

Postive vs. Negative Peer Pressure: How It Affects Teen Mental Health

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Background

Peer pressure is the influence people your age have on your thoughts, feelings, and actions. It can be positive or negative and affects decisions about school, friendships, behaviors, and mental health.

Research shows both positive and negative peer pressure have a big impact on teens well-being.

However, there is limited research that directly compares the effects of positive vs. negative peer pressure on teens mental health and overall well-being.

GAP: This study fills the gap by comparing the effects of positive and negative peer pressure on teens' mental health and overall well-being.

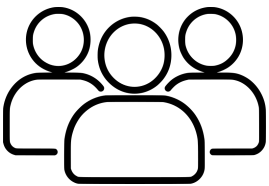
Research Questions

RQ1. How do the effects of positive peer pressure compare to the effects of negative peer pressure on teens' mental health and overall well-being?

Methods

- Secondary Data Approach
- Types of sources reviewed:
 - Peer-reviewed articles
 - Reports and studies
 - Trusted websites

Participants & Setting



16 classmates sureyed

Anonymous classroom survey
(Google Forms)

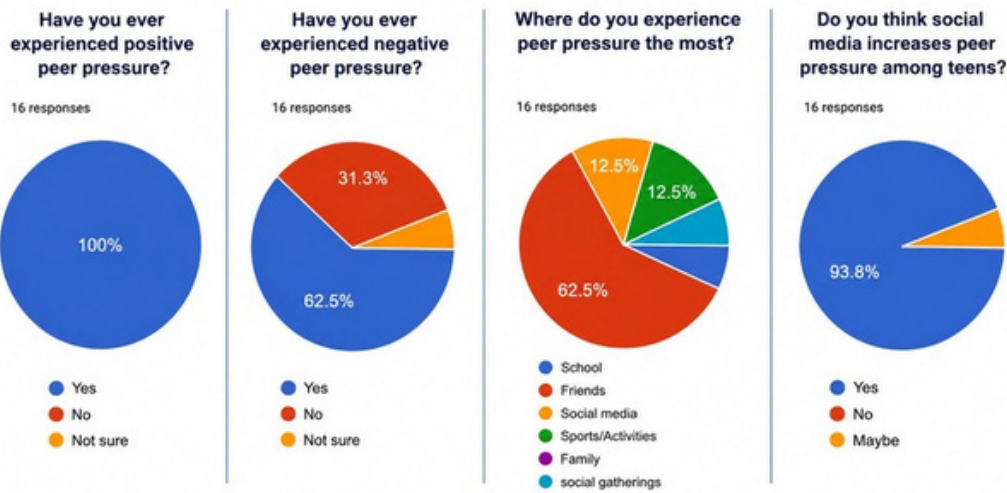
Peer Pressure Survey.

Results - Primary Finding

Grades top the list of pressures teens face; girls and boys feel pressured in different areas.

Results - Secondary Finding

(CLASSROOM SURVEY RESULTS, 16 RESPONSES)



Data Sources & Measures

- Peer pressure statistics from Pew Research Center
- Information and strategies from Children's Health
- Articles from Hillside Horizon for Teens
- Information from Mountain Family Health Center
- Google Forms survey questions about peer pressure, social media, and ways to handle negative pressure
- Data provenance: Secondary research and primary data from Google Forms classroom survey.

Analysis

- Quantitative is analysis: Descriptive statistics (percentages and counts) from Google Forms responses
- Qualitative analysis: Thematic review of research findings
- Integration: Compared classroom survey results with findings from published research

Discussion & Implications

- Our findings show that positive peer pressure supports mental health and success, while negative peer pressure increases stress, anxiety, and risky behaviors.
- Social media makes peer pressure stronger by creating constant comparison and the need for online validation.
- Schools, families , and communities should encourage postive friendships and teach teens how to resist negative peer pressure. Supportive environments can improve teen mental health and overall well-being.

Limitations

- This study used secondary research and a small classroom survey.
- Results may not represent all teens or all communities.
- More studies are needed that compare positive and negative peer pressure directly.

Conclusion

- Peer pressure is a part of every teen's life.
- Positive peer pressure can build us up and help us succeed.
- Negative peer pressure can harm mental health and lead to risky choices
- Social media has made peer pressure stronger than ever.
- Supportive friends, self-confidence, and saying "no" can help us make better decisions.

References

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