, P < 0.05$) as well as between resilience and conformity ($r = -0.78, P < 0.05$). The qualitative research method was conducted, involving 7 adolescents as participants. The results indicate that teenagers in this study generally possess strong resilience, which functions as a protective factor against negative peer pressure and conformity. This suggests that individuals with higher resilience levels tend to experience less peer pressure and conformity, hence they are less likely to conform to group norms. These results highlight resilience as a protective factor that enables adolescents to maintain independence in decision-making and reduce negative social influences. This study provides significant implications in developmental psychology and education, emphasizing the need for resilience-based interventions to help adolescents manage social pressures in a more adaptive and healthy manner.

Keywords: Resilience, Conformity, Mental health, peer pressure, adolescents