



## Peer Influence on Adolescent Development: A Systematic Review

*Machika Khoirunnisa Sari Basuki*<sup>a\*</sup>, *Mellenia Dinda Saputri*<sup>a</sup>, *Iswinarti*<sup>b</sup>

<sup>a</sup> Faculty of Psychology, University of Muhammadiyah Malang, Jl. Raya Tlogomas No. 246 Malang – Jawa Timur 65144, Indonesia

<sup>b</sup> Prof., University of Muhammadiyah Malang, Jl. Raya Tlogomas No. 246 Malang – Jawa Timur 65144, Indonesia

Doi: <https://doi.org/10.55248/gengpi.5.0524.1341>

### ABSTRACT

Peer groups in adolescents make adolescents very dependent on friends as a source of pleasure and their attachment to peers is very strong. The more individuals adjust to their peers, the stronger the individual's emotional bond. Based on the results of the literature review of 15 research articles, it can be concluded that the influence of peer groups on adolescents has more negative impacts than positive impacts. The positive impacts of peer groups are prosocial behavior, and adolescent self-confidence, while the negative impacts of peer groups are dating violence, smoking, alcohol use, gambling, impulse buying, anxiety, withdrawal, sexual behavior, and aggressive behavior.

Keywords: peer group, adolescent

### 1. Main text

Adolescence is a time where the transition from childhood to adulthood. In this moment, there are very decisive times for future lives. In the developmental task, adolescents will go through several phases with varying degrees of difficulty. Adolescence is a fun time as well as the hardest time in one's life. At this time a child begins to search for himself. A teenager can no longer be called a child, but cannot yet be considered an adult. On the one hand, adolescents want to be free and independent, free from the constraints of parents with the aim of discovering their identity. The process of separation from parents is followed by the process of finding and joining their peers because they feel the same (Yunia et al., 2019). According to Erikson in adolescence, adolescents try to break away from their parents with the intention of finding themselves, this process is called the process of seeking ego identity, where adolescents must be quick to adjust to their surroundings such as the school environment and peers (Rahmayanthi, 2017).

The development of a teenager's personality is the result of a continuous relationship and mutual influence between the person and his environment. The environment is very influential for adolescents. If the environment is good, it will be good, and vice versa. If they are in a bad environment, they will be affected by bad relationships. In addition, during adolescence, individuals are required to be able to display behaviors and personalities that are considered appropriate or appropriate for people their age. There are changes both inside and outside of him making the needs of adolescents increase, especially their social needs and psychological needs (Hafizha Mayara et al., 2016). In fulfilling these needs, adolescents expand their social environment outside the family environment such as peers.

Peer groups in adolescents make adolescents become very dependent on friends as a source of their pleasure and their attachment to peers is so strong (Yuliantari & Herdiyanto, 2015). In addition, teenagers spend their time hanging out with peers, which requires them to follow the trends and activities carried out by their friends, including hairstyles, fashion, musical tastes, and other things (Permata & Nasution, 2022). This also causes adolescents to conform their own opinions to those of the majority members of the peer group. Group norms can jeopardize of adolescent identity formation, although the norms in the group are not bad norms, but adolescents will be more concerned with their role as members of the group than developing their own norm patterns.

### 2. Method

The preparation of this literature review begins with the stage of making research questions, using SPIDER formulations (*Sample, Phenomenon of Interest, design, Evaluation, Reserch Type*) with reference to this systematic question, the authors compiled research questions. The research question in this review is, what are the impacts of peer conformity on adolescents?. Next, the author continues the process by designing search *keywords* on the database. After the author got the terms from the research question, the author continued the search with the terms found, namely *Peer Group* and *Adolescent*. From several search terms, the author entered several databases, namely *Google Scholar* and *Scopus*. After several articles were collected, the author did a duplication check using *Mendley* and *Rayyan*. The author filters from the title and abstract, and continues with the entire manuscript. After selection from 1174 journals, there were 15 journals that matched the criteria, namely looking for the impact of peer conformity.

\* Corresponding author. Tel.: +0-000-000-0000 ; fax: +0-000-000-0000.  
E-mail address: author@institute.xxx

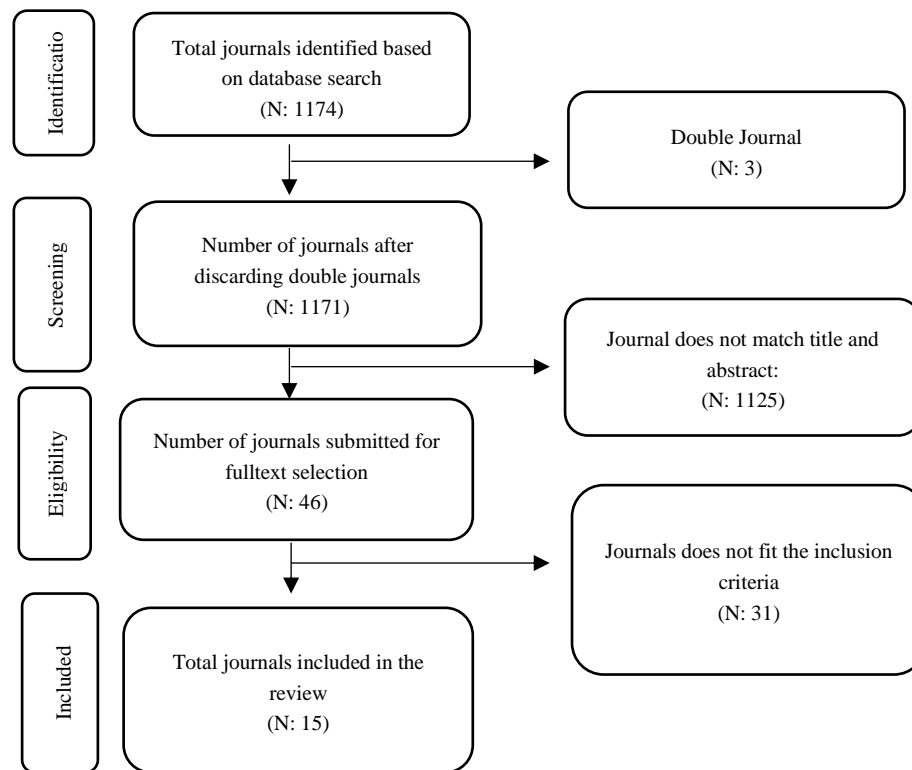


Figure 1. PRISMA Graph for Journal Selection Flow

The journal selection flow can be seen through the prism chart in Figure 1. Researchers determine limits in journal reviews by 1) Journal content discusses the impact of conformity, 2) Year of journal publication from 2013-2022, 3) English-language journals, 3) Types of quantitative research. Some of the journal criteria that will not be selected are 1) Journal that discusses conformity but does not include the impact of conformity, 2) does not use English, 3) Articles in the form of books, meta-analysis, and research without the method is not clearly described.

### 3. Result and discussion

Peers are an environment for adolescents to interact and develop their self-identity. The interaction between adolescents and peers occurs because of similarities in social groups, such as school friends or friends at work (Aulia & Arfianty, 2020). Peer influence is strong enough to make adolescents as individuals do something that damages or violates social norms. Similarly, when group members try to drink alcohol, drugs or engage in social behavior, adolescents who have a high level of conformity tend to follow suit regardless of the consequences for themselves. This is not too surprising, the reason is that adolescents really want to be accepted so that they will do anything according to the assessment and approval of peer groups in order to be accepted and recognized in the group (Umam, 2021).

Peers also contribute to shaping a person's behavior and mindset. In adolescence into adulthood, individuals experience a critical period in which rejection from peer groups can trigger depression. Therefore, they tend to seek their identity explicitly (Alviyan et al., 2020). It also causes adolescents to conform their own opinions to those of the majority of group members. Group norms can be harmful adolescents' identity formation, although group norms are not bad norms, but adolescents will be more concerned with their role as group members than developing their own norm patterns. The influence of peer groups is one of the important phenomena that can be the key to adolescent behavior. The development that occurs in adolescents from an emotional point of view, there are *mood* changes that tend to decrease, being able to express their own emotions, and starting to understand the feelings of others (Adhi & Dwityanto, 2018).

The influence of peers in adolescence can be both positive and negative. Generally adolescents engage in all forms of negative conformity behavior, such as using abusive language, stealing, damaging, and making fun of parents and teachers (Isnaeni, 2021). However, not a few also stated that peers have a positive impact and have the desire to be involved in the world of their peers, including wearing clothes similar to friends and the desire to spend time with members of a social group (Diananda, 2018). This systematic review will show some of the impact of peer groups on adolescents.

Table 1. List of impact of peer conformity on adolescents

No.	Author	Subject	Impact
1	Foshee et al., (2013)	3,412 People	Friends have an impact on the development of violent acts in adolescent dating

2	Huang et al., (2014)	1,563 Students	Online friends can has an impact on smoking habits and alcohol use in adolescents. Meanwhile, adolescents who have drinking friends have a higher level of risk to be a drinker. In addition, adolescents who do not have drinking friends are more likely to be affected by higher from online media exposure.
3	Choukas-Bradley et al., (2015)	304 Early adolescence	Popular teens are more affect the prosocial behavior of other adolescents.
4	Van Hoorn et al., (2016)	76 Teens	Peers influence risk-taking in adolescents. Adolescents take into account the uncertainties associated with gambling, as well as the social norms conveyed by peers.
5	Adri et al., (2021)	150 Teens	conformity affects the impulse buying variable.
6	Johal & Mehta (2015)	200 Teens	Peer pressure has a significant relationship with behavioral problems (anxiety, withdrawal, aggression)
7	Stautz & Cooper (2014)	269 Students	Peers influence the tendency to act impulsively when in a high emotional state.
8	Istia et al., (2023)	100 People	Peer conformity is related to confidence in high school students
9	Niu (2013)	2,419 adolescents	Adolescent purchasing decision making can be strengthened by peer influence.
10	Osgood et al., (2013)	13,214 individuals	Adolescents view alcohol use as an interesting activity, besides that friendship opens up opportunities for adolescents to drink alcoholic beverages.
11	Tian et al., (2020)	140 teenage students	Youth with low self-esteem may engage in riskier behaviors (e.g., driving more recklessly) when in the presence of their peers than when alone.
12	Hastutii et al., (2023)	134 participants	There is a significant relationship between sexual behavior and social media use and peer influence.
13	Deepika & Prema (2017)	7546 students.	The influence of peers plays a role in reducing academic achievement.
14	Li & Guo (2016)	2,000 students	There is an influence of roommates on aggressive behavior more visible in male students than female students
15	Van Hoorn et al., (2016)	197 teenagers	Peer influence not only creates vulnerability, but also opportunities for healthy prosocial development and learning social adjustment.

The systematic review carried out seeks to answer research questions about what are the impacts of conformity on adolescents. Answering these questions can be seen that not all peer influences on adolescents have a negative impact, but also a positive impact. Some journals say that peer groups have a positive impact, such as prosocial behavior and self-confidence in adolescents. Peer influence, basically, is not a negative activity. The peer socialization process involves the adjustment of adolescents to peer strengthening of social norms (Choukas-Bradley, 2015). In line with research conducted by Istia et al., (2023) shows that peers have an impact on adolescent self-confidence.

In addition, several other journals say that peer groups have a negative impact, namely, acts of dating violence, smoking habits, alcohol use, gambling, impulsive purchases, anxiety, withdrawal, sexual behavior, aggressive behavior. Peer influence will tend to increase the number of alcohol drinkers, along with the considerable increase that occurs during adolescence (Osgood et al., 2013). Research conducted by (Hastutii et al., 2023) also shows that there is a significant relationship between peer influence and risky sexual behavior. High peer influence tends to lead to high-risk sexual behavior. Thus, the negative impact of conformity generally results in delinquent behavior in adolescents.

#### 4. Conclusion

This literature review aims to explain the negative impact and also the positive impact of the existence of peer groups on adolescents. Based on the results of a literature review of 15 research articles, it can be concluded that the influence of peer groups on adolescents has more negative impacts than positive impacts. The positive impact of the influence of peer groups is prosocial behavior, and adolescent self-confidence, while the negative impact of the

influence of peer groups, namely acts of violence in relationships, smoking habits, alcohol use, gambling, impulsive purchases, anxiety, withdrawal, sexual behavior, aggressive behavior.

### Acknowledgements

Thank you to the lecturer of the developmental psychology course, Mrs. Prof. Dr. Iswinarti, M.Si who provides input and guidance during the process of carrying out this task. I would also like to thank Mr. Surahman, M.Sc, who provided training to introduce and show how to prepare a systematic review. For the support of my parents, I would like to thank you so that this systematic review can be prepared.

### References

- Adhi, B. P., & Dwityanto, A. (2018). Hubungan antara konformitas teman sebaya dengan kenakalan remaja. (Doctoral dissertation, Universitas Muhammadiyah Surakarta).
- Adri, E. V., Setiawan, D., & Methindo, O. (2021). Relationship of Conformity with Adolescent Impulsion Buying Behavior on Fashion Products in Marketplace with Self-Control as a Moderating Variable. *Tazkiya: Journal of Psychology*, 9(2), 133–143. <https://doi.org/10.15408/tazkiya.v9i2.22523>
- Alviyan, A., Mahardhani, A. J., & Utami, P. S. (2020). Peran Kelompok Teman Sebaya Dalam Upaya Pembentukan Moral Siswa Di Kabupaten Ponorogo. *Civic-Culture: Jurnal Ilmu Pendidikan PKn Dan Sosial Budaya*, 1–14.
- Aulia, S. L. R., & Arfianty, U. (2020). Pengaruh Teman Sebaya Terhadap Perilaku Remaja Seksual Di Sma Negeri 1 Parepare. *Jurnal Ilmiah Manusia Dan Kesehatan*, 3(3), 2614–3151. <http://jurnal.umpar.ac.id/index.php/makes>
- Choukas-Bradley, S. (2015). Peer Influence, Peer Status, and Prosocial Behavior: An Experimental Investigation of Peer Socialization of Adolescents' Intentions to Volunteer. *Journal of Youth and Adolescence*, 44(12), 2197–2210. <https://doi.org/10.1007/s10964-015-0373-2>
- Choukas-Bradley, S., Giletta, M., Cohen, G. L., & Prinstein, M. J. (2015). Peer Influence, Peer Status, and Prosocial Behavior: An Experimental Investigation of Peer Socialization of Adolescents' Intentions to Volunteer. *Journal of Youth and Adolescence*, 44(12), 2197–2210. <https://doi.org/10.1007/s10964-015-0373-2>
- Deepika, K., & Prema, N. (2017). Peer Pressure in Relation to Academic Achievement of Deviant Students. *International Journal Of Environmental & Science Education*, 12(8), 1931–1943.
- Diananda, A. (2018). Psikologi Remaja Dan Permasalahannya. *Istighna*, 1(1), 116–133. [www.depkes.go.id](http://www.depkes.go.id)
- Foshee, V. A., Benefield, T. S., Reyes, H. L. M. N., Ennett, S. T., Faris, R., Chang, L. Y., Hussong, A., & Suchindran, C. M. (2013). The Peer Context and the Development of the Perpetration of Adolescent Dating Violence. *Journal of Youth and Adolescence*, 42(4), 471–486. <https://doi.org/10.1007/s10964-013-9915-7>
- Hafizha Mayara, B., Yuniarrahmah, E., Mayangsari, M. D., & Kunci, K. (2016). Hubungan Kepercayaan Diri Dengan Konformitas Pada Remaja. *Jurnal Ecopsy*, 74–81.
- Hastutii, P., Salsabila, R., Budiarti, A., & Yunitasari, E. (2023). The correlation between social media use, peer influence, and sexual behaviour among adolescents. *Journal of the Pakistan Medical Association*, 73(2), S39–S41. <https://doi.org/10.47391/JPMA.Ind-S2-9>
- Huang, G. C., Unger, J. B., Soto, D., Fujimoto, K., Pentz, M. A., Jordan-Marsh, M., & Valente, T. W. (2014). Peer influences: The impact of online and offline friendship networks on adolescent smoking and alcohol use. *Journal of Adolescent Health*, 54(5), 508–514. <https://doi.org/10.1016/j.jadohealth.2013.07.001>
- Isnaeni, P. (2021). Konformitas Terhadap Perilaku Agresif Pada Remaja. *Jurnal Imiah Psikologi*, 9(1), 121–128. <https://doi.org/10.30872/psikoborneo>
- Istia, D. A., Mardhati, L., & Rahma, N. (2023). The Relationship Between Peer Conformity With The Confidence Of User Of Social Networking Snapchat On High School Students Of Muhammadiyah 4 Cawang East Jakarta. *European Journal of Psychological Research*, 10(1), 7–11. [www.idpublications.org](http://www.idpublications.org)
- Johal, D. S., & Mehta, R. (2015). Behavioral problems in relation to peer pressure among adolescents. *Indian Journal of Health and Wellbeing*, 6(2), 156–160. [http://www.iahrw.com/index.php/home/journal\\_detail/19#list](http://www.iahrw.com/index.php/home/journal_detail/19#list)
- Li, Y., & Guo, G. (2016). Peer Influence on Aggressive Behavior, Smoking, and Sexual Behavior: A Study of Randomly-assigned College Roommates. *Journal of Health and Social Behavior*, 57(3), 297–318. <https://doi.org/10.1177/0022146516661594>
- Niu, H. J. (2013). Cyber peers' influence for adolescent consumer in decision-making styles and online purchasing behavior. *Journal of Applied Social Psychology*, 43(6), 1228–1237. <https://doi.org/10.1111/jasp.12085>
- Osgood, D. W., Ragan, D. T., Wallace, L., Gest, S. D., Feinberg, M. E., & Moody, J. (2013). Peers and the emergence of alcohol use: Influence and selection processes in adolescent friendship networks. *Journal of Research on Adolescence*, 23(3), 500–512. <https://doi.org/10.1111/jora.12059>
- Permata, J. T., & Nasution, F. Z. (2022). Perilaku Bullying Terhadap Teman Sebaya Pada Remaja. *Educativo: Jurnal Pendidikan*, 1(2), 614–620. <https://doi.org/10.56248/educativo.v1i2.83>

- Rahmayanthi, R. (2017). Konformitas Teman Sebaya dalam Perspektif Multikultural. *Jomsign: Journal of Multicultural Studies in Guidance and Counseling*, 71–82.
- Stautz, K., & Cooper, A. (2014). Brief report: Personality correlates of susceptibility to peer influence in adolescence. *Journal of Adolescence*, 37(4), 401–405. <https://doi.org/10.1016/j.adolescence.2014.03.006>
- Tian, L., Dong, X., Xia, D., Liu, L., & Wang, D. (2020). Effect of peer presence on adolescents' risk-taking is moderated by individual self-esteem: An experimental study. *International Journal of Psychology*, 55(3), 373–379. <https://doi.org/10.1002/ijop.12611>
- Umam, N. (2021). Konformitas Teman Sebaya dan Perilaku Kenakalan Remaja di Sekolah. *Jurnal Studi Islam Dan Kemuhammadiyahahan (JASIKA)*, 1(2).
- Van Hoorn, J., Crone, E. A., & Van Leijenhorst, L. (2017). Hanging Out With the Right Crowd: Peer Influence on Risk-Taking Behavior in Adolescence. *Journal of Research on Adolescence*, 27(1), 189–200. <https://doi.org/10.1111/jora.12265>
- van Hoorn, J., van Dijk, E., Meuwese, R., Rieffe, C., & Crone, E. A. (2016). Peer Influence on Prosocial Behavior in Adolescence. *Journal of Research on Adolescence*, 26(1), 90–100. <https://doi.org/10.1111/jora.12173>
- Yuliantari, M. I., & Herdiyanto, Y. K. (2015). Hubungan Konformitas Dan Harga Diri Dengan Perilaku Konsumtif Pada Remaja Putri Di Kota Denpasar. *Jurnal Psikologi Udayana*, 2(1), 89–99.
- Yunia, S. A. P., Liyanovitasari, L., & Saparwati, M. (2019). Hubungan Kecerdasan Emosional dengan Kenakalan Remaja pada Siswa. *Jurnal Ilmu Keperawatan Jiwa*, 2(1), 55–64.