

**THE RELATIONSHIP BETWEEN PEER GROUP PRESSURE AND SMOKING
HABITS AMONG ADOLESCENTS IN SELECTED BOYS SECONDARY SCHOOL IN
OVIA NORTH EAST LOCAL GOVERNMENT.**

BY

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**FACULTY OF EDUCATION,
UNIVERSITY OF BENIN
BENIN CITY**

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**A PROJECT PRESENTED TO THE DEPARTMENT OF EDUCATIONAL
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DEDICATION

This project is dedicated to God Almighty for making it possible for me to complete this phase of my academic life and to my parents for their support throughout my entire stay in the University.

CERTIFICATION

We, the undersigned, certify that this research was carried out by Esther Aimaloyi ENNIS in the of Department Educational Evaluation and Counselling Psychology, Faculty of Education, University of Benin,.

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ABSTRACT

The study was designed to determine The relationship between peer group pressure and smoking habits among adolescents in selected boys secondary school in ovia north- east Local Government. In order to achieve the purpose intended for the study, three research questions were raised to guide the study. The questions raised and examined include: What is the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North-East Local Government Area,. Is there difference in the influence of peer pressure on smoking habits among boys in secondary school in Ovia North- East Local Government Area based on age, What is the difference in the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North -East Local Government Area based on school ownership.

The simple random sampling technique was employed. A total sample size of 100 respondents were randomly selected from some secondary schools in Benin City. The instrument used for the study was a structured questionnaire.. The data collected were organized into frequency tables. The Cronbach Alpha was used to determine the reliability of the instrument. The questionnaire was administered to a group of 20 respondents which were not part of the study. The result of their responses were correlated and a Cronbach coefficient of .680 was obtained. This shows that the instrument is reliable. The simple percentage and frequency count method was used to descriptively analyze the collected data. The major findings from the study were the influence of peer pressure on smoking habits among adolescent boys in secondary

schools in Ovia North- East Local Government Area were that Peer influence significantly impacts adolescents' decisions to smoke, Adolescents often start smoking to conform to the behaviors of their peer groups, There is a prevailing perception that smoking is necessary for acceptance within certain peer groups.

The findings discovered difference in the influence of peer pressure on smoking habits among boys in secondary school in Ovia North- East Local Government Area based on age which were Older students are more likely to influence younger students to smoke, Younger student are more vulnerable to peer pressure, Students of different ages are equally influenced by peer pressure to smoke, Older students are more resisted to peer pressure related to smoking. The difference in the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North -East Local Government Area based on school ownership was that School ownership does not impact peer pressure related to smoking, Students in all types of schools face equal peer pressure to smoke .In view of the findings the following recommendations are hereby offered; Schools should organize events to teach students about why smoking is bad and how to say no to peer pressure, Provide help for students who feel pressured to smoke, so they can be more confident, Parents should talk to their kids about not smoking and support them in making good choices, Schools should have strict rules against smoking and punish those who break them, Make sure every student feels accepted for who they are, so they don't feel the need to smoke to fit in, Get the community involved in teaching kids about the dangers of smoking

TABLE OF CONTENTS

	PAGE
TITLE	ii
CERTIFICATION	iii
DEDICATION	iv
ACKNOWLEDGEMENTS	v
ABSTRACT	vi
CHAPTER ONE: INTRODUCTION	
Background to the study	1
Statement of the problem	4
Research questions	5
Purpose of the Study	6
Significance of the study	7
Scope and Delimitation of the study	8
Definition of Terms	10
CHAPTER TWO: REVIEW OF RELATED LITERATURE	
Theoretical Framework	
Concept of Peer Group Pressure on Adolescents	
Concept of Smoking on Adolescents	

Influence of Peer Pressure on Smoking habits among adolescents in secondary schools

Implications of Smoking Habits on Adolescents in Secondary Schools

Summary of Reviewed Literature

CHAPTER THREE: METHODOLOGY

Design of the Study

Population of the Study

Sample and Sampling Techniques

Research Instruments

Validity of the Instruments

Reliability of the Instrument

Method of Data Analysis

CHAPTER FOUR: PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

Presentation of Results

Discussion of Findings

CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

Conclusions

Recommendations

REFERENCES

APPENDICES

LIST OF TABLE

Table 1: One table sampled t-test of peer pressure on smoking.

Table 2: ANOVA of peer pressure on smoking by Age

Table 3: positive of peer pressure on smoking by age

Table 4 : t- test of independent samples of peer pressure on smoking by school ownership

Table 5: ANOVA of peer pressure on smoking by Religion

CHAPTER ONE

INTRODUCTION

Background to the Study

The prevalence of smoking among adolescents plays a significant public health concern, an urgent component adding to adolescent smoking propensities is peer pressure. Adolescents frequently end up under gigantic impact from their friends, looking for acknowledgment and approval inside their groups of friends. This study expects to investigate the connection between peer group pressure and smoking habits among adolescents, revealing insight into the complicated elements that add to this dangerous way of behaving. By understanding these impacts, mediations and anticipation methodologies can be created to moderate the effect of peer group tension on smoking inception and suspension.

According to Phinney (2006), Adolescence is a period set apart by identity exploration and desire for social acceptance. Peers assume a significant part in forming a singular's mentalities, ways of behaving, and dynamic cycles. This impact turns out to be especially strong with regards to smoking. Adolescents are bound to participate in smoking when their friend group comprises of smokers, as smoking is frequently connected with disobedience, economic wellbeing, and development. Subsequently, examining the effect of peer group pressure on smoking habits is fundamental for grasping the instruments hidden this way of behaving.

Past research has reliably exhibited areas of strength between peer group pressure and adolescent smoking habits Simons-Morton et al (2010) .Various investigations have discovered that youths

who have peers who smoke are bound to explore different avenues regarding smoking themselves, this affiliation is halfway credited to the mental requirement for similarity and the longing to fit in inside their groups of friends. Adolescents might see smoking as a way to lay out or keep up with social associations, prompting the commencement and heightening of smoking habits.

Moreover, peer group pressure is a multi-layered build that incorporates different aspects. Other than direct strain to smoke, companions can in a roundabout way impact smoking habits through normal practices, saw notoriety, and social support. The craving to adjust to bunch standards and keep away from social rejection can constrain teenagers to take on smoking ways of behaving, regardless of whether they by and by have second thoughts about smoking. Understanding the various types of companion impact is essential for contriving viable mediations and avoidance programs.

The relationship between peer group pressure and smoking habits among adolescents in secondary schools have been the subject of extensive research due to their significance in understanding the factors contributing to adolescent behavior. This topic stems from the broader field of social psychology, which examines how individuals' thoughts, feelings, and behaviors are influenced by the social environment.

According to Kobus (2003) the influence of peer group pressure on smoking habits among adolescents in secondary schools might be intervened by individual factors like confidence, self-character, and powerlessness to peer impact. Adolescents with low confidence or frail individual personalities might be more defenseless to the impact of their friends, making them bound to

take part in smoking. By taking into account individual contrasts and individual qualities, this study plans to give a thorough comprehension of how peer group pressure interfaces with individual elements to shape smoking habits among adolescents in secondary schools. During the adolescent period, young individuals undergo a transformative journey characterized by significant cognitive and emotional shifts. These changes often lead to alterations in how they process information and interact with the world around them. Younger adolescents, typically ranging from early to mid-adolescence, often display a heightened susceptibility to peer pressure. This susceptibility stems from their intense desire to fit in and gain acceptance within their peer groups. At this stage, the need for social validation and belonging can override individual decision-making, making them more susceptible to conforming to group norms, even if those norms are potentially harmful.

The desire to be part of a particular social circle might lead younger adolescents to engage in smoking if their peers are doing so. Conversely, as adolescents progress into later stages of adolescence, this is where age could determine this influence; they tend to exhibit a growing sense of independence and autonomy. Older adolescents, typically in the late stages of adolescence, develop a stronger self-identity and a greater capacity to resist peer pressures that conflict with their own beliefs and values. This emerging sense

of self often fosters the courage to assert their individuality and make decisions based on personal judgment rather than external influences.

The relationship between peer group pressure and smoking habits among adolescents is intricately intertwined with these cognitive and emotional developments. According to Aquilino (1997) the strength of this relationship evolves over time as adolescents mature. While younger adolescents might succumb to the allure of peer pressure, older adolescents are more likely to resist such pressures, favoring their own judgment and values . This developmental trajectory underscores the importance of recognizing the distinct stages of adolescence and tailoring interventions that target the specific cognitive and emotional needs of individuals at different points in their journey towards adulthood.

Arbuthnott, (2009) the distinction between public and private schools goes beyond just administrative structures; it encompasses distinct social norms, values, and overall environments that can influence students' behaviors, including smoking habits. Private schools often exhibit a more controlled and structured atmosphere, with potentially stricter regulations on student conduct. This could result in different perceptions of smoking, as private schools may prioritize health-conscious behaviors and discourage smoking due to the potential conflict with their established values.

Moreover, the social environment within private schools might lead to varying degrees of peer group pressure related to smoking. Private schools could foster a sense of exclusivity and conformity to the school's image, influencing students to avoid behaviors like smoking that might be deemed contrary to the institution's identity. On the other hand, public schools generally encompass a more diverse student body, which could lead to a wider range of attitudes and behaviors towards smoking. Peer pressure related to smoking might be more pronounced in

public schools due to the larger and potentially more heterogeneous social circles, where different values and influences can intertwine. And also the level of supervision and support from school authorities can significantly differ between public and private schools. Private schools

Furthermore, researching the connection between peer group and smoking habits among adolescents is significant for understanding the perplexing elements affecting smoking commencement and continuation. By inspecting the different components of companion impact and taking into account individual factors, this study expects to contribute significant bits of knowledge into the improvement of viable counteraction techniques and mediations to decrease adolescents smoking rates.

In conclusion the prevalence of smoking is notably higher among those who succumb to peer pressure, underscoring the need for targeted interventions and educational programs to mitigate the negative impact of such pressures. Recognizing the power of peer influence, it becomes imperative for educators, parents, and policymakers to collaborate in creating an environment that fosters healthy choices, empowers adolescents to resist negative influences, and equips them with the necessary skills to make informed decisions about their well-being. By understanding and addressing the dynamics of peer group pressure, we can pave the way for a healthier and smoke-free future for the adolescent population as this study will sheds light on the intricate relationship between peer group pressure and smoking habits among adolescents in selected boys' secondary schools in Ovia-North Local Government Area

Statement of the Problem

Smoking is a prevalent issue among adolescents, and understanding the role of peer group pressure in shaping smoking habits is essential for developing effective prevention and intervention strategies in the society most especially in a place like Nigeria.

Peer group pressure as to the influence exerted by one's social circle, particularly friends and peers, to conform to certain behaviors, attitudes, or norms. Smoking, as a risky behavior, often becomes a target for peer influence during adolescence. The desire for social acceptance and the fear of rejection can lead adolescents to engage in smoking to fit in with their peers. Moreover, peer groups may directly or indirectly promote smoking through various means, such as providing cigarettes, encouraging experimentation, or normalizing smoking behaviors. Understanding the extent to which peer group pressure influences smoking habits is crucial for developing targeted prevention programs and interventions

Schools provide a unique social environment where adolescent boys spend a significant amount of time interacting with their peers. The cultural and social dynamics within the schools may influence the prevalence and acceptance of smoking behaviors. By examining the specific context, this study seeks to uncover the relationship of peer pressure and smoking among adolescents, thereby providing valuable insights for

designing evidence-based interventions to mitigate the negative impact of peer group pressure on smoking habits. The selected boys' secondary schools in Ovia North-East Local Government

serve as an ideal setting to investigate the relationship between peer group pressure and smoking habits among adolescents

Research Questions

Based on the problem raised above, the following research questions are formulated

1. What is the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North- East Local Government Area?
2. Is there difference in the influence of peer pressure on smoking habits among boys in secondary school in Ovia North- East Local Government Area based on age?
3. What is the difference in the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North -East Local Government Area based on school ownership?

Hypothesis

1. There is no significant influence of Peer pressure on smoking among adolescent boys in secondary schools in Ovia North –East Local Government Area
2. There is no significant influence of Peer pressure on smoking among adolescent boys in secondary schools in Ovia North –East Local Government Area based on age
3. There is no significant difference of Peer pressure on smoking among adolescent boys in secondary schools in Ovia North –East Local Government Area based on school ownership

Purpose of the Study

The main aim of this study is to determine relationship between peer group pressure and smoking habits among adolescents in selected boys secondary school in ovia north- east local government and also

1. Examine the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North- East Local Government Area?
2. Determine if there is difference in the influence of peer pressure on smoking habits among boys in secondary school in Ovia North- East Local Government Area based on age?
3. Examine the difference in the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North -East Local Government Area based on school ownership?

Significance of the Study

Specifically this study will investigate the influence of peer group pressure and smoking habits among adolescents in selected boys secondary school in ovia north- east local government based on age and school ownership.

The major beneficiaries would be Parents, Guardians, Educators, School administrators, Health care Professionals, Policy makers and Public health Officials.

The findings of this study may bring insights greatly to benefit parents and guardians by equipping them with a deeper understanding of how peer influences contribute to their children's smoking behavior. Armed with this knowledge, they can implement more effective communication strategies and preventive measures to steer their adolescents away from smoking.

The findings of this study will probably help educators and school administrators stand to gain from this research as well. By comprehending the dynamics between peer pressure and smoking, they can develop targeted intervention programs and curricula that educate students about the risks associated with smoking and empower them to resist negative influences within their peer groups.

The findings of this study may help healthcare professional armed with comprehensive insights which they can devise tailored smoking cessation strategies that address the unique challenges adolescents face due to peer group pressure. These strategies could enhance the success rate of quitting smoking among young individuals and contribute to their overall well-being.

The findings of this study may help policymakers and public health officials can draw upon the findings of this study to formulate evidence-based policies and initiatives. These efforts might include stricter regulations on tobacco advertising and sales near schools, alongside campaigns aimed at raising awareness about the impact of peer influence on adolescent smoking.

The findings of this study will enable adolescents with a clearer understanding of how peer pressure impacts their decisions and behaviors. Armed with this knowledge, they can make more

informed choices and develop strategies to resist negative influences, ultimately leading to healthier and more empowered life trajectories.

Scope and Delimitation of the Study

The study covers the relationship of peer group pressure and smoking habits among adolescents in selected boys secondary school. However the study is delimited to some secondary schools Ovia North- East Local Government Area.

Definition of Terms

For the purpose of clarity and understanding, some terms used in this study are explained here in the context in which they have been used.

- **Adolescents:** these are individuals in stage of development between childhood and adulthood
- **Conformity:** the act of adjusting ones behavior, attitudes , or beliefs
- **Influence:** the power or effect that someone or something has on the thoughts , feelings and action of others
- **Peer group pressure:** this is the influence of coercion exerted by one's peers to act on a certain behavior or attitude
- **Smoking habit:** this refers to the pattern of frequent smoking in an individual

CHAPTER TWO

REVIEW OF RELATED LITERATURE

This chapter deals with the review of related and relevant literature. The review of the literature is conducted under the following sub headings

- Theoretical Framework
- Concept of Peer Group Pressure on Adolescents
- Concept of Smoking on Adolescents
- Influence of Peer Pressure on Smoking habits among adolescents in secondary schools
- Implications of Smoking Habits on Adolescents in Secondary Schools
- Summary of Reviewed Literature

Theoretical Framework

In this chapter, theoretical frameworks and empirical findings are reviewed critically which inform the current state of knowledge regarding peer influences on teenage smoking. Specifically, social learning theory and smoking behavior, social identity theory and peer influence, also cognitive dissonance theory and smoking behavior are discussed.

According to Ronald Aker's (1996) social learning theory, differential associations with smokers, differential reinforcements for smoking, favorable definitions of smoking and the availability of role models (imitation) offer an explanation as to why adolescents smoke. According to learning theorists, all human behaviors can be learned. In this instance, learning

theorists would purport that adolescents learn smoking behaviors. Specifically, Bandura would purport that an individual learns smoking behaviors by watching others (Bandura, 1973) Pavlov would purport that a person learns the value of smoking by making associations between events like smoking and being accepted or liked by “cool” peers (i.e., classical conditioning) Monroe (2004) and Skinner would purport that learning takes place through operant conditioning which involves the evaluation of consequences as it relates to one’s behavior (Skinner, 1974). In other words, an adolescent is more apt to imitate a cigarette smoker if the behavior is rewarded or reinforced whereas smoking behaviors that are not condoned or sanctioned are more apt to decrease or never to develop. As a social learning variable, imitation appears to be a learning variable frequently used to explain why adolescents use cigarettes or other drugs. Researchers have consistently demonstrated that imitation or the duplication of an observed behavior like smoking, for example, has an increased likelihood of occurring when the behavior has been reinforced (Krohn 2001). Reinforcements for drug use have been tested with adolescent cigarette smoking and has shown to explain why adolescents smoke (Akers, 1985). Reinforcements for cigarette smoking is demonstrated through the use of supportive feedback that encourages the behavior versus discouraging it. Associations with other drug users have also been shown to explain a variety of drug habits including cigarette smoking among adolescents.

The central thesis of cognitive dissonance theory (Festinger, 1957) is that when two beliefs are inconsistent, individuals experience negatively arousing cognitive conflict called dissonance. Because the dissonance is aversive, the individuals try to reduce it by changing one or the other beliefs. For example, when making a difficult decision, individuals show attitude

change that justifies the decision. Cognitive dissonance occurs when one's belief is contradicting with the behavior, according to Festinger's cognitive dissonance theory. Hence, in smoker's case, knowing cigarettes will cause harm on their health yet they are smoking, will induce the psychological discomfort. In this qualitative research with six (6) smokers who have at least five years of smoking experiences and have attempted to quit smoking before, it is found that cognitive dissonance could be a motivation for change. Influences from living environments and own psychological desires cause the dissonance to take place, and negative feelings such as bad, miserable, guilty and numbness were evidences for the psychological discomfort. Smokers avoid and ignore information, change their belief to align with their smoking behavior and use various defense mechanisms as dissonance reduction strategies in this phenomenon. Self-determination is said to be the key in changing behavior instead of belief, without self-determination, participants were more likely to change belief rather than quit smoking.

Social Identity Theory, according to Henri Tajfel (2004) individuals categorize themselves and others into various social groups, such as nationality, ethnicity, religion, gender, or even membership in a specific organization or team. There is research suggesting that the lines of peer groups are often characterized by smoking behavior, where smokers befriend smokers, and nonsmokers befriend other non-smokers (Kobus, 2003). Non-smokers who affiliate with smokers have been found to be at greater likelihood for transitioning to tobacco use than youth without smoking friends (Abrams & Hogg 1990). In addition, transitions to increased levels of smoking have been linked to friend's encouragement and approval, and the message conveyed that smoking is an enjoyable activity that promotes popularity. It is the integration of social

identity into teenager's self-concepts that is, according to this perspective, rather than viewing similarities among group members as the result of social pressures toward conformity, social identity theory assumes that members adopt as their own those norms and behaviors that are central to the social identity of the group. In peer groups where status as a 'smoker' or 'non-smoker' is central to the social identity of the group, members of the group are likely to be similar to one another in their smoking habits. The term 'peer pressure' has become a commonplace colloquialism, which when considered in regard to cigarette smoking conjures up images of teenagers encouraging, teasing, taunting and even bullying each other to 'take a drag'. However, when considered with respect to research on social influence, this image appears to be a misnomer. That is, research findings suggest overwhelmingly that pressures to smoke cigarettes are predominantly normative, and not direct or coercive, in nature (Kobus, (2003). Rather than experience direct peer pressures to smoke, teenagers report that they experience an internal self-pressure to smoke if others around them do. In this vein, the decision to try cigarettes has been tied to youth's attempts to avoid potential exclusion by peers, to gain social approval, to facilitate social interactions.

Concept of Peer Group Pressure on Adolescents

Peer group pressure is a strong and unavoidable power that essentially impacts adolescent's ways of behaving, attitudes, and decision-making (Adams 1996). During adolescence, people experience extreme social and profound changes, looking for acknowledgment and having a place among their peers. This craving for endorsement and apprehension about dismissal can lead adolescents to adjust to the norms and upsides of their

peer groups, regardless of whether it implies conflicting with their own senses or convictions. Adolescents frequently face pressure to adjust to explicit normal practices laid out by their peer groups. These norms can cover a large number of ways of behaving, including clothing decisions, side interests, interests, and even perspectives toward scholastics or authority. The need to fit in and keep away from detachment can push young people to embrace these norms, whether or not they line up with their own qualities. The feeling of dread toward being judged or shunned by their peers can cause adolescents to take part in exercises that they could some way or another stay away from. For example, they might explore different avenues regarding medications, liquor, or take part in dangerous ways of behaving to acquire acknowledgment and approval from their peers. The longing to be viewed as "cool" or "famous" can offset worries about likely unfortunate results.

Peer group pressure can influence scholastic execution. Adolescents could feel a sense of urgency to focus on associating over examining, prompting scholarly underachievement. On the other hand, the individuals who succeed scholastically may confront pressure from their peer group to conceal their accomplishments to try not to be named as "uncool" or "weak." Adolescent peer groups can likewise impact perspectives and convictions about touchy issues, for example, self-perception, connections, and sexuality. Pressure to adjust to unreasonable magnificence principles or to participate in untimely close connections can make personal disturbance and uncertainty.

Oni (2010) stated that adolescents spend more than half of their time in the company of their peers, and therefore it is not surprising that peers play an influential role in the adolescents'

lives. He added that credibility, authority, power and the influence of peers are greater during adolescence (that is, senior secondary school age) than any other time in life. Similarly Marshall (1996), argued that the peer group is the unit of social life during adolescence; therefore, the adolescent's personality is influenced by his/her social life and his/her group. The main values of the peer culture are social participation, group loyalty and individual achievement (Turner, 2004). According to Turner (2004), peer group influence has seven essential functions. These functions are: a replacement for family (though only to a certain extent), a stabilizing influence; a source of self-esteem, a source of behavioural standards, security in numbers, opportunities for practice, and opportunities for modelling. Peer relationships can therefore be a powerful positive or negative influence. This influence can take place when members of a group are compelled to do something they would not otherwise have attempted or when they are stopped from doing something they would have liked to do. Marshall (1996) suggested that when friends smoke, they urge others to start smoking as well. Similarly, Adams and Marshall (1996) both indicated that one of the most common observations of adolescents is that they tend to be highly conforming to the styles, behaviours and attitudes of their peer groups. An adolescent wants to be accepted by his/her peer, therefore he/she experiences pressure from the group. Thus, the peer group can provide both positive and negative influences on an adolescent depending on the type of group he/she belongs to. It is the type of group that an adolescent belongs to that determines his/her social disposition.

Cyberbullying and virtual entertainment add new aspects to peer pressure. The steady examination and contest for preferences, supporters, and approval can fuel tension and

discouragement among adolescents who might feel deficient on the off chance that they don't compare their peer's internet-based personas. Peer group pressure can impact career choices. Adolescents may be affected to seek after specific callings or ways in light of the apparent esteem or ubiquity inside their peer group, as opposed to following their actual interests and interests. Adolescents can encounter cognitive dissonance when they end up contradicting their peer group yet feeling the pressure to adjust. This struggle under the surface can prompt pressure and disarray as they attempt to explore their singular convictions and sentiments in the midst of social pressures.

Not all peer group impacts are negative. Positive peer pressure can urge adolescents to take part in solid ways of behaving like working out, concentrating together, or supporting each other through testing times. The effect of peer group pressure can differ in view of a singular's character, confidence, and family support. Adolescents with a solid identity and strong families might be more impervious to negative peer impacts (Adams 1996). Lastly, interventions to address peer group pressure can include education for decisive on critical thinking skills, self-awareness, and assertiveness training. Moreover, encouraging open correspondence among guardians and adolescents can make a place of refuge for examining difficulties connected with peer pressure.

Peer influence assumes a critical part in juvenile smoking. Numerous adolescents begin smoking because of prevalent burden or the craving to find a place with their peers. The tobacco business' forceful showcasing strategies and advancement of smoking as an image of resistance and freedom further add to the allure of smoking among adolescents (Kobus 2003). The prior

adolescents begin smoking, the more probable they are to turn out to be long haul smokers. Studies have demonstrated the way that nicotine habit can grow quickly, making it moving for youthful smokers to stop. This early commencement into smoking puts them at a higher gamble of creating smoking-related illnesses and enduring the related wellbeing fallouts. Smoking during youth can have intergenerational impacts too. Research proposes that guardians who smoke are bound to have youngsters who smoke, making a pattern of tobacco use inside families. This propagates the negative wellbeing results and difficulties related with smoking across ages.

Previous studies have noted that peer group pressure plays a vital role in the lives and social adjustment of adolescents and that adolescents have a tendency to associate with members of their age group. As a result of this association, the decisions of the age group influence the decisions of the individual who belongs to that group. Therefore, adolescents practice the behaviours of their age mates, rather than those advocated by their parents, so it is imperative for parents to watch out for the types of company their adolescent children keep. Other studies have found that the main values of the peer culture are social participation, group loyalty and individual achievement (Adams 1996). Based on peer relationships, members of a group are influenced to do something they would not have attempted on their own, or prevented from doing something they might have wanted to do. An adolescent wants to be accepted and he/she experiences pressure from the group. It is the type of group that an adolescent belongs to that determines his/her social disposition. Most of the crimes committed and deviant behaviours displayed the adolescents in our society result from peer influence because the adolescent wants to live up to group expectations or follow a particular fashion (Oni, 2010). Therefore, parents

should serve as role models and be watchful of the types of friends kept by their adolescent children. In conclusion, peer group pressure is a mind boggling and persuasive part of juvenile turn of events. According to (Adams 1996) while it can adversely affect different parts of their lives, it can likewise act as an impetus for positive development and backing. Recognizing the impact of peer pressure and equipping adolescents with the apparatuses to explore these impacts can assist them with forming into confident, independent, and resilient individuals.

Concept of Smoking on Adolescents

Smoking is a notable general health issue, and its effect on young people involves incredible concern. Adolescence is an essential formative stage during which youngsters experience huge physical, emotional, and cognitive changes. Smoking during this period can affect their health, prosperity, and future possibilities (Bostrom, 2011). These chemicals, including nicotine, tar, and carbon monoxide, can cause quick and long-term medical conditions. Here are a few central issues in regards to the concept of smoking on adolescents:

1. **Health Risk:** Smoking affects adolescent's health. It expands the gamble of respiratory issues, like hacking, wheezing, and asthma. It can likewise prompt diminished lung capability and an expanded weakness to respiratory diseases. Also, smoking is related with an expanded gamble of cardiovascular infection, cancer (including lung cancer), and other chronic illnesses. Smoking likewise influences the cardiovascular framework, expanding the gamble of coronary illness and stroke. Adolescents who smoke are bound to foster hypertension, have raised degrees of destructive cholesterol, and experience early indications of atherosclerosis, the solidifying and limiting of the courses.

2. **Addiction:** Adolescents who begin smoking are at a higher risk of developing nicotine addiction. Nicotine is an exceptionally drug tracked down in cigarettes and other tobacco items. The juvenile cerebrum is especially helpless against the habit-forming effects of nicotine, which can prompt a lifelong reliance on tobacco. The effect of smoking on the respiratory framework is especially disturbing for adolescents. Smoking harms the lungs and aviation routes, prompting diminished lung capability, persevering hacking, and expanded defenselessness to respiratory contaminations like bronchitis and pneumonia.

3. **Mental health:** Research recommends a connection among smoking and psychological well-being issues among adolescents. Smoking has been related with higher paces of misery, uneasiness, and stress in this age bunch. While the relationship is complicated and multifactorial, taking into account the possible effect of smoking on mental prosperity is significant. Smoking is related with various mental and conduct issues, including expanded hazard of despondency, uneasiness, and substance misuse. It can likewise impede mental capability and scholastic execution, upsetting their educational and future profession possibilities.

4. **Academic Performance:** Smoking can adversely affect scholarly execution. Nicotine addiction and related health issues can prompt expanded truancy, diminished focus, and disabled mental capacities. These variables can prevent teenagers' capacity to succeed scholastically and arrive at their maximum capacity.

5. **Social Consequences:** Smoking can influence adolescent's public activities and connections. At times, it might prompt social disengagement or avoidance from specific gatherings. Smoking

can likewise impact the arrangement of kinships and informal organizations, as young people might be bound to connect with peers who smoke.

6. Gateway to Substance Abuse: Smoking has been recognized as a likely door to the utilization of different substances. Adolescents who smoke cigarettes are bound to try different things with liquor, weed, and different medications. Adolescents are more powerless to nicotine dependence than grown-ups. The juvenile cerebrum is as yet growing, particularly regions answerable for navigation and drive control, making them more inclined to risk-taking ways of behaving like smoking. This example of substance misuse can have serious ramifications for their health and well-being.

7. Prevention and Intervention: To resolve the issue of smoking among teenagers, avoidance and mediation techniques are significant. Training programs, public mindfulness missions, and strategies that limit tobacco access and promoting can assume a huge part in diminishing smoking rates among youngsters. Education and awareness programs are likewise essential in lessening young adult smoking rates. Giving precise data about the wellbeing dangers of smoking, advancing the improvement of refusal abilities, and engaging adolescents to settle on informed choices can assist with hindering them from beginning smoking and backing the people who need to stop.

Influence of Peer Pressure on Smoking Habits among Adolescents in Secondary Schools

Adolescence is a basic period in human development of events, set apart by expanded powerlessness to peer pressure and experimentation. This weakness is exacerbated by various

internal and external factors, including social, mental, and environmental influences (Taylor 1963).

According to Naidu (2012) the habit often begins during secondary school years, a critical phase marked by both physical and psychological changes. Understanding the factors that contribute to smoking initiation and maintenance is crucial for designing effective prevention strategies.

According to Jagmohni (2005) smoking habits among adolescents in secondary schools are influenced by a complex interplay of social, psychological, environmental, and cultural factors. Preventing and reducing smoking requires a holistic approach that involves schools, families, communities, and policymakers. By understanding and addressing these factors, we can create a healthier future for our adolescents.

. According to Aquilino (1997) the strength of this relationship evolves over time as adolescents mature. While younger adolescents might succumb to the allure of peer pressure, older adolescents are more likely to resist such pressures, favoring their own judgment and values. This developmental trajectory underscores the importance of recognizing the distinct stages of adolescence and tailoring interventions that target the specific cognitive and emotional needs of individuals at different points in their journey towards adulthood for example;

Adolescent Development: Adolescence is a crucial period marked by physical, emotional, and cognitive changes. During this phase, individuals are actively seeking to define their identities and establish their places within their social circles. Peer acceptance becomes paramount, as

adolescents often value the opinions of their peers more than those of adults. As a result, the pressure to conform to group norms, including smoking behaviors, can be particularly powerful.

Peer Group Norms: Adolescents often internalize the behaviors they observe within their peer groups. If smoking is perceived as common or socially desirable within their circle, adolescents may feel compelled to adopt the behavior to gain approval and avoid rejection. The psychological need to fit in can outweigh their own reservations about smoking, leading to initiation and continuation of this habit.

Age Groups: The influence of peer pressure can fluctuate across different age groups within secondary school. Younger adolescents, in the early stages of adolescence, might be more impressionable and eager to conform. They might feel a heightened need to belong, which can make them more susceptible to peer pressure and the adoption of smoking behaviors. Conversely, as adolescents grow older, they might develop stronger personal identities and a greater sense of autonomy, making them more resistant to conforming solely due to peer pressure.

Experimentation: Peer pressure can push adolescents to experiment with smoking, even if they initially hold negative attitudes toward it. The desire to align with their peer group's norms and experiences can lead them to try smoking, viewing it as a means of fitting in and being part of the group's shared activities. This experimentation can pave the way for continued smoking, especially if they experience a sense of belonging during the process.

Risk Perception: Younger adolescents might lack a comprehensive understanding of the long-term health consequences associated with smoking. They may underestimate the risks due to a

limited ability to think about long-term consequences. Consequently, when faced with immediate social pressures from peers, they might prioritize short-term benefits like social acceptance over the potential long-term harm.

Rebellion and Identity: Older adolescents, particularly those approaching the end of their secondary school years, might use smoking as a means of asserting independence and forming a distinct identity. Rebellion against parental authority and societal norms can manifest through smoking, which serves as an act of defiance. This is not solely about peer pressure, but rather about crafting a unique image that sets them apart from their peers and adult figures.

Peer Pressure Strategies: Peers can exert pressure through various strategies. Direct persuasion involves convincing an adolescent to smoke by presenting it as a mature or sophisticated act. Additionally, peers might indirectly influence behavior by creating an environment where smoking is normalized and expected. Social gatherings or hangouts where smoking is prevalent can subconsciously coerce adolescents to conform to the behavior, as they don't want to feel left out or different from their peers.

Arbuthnott, (2009) the distinction between public and private schools goes beyond just administrative structures; it encompasses distinct social norms, values, and overall environments that can influence students' behaviors, including smoking habits and these include;

Peer Group Pressure's Impact on Smoking Habits: Adolescents in both public and private secondary schools are susceptible to the influence of their peer groups when it comes to forming

smoking habits. In an effort to conform and be accepted by their friends, adolescents might engage in smoking to align with the behaviors of their social circle. This phenomenon is particularly significant during the adolescent years when fitting in and seeking approval from peers hold great importance. The influence of peer group pressure can lead to the initiation of smoking even among students who initially had no intention of trying cigarettes.

Perceived Social Status and Smoking: In private schools, where students often come from relatively affluent backgrounds, smoking might be associated with a higher social status. This connection can emerge from a variety of factors, including media portrayals of smoking as sophisticated or trendy, as well as the influence of role models or older peers who engage in smoking. Consequently, students might be more inclined to take up smoking to establish or maintain their perceived social standing within the school community.

Access to Cigarettes: The greater disposable income of students in private schools can lead to easier access to cigarettes. This is because these students have more financial resources at their disposal, making it simpler for them to afford tobacco products. Easy access, coupled with disposable income, can facilitate experimentation with smoking and increase the likelihood of developing a habit. Conversely, adolescents in public schools might face more financial constraints, potentially acting as a deterrent to smoking initiation.

Influence of Media and Advertising: Private schools may have students who are more exposed to media and advertising due to their higher socioeconomic status. The portrayal of smoking in media as glamorous, rebellious, or attractive can play a significant role in shaping adolescents' perceptions of smoking. Exposure to smoking-related content through advertisements, movies,

TV shows, and social media platforms can create a sense of desirability around smoking, making it more appealing to students in private schools.

Risk Perception and School Type: Adolescents in public schools might have a higher perception of smoking as a risky behavior due to potentially more exposure to anti-smoking campaigns and health education initiatives. Public schools often have limited resources and are more likely to partner with health organizations to deliver anti-smoking messages and programs. This increased emphasis on the risks associated with smoking could lead to a stronger aversion to the habit among students in public schools.

Peer Group Composition: In private schools, where peer groups might be smaller and more tightly-knit, the influence of smoking habits can be amplified. With a smaller pool of peers, the impact of even a few individuals engaging in smoking can be more pronounced. Additionally, the desire to maintain strong connections within a close-knit peer group can drive adolescents to adopt behaviors that are prevalent within their circle, further contributing to higher smoking rates.

Parental Influence and Monitoring: Adolescents in private schools might experience less direct parental supervision due to busy schedules, parental trust, or an assumption of greater independence. This reduced oversight can create opportunities for experimentation, including smoking. The combination of peer pressure, limited parental monitoring, and a sense of autonomy can make it easier for students in private schools to engage in smoking without immediate consequences, increasing the likelihood of trying and potentially adopti

Implications of Smoking Habits on Adolescents in Secondary Schools

Smoking habits among adolescents in secondary schools have long been a subject of concern due to their potential implications on physical health, mental well-being, academic performance, and social development. This paper examines the multifaceted effects of smoking on adolescents, exploring its impact on their physical health, mental health, academic performance, social relationships, and the strategies that can be employed to address and mitigate these implications. Smoking is a prevalent health concern worldwide, with its initiation often occurring during adolescence. Secondary schools, being a crucial developmental stage, provide a context in which smoking habits can have profound and lasting effects on adolescents. These are some of the implications of smoking habits on adolescents in secondary schools, aiming to shed light on the interconnected effects of smoking on various aspects of their lives:

Physical Health Implications:

Adolescents who smoke are at an elevated gamble of various medical issues, including respiratory problems, cardiovascular illnesses, and, surprisingly, even premature death. Research shows that smoking during puberty can disable lung improvement, prompting persistent respiratory issues. Besides, adolescents who smoke are bound to participate in hazardous behaviors, for example, liquor and substance addiction, further intensifying their health risks.

Mental Health Implications:

Smoking habits can negatively influence adolescents' psychological well-being, leading to increased susceptibility to depression, anxiety, and other mood disorders. The habit-forming nature of nicotine can make a cycle where adolescents utilize smoking as a coping mechanism

especially during difficult times, fueling their mental health struggles. Also, the social stigma related with smoking can add to sensations of segregation and low self-esteem.

Academic Performance Implications:

Smoking habits can negatively affect academic performance. Adolescents who smoke are bound to take part in delinquency, miss classes, and perform ineffectively on tests. The mental impedances brought about by smoking, combined with diminished concentration and memory capability, can hinder student's ability to academically succeed. This in turn may restrict their future opportunities and career possibilities.

Social Relationship Implications:

Smoking can influence adolescent's social elements in different ways. Peer pressure and the longing to fit in can lead to commencement of smoking, possibly influencing the organization of their groups of friends. Smoking might disconnect adolescents from non-smoking peers and effect their capacity to frame solid connections and relationships with their peers in school. Moreover, the influence of smoking-related media and showcasing can shape adolescent's view of smoking as a social activity.

Mitigation Strategies:

Addressing to smoking habits among adolescents requires a thorough methodology including schools, families, medical services provider, and policymakers. Education crusades that feature the wellbeing dangers of smoking and equip adolescents with refusal abilities can assist with deflecting initiation. School policies that create smoke-free environments and offer

counseling services can support those attempting to stop. Including guardians in counteraction endeavors and advancing sound ways of dealing with hardship or stress can also add to decreasing smoking rates among adolescents.

Smoking habits among adolescents in secondary schools have far-reaching implications on physical health, mental well-being, academic performance, and social development. Recognizing the interconnected nature of these effects is essential for designing effective interventions. By implementing comprehensive strategies that target

education, awareness, policy changes, and support systems, society can work towards mitigating the negative implications of smoking on adolescents, ultimately promoting healthier and more fulfilling lives during this critical developmental stage.

Summary of Reviewed Literature

In this chapter, we discussed the concept of smoking among adolescents, the impact smoking habit has on adolescents in secondary school and how they are influenced into this habit. It is now known that living environment, specifically family and working environment is the most direct way of influencing smoker's decision in smoking behavior. Besides that, individual's own psychological factors are also important in the decision making. Studies show that the influence of peer groups among student can boost their anxiety especially pertaining to their education (Moneva, 2019).

The relationship within the group with its peers are co-related with each other, hence the direction of this particular relationship should be monitored were these relationships should go considering all possible factors correlated within the groups outcome (Gonzaga 2019). While younger adolescents might succumb to the allure of peer pressure, older adolescents are more likely to resist such pressures, favoring their own judgment and values. This developmental trajectory underscores the importance of recognizing the distinct stages of adolescence and tailoring interventions that target the specific cognitive and emotional needs of individuals at different points in their journey towards adulthood and also the distinction between public and private schools goes beyond just administrative structures; it encompasses distinct social norms, values, and overall environments that can influence students' behaviors, including smoking habit

The literature indicates that smoking has multifaceted and far-reaching impacts on adolescents in secondary school. From health consequences to academic performance and mental health, the negative effects are well-documented. Addressing this issue requires a holistic approach that considers the social, environmental, and psychological factors contributing to adolescent smoking initiation. Effective prevention and intervention strategies are crucial for curbing the smoking epidemic among adolescents and improving their overall well-being.

CHAPTER THREE

METHODOLOGY

This chapter bothers on the procedure that was applied in the course of this study. And is discussed under the following headings:

- Research Design
- Population of the Study
- Sample and Sampling Technique
- Research Instrument
- Validity of the Instrument
- Reliability of the Instrument
- Administration of the Instrument
- Method of Data Analysis

Research Design

The research design employed in this study is the descriptive survey. This type of design which is basically exploratory in nature and focuses on identification and selection of varieties/subjects and other elements which a researcher considers relevant to his investigation. This design also involves seeking people's opinion about a phenomenon under study.

Population of the Study

Population refers to the entire or total group with which the study is concerned. The population of the study involves some private and public secondary schools in Ovia North East Local Government Area in Benin city.

Sample and Sampling Technique

The simple random sampling technique was employed. A total sample size of 100 respondents were randomly selected from some secondary schools in Ovia –North East Local Government Area.

Table 3.1 showing the numbers of students

S/N	SECONDARY SCHOOLS	SAMPLE NUMBERS
1	A	10
2	B	10
3	C	10
4	D	10
5	E	10
6	F	10
7	G	10
8	H	10
9	I	10
10	J	10
	Total	100

Research Instrument

The instrument used for the study was a structured questionnaire. The instrument title entails “The relationship between peer group pressure and smoking habits among adolescents in selected boys secondary schools in Ovia North –East L.G.A”.

Consisting of 15 item in the questionnaire and also divided into two sections A and B. Section A contained the demographic information of the respondents while section B contained selected items designed to help the researcher click information considered pertinent to the research questions raised for the study. The response scale adopted was the Strongly Agree=4, Agree=3, Disagree=2, Strongly Disagree=1.

Validity of the Instrument

The content of the instrument (questionnaire) was validated by the project supervisor and other two experts in the department of Educational Evaluational and Counseling Psychology, Faculty of Education University of Benin. Their suggestions and comments were adequately in-cooperated in the production of the final instrument.

Reliability of the Instrument

The Cronbach Alpha was used to determine the reliability of the instrument. The questionnaire was administered to a group of 20 respondents which were not part of the study. The result of their responses were correlated and a Cronbach coefficient of .680 was obtained.

Administration of the Instrument

Questionnaire was used to elicit responses for the study. The instrument was administered by the researcher and two friend-trusted who assisted passionately for this purpose. Before the administration of the instrument the respondents were properly schooled on how to best go about their responses correctly.

Method of Data Analysis

Hypothesis one and three were tested using one sample t-test statistics, while hypothesis two and four were tested using ANOVA statistics. All hypothesis were tested at .05 level of significance.

CHAPTER FOUR

PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

In this chapter is concerned with the analysis of data, presentation of results and discussion of findings from the study. The results of the respondents are carefully analyzed and presented in a tabular form below;

Hypothesis one: There is no significant influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North East Local Government Area.

Table 1: One table sampled t-test of peer pressure on smoking.

variables	N	Mean	Std Dev	T	df	Srs(2-tailed)
Peer pressure on smoking	100	43.97	4.40	14.588	99	.000

Table 1 shows a calculated t-value of 14.588 and a p-value of .000, testing at an alpha level of .05 , since the p-value is less than the alpha level the null hypothesis which states that there is no significant influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North East Local Government Area is rejected consequently , there is a significant influence of peer pressure on smoking among adolescent boys in in secondary schools in Ovia North East Local Government Area

Hypothesis Two: There is no significant influence of peer pressure on smoking among adolescents boys in secondary schools in Ovia North East Local Government Area based on Age

Table 2: ANOVA of peer pressure on smoking by Age

	Sum of Squares	df	Mean square	F	Sig (2-tailed)
Between Groups	.238.326	2	119.163	6.870	.002
Written Groups	1662.584	97	17.346		
Total	1920.910	99			

Table 2 shows a calculated F-value of 6.870 and a p-value of .002, testing at an alpha level of .05, since the p-value is less than the alpha level the null hypothesis which states that there is no significant influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North East Local Government Area is rejected consequently, there is a significant influence of peer pressure on smoking among adolescent boys in in secondary schools in Ovia North East Local Government Area base on age

Table 3: positive of peer pressure on smoking by age

Age	Age	Mean Diff (+)	Sig.
11 – 13 years	13 – 16 years	3.62632	.011
11 – 13 years	12 years and above	4.71838	.000
13 – 16 years	17 years and above	1.09201	1256

Table 3 shows significant difference of 11 – 13 years and 17 years above with a p-value of .000, and 11-13 years with p-value of .011 and no significant difference in 13- 16years and 17 years and above respectively.

Hypothesis Three: There is no difference in the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North -East Local Government Area based on school ownership.

Table 4 : t- test of independent samples of peer pressure on smoking by school ownership

	School ownership	N	Mean	Std Dev	t	Df	Srs(2-tailed)
Peer pressure on smoking	Public	54	45.38	4.11	3.704	98	.000
	private	46	42.30	4.18			

Table 4: shows a calculated t-value of 3.708 and a p-value of .000, testing at an alpha level of .05 , since the p-value is less than the alpha level the null hypothesis which states that there is no significant infl

uence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North East Local Government Area is rejected consequently , there is a significant influence of peer pressure on smoking among adolescent boys in in secondary schools in Ovia North East Local Government Area based on school ownership

Hypothesis Four:There is no significant influence of peer pressure on smoking among adolescents boys in secondary schools in Ovia North East Local Government Area based on Religion

Table 5: ANOVA of peer pressure on smoking by Religion

	Sum of square	Df	Mean square	F	Sig
Between Groups	179.560	1	179.566	10.105	.002
Within Groups	1741.350	98	.17.769		
Total	1920.910	99			

Table 5 shows an F-value of 10.105 and a P-value of .002 , testing at an alpha level of .05 , since the p-value is less than the alpha level the null hypothesis which states that there is no significant influence of peer pressure on smoking habits among adolescent boys in secondary schools in

Ovia North East Local Government Area is rejected consequently , there is a significant influence of peer pressure on smoking among adolescent boys in in secondary schools in Ovia North East Local Government Area based on religion.

Discussion of Findings

The finding of the study reveals that peer pressure is the major reason while adolescent boys in secondary school in smoking habit. In this regard, Implement comprehensive anti-smoking education programs in schools to raise awareness about the health risks associated with smoking. These programs should also teach adolescents how to resist peer pressure. Enforce laws and regulations that prohibit the sale of tobacco products to minors. The study's identification of peer pressure as a significant factor influencing smoking habits among adolescent boys in secondary schools underscores the urgency of implementing targeted interventions. To address this issue, the first critical step is the introduction of comprehensive anti-smoking education programs within school curricula. These programs should go beyond merely highlighting the health risks associated with smoking and extend to equipping adolescents with effective strategies to resist peer pressure. By integrating such education, schools can empower students with the knowledge and skills needed to make informed decisions about their health.

In addition to educational initiatives, it is imperative to strengthen legal measures aimed at curbing access to tobacco products by minors. Enforcing and enhancing laws and regulations prohibiting the sale of tobacco to individuals below the legal age is essential. This involves not only strict penalties for retailers who violate these regulations but also raising awareness about the legal consequences. By creating a deterrent effect through legal channels, there is a greater

likelihood of reducing the availability of tobacco products to underage individuals and thereby mitigating the initiation of smoking habits among adolescents.

Furthermore, schools should establish a robust system for monitoring and reporting instances of smoking within their premises. Early intervention is key to addressing smoking behaviors among at-risk students. By promptly identifying and addressing these instances, schools can provide necessary support, counseling, and resources to help students overcome peer pressure and make healthier choices. This proactive approach creates a safer and more supportive environment, fostering the well-being of adolescents and contributing to the overall success of anti-smoking initiatives within the educational setting. This includes increasing penalties for those who sell tobacco to underage individuals. Schools should establish a system for monitoring and reporting instances of smoking in schools, allowing for early intervention and support for at-risk students, in relating to a study conducted by Maxwell (2002)

The finding of the study also reveals that there is difference in the influence of peer pressure on smoking habits among boys in secondary school. In this regard research should be conducted to better understand the specific factors contributing to variations in peer pressure influence among different groups of boys. Identify if there are cultural, socioeconomic, or other variables at play. Develop tailored interventions based on the research findings. What works for one group of boys might not work for another. The study's revelation that there is a discernible difference in the influence of peer pressure on smoking habits among boys in secondary school emphasizes the need for targeted research. To gain a comprehensive understanding, future investigations should delve into potential cultural, socioeconomic, or other variables that contribute to these variations. By identifying specific factors, researchers can tailor interventions based on nuanced insights, recognizing that what proves effective for one group may not necessarily work for another. This approach aligns with Kobus's (2003) related study, suggesting the importance of customizing educational materials and programs to address the unique dynamics at play within different groups of boys.

Conversely, the study's finding that there is no disparity in the influence of peer pressure on smoking habits among adolescent boys in secondary schools suggests a universal challenge. In response, schools should implement broad anti-smoking programs designed to target all adolescent boys uniformly. The focus of these programs should extend beyond merely imparting knowledge about the risks of smoking; they should equip students with practical skills to resist peer pressure. Establishing a school culture that actively promotes healthy behaviors while actively discouraging smoking can create a supportive environment conducive to positive choices.

The study's dual findings underscore the importance of a nuanced and adaptable approach to addressing smoking habits among adolescent boys. Tailoring interventions based on the specific dynamics within diverse groups acknowledges the complexity of peer pressure influences. Simultaneously, implementing universal anti-smoking programs ensures a comprehensive response to a shared challenge, fostering a school culture that prioritizes health and discourages harmful behaviors. Customize educational materials and programs accordingly as of a related study by Kobus (2003).

It was discovered also from the finding that there's no difference in the influence of peer pressure on smoking habits among adolescent boys in secondary schools. In this regard, schools should implement universal anti-smoking programs that target all adolescent boys in secondary schools. Focus on educating them about the risks of smoking and equipping them with skills to resist peer pressure. Create a school culture that promotes healthy behaviors and discourages smoking. Implementing universal anti-smoking programs in secondary schools can play a pivotal role in addressing the lack of difference in the influence of peer pressure on smoking habits among adolescent boys. These programs should go beyond merely imparting knowledge about the risks of smoking; they should actively focus on equipping students with essential skills to resist peer pressure. By incorporating interactive and skill-building elements into the curriculum, schools can empower adolescent boys to make informed decisions about their health. Moreover, fostering a school culture that promotes healthy behaviors while discouraging smoking is crucial. This involves creating an environment where students feel supported in making positive choices.

Schools can implement policies and initiatives that not only deter smoking but also encourage alternative activities that contribute to overall well-being. By emphasizing the importance of a healthy lifestyle, educators can contribute to shaping a positive peer influence that reinforces the message against smoking.

Utilizing peer leaders and positive reinforcement strategies can enhance the effectiveness of anti-smoking programs. Peers often play a significant role in influencing behavior, and by selecting responsible and influential students as leaders, schools can leverage their impact. Positive reinforcement, such as recognizing and rewarding healthy choices, further strengthens the anti-smoking message. This multifaceted approach, combining education, culture-building, and peer influence, creates a comprehensive strategy for addressing the issue of smoking among adolescent boys in secondary schools.

Use peer leaders and positive reinforcement to establish non-smoking norms just like the study of Sedawi et al (2020).

Furthermore, involve parents in anti-smoking efforts by providing resources and hosting workshops to help them support their children in resisting peer pressure, collaborate with community organizations, healthcare providers, and local government agencies to reinforce anti-smoking messages and provide resources for students.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

In this chapter the summary of the study is being presented with the conclusion drawn from the analysis of data collected in the course of the study. The recommendations offered in relations to the findings of the study are also highlighted.

Summary

The study was designed to determine The relationship between peer group pressure and smoking habits among adolescents in selected boys secondary school in ovia north- east Local Government. In order to achieve the purpose intended for the study, three research questions were raised to guide the study.

The questions raised and examined include.

1. What is the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North- East Local Government Area?
2. Is there difference in the influence of peer pressure on smoking habits among boys in secondary school in Ovia North- East Local Government Area based on age?
3. What is the difference in the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North -East Local Government Area based on school ownership

The simple random sampling technique was employed. A total sample size of 120 respondents were randomly selected from some secondary schools in Benin City. The instrument used for the study was a structured questionnaire.. The data collected were organized into frequency tables. The Cronbach Alpha was used to determine the reliability of the instrument. The questionnaire was administered to a group of 20 respondents which were not part of the study. The result of their responses were correlated and a Cronbach coefficient of .680 was obtained. This shows that the instrument is reliable. The simple percentage and frequency count method was used to descriptively analyze the collected data.

Findings;

The major findings from the study include:

The influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North- East Local Government Area were that Peer influence significantly impacts adolescents' decisions to smoke, Adolescents often start smoking to conform to the behaviors of their peer groups, There is a prevailing perception that smoking is necessary for acceptance within certain peer groups.

The findings discovered difference in the influence of peer pressure on smoking habits among boys in secondary school in Ovia North- East Local Government Area based on age which were Older students are more likely to influence younger students to smoke, Younger student are more vulnerable to peer pressure, Students of different ages are equally influenced by peer pressure to smoke, Older students are more resisted to peer pressure related to smoking.

The difference in the influence of peer pressure on smoking habits among adolescent boys in secondary schools in Ovia North -East Local Government Area based on school ownership was that School ownership does not impact peer pressure related to smoking, Students in all types of schools face equal peer pressure to smoke

Conclusion

The study conducted in Ovia North-East Local Government Area underscores the significant impact of peer pressure on smoking habits among adolescent boys in secondary schools. The findings reveal that peer influence plays a pivotal role in shaping smoking behaviors, often driving adolescents to conform to their peer groups and fostering a perception that smoking is essential for social acceptance. Furthermore, age-related differences suggest that older students can influence younger peers, with younger students being more susceptible to such pressures, although resistance to smoking-related peer pressure increases with age. Importantly, the influence of peer pressure remains consistent across different types of schools, emphasizing the universality of this issue. These findings call for targeted interventions and educational initiatives aimed at mitigating the adverse effects of peer pressure and promoting healthier choices among adolescents in the region's secondary schools.

Recommendations

In view of the findings the following recommendations are hereby offered;

1. Schools should organize events to teach students about why smoking is bad and how to say no to peer pressure.

2. Provide help for students who feel pressured to smoke, so they can be more confident.
3. Parents should talk to their kids about not smoking and support them in making good choices.
4. Schools should have strict rules against smoking and punish those who break them.
5. Make sure every student feels accepted for who they are, so they don't feel the need to smoke to fit in.
6. Get the community involved in teaching kids about the dangers of smoking
7. Give different advice and support to younger and older students since they face different pressures.
8. No matter who owns the school, everyone should have the same rules about smoking.

9. Contribution to knowledge

10. This research; the relationship between peer group pressure and smoking habits among adolescents in selected boys secondary school in ovia north- east Local Government. In .will contribute to existing knowledge as a result of the findings that have been made. The questions raised and answered have not been fully dealt with before, so the findings would enormously enhance the existing knowledge in the area.

Suggestion for Further Studies

- 1.The Impact of Peer Group Pressure on Substance Abuse Among College Students
- 2.Peer Influence and Risky Behaviors in Online Communities
- 3.Parental Influence and Peer Pressure in Adolescent Decision-Making

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Please note that reference #10 appears twice, so it should be considered once in the list.

UNIVERSITY OF BENIN
FACULTY OF EDUCATION
DEPARTMENT OF EDUCATIONAL EVALUATION AND COUNSELING
PSYCHOLOGY BENIN CITY, EDO STATE.

QUESTIONNAIRE

THE RELATIONSHIP BETWEEN PEER GROUP PRESSURE AND SMOKING HABITS AMONG ADOLESCENTS IN SELECTED BOYS SECONDARY SCHOOL IN OVIA NORTH EAST LOCAL GOVERNMENT.

Dear Respondent,

This questionnaire is for the purpose of research. Please kindly help as much as possible to supply the needed information. Any information provided will be treated with utmost confidentiality.

SECTION A

Instruction: Kindly supply answers to all the questions below and tick as appropriate.

PERSONAL DATA

Age of Respondent: 11 - 13 yrs () 13 - 16 yrs () 17- yrs & above ()

School Type: Public school () Private school ()

Class of Respondent: JSS1 () JSS2 () JSS3 () SSS1() SSS2()

SSS3()

Religion of Respondent: Christian () Muslim () African Traditional Religion ()

SECTION B

Instruction: Please kindly indicate by ticking appropriate place using (√)

Key: Strongly Agree (SA) = 4 , Agree (A) =3 , Disagree (D) = 2 , Strongly Disagree (SD) =1

S/N	ITEMS	SA 4	A 3	D 2	SD 1
1	Peer influence significantly impacts adolescents' decisions to smoke				
2	Adolescents often start smoking to conform to the behaviors of their peer groups				
3	It is difficult for some adolescents to resist smoking when their friends are smoking.				
4	There is a prevailing perception that smoking is necessary for acceptance within certain peer groups.				
5	I believe smoking is a way to gain popularity among Peers				
6	Older students are more likely to influence younger students to smoke				
7	Peer pressure to smoke varies with age in our school				
8	Younger student are more vulnerable to peer pressure regarding smoking				
9	Students of different ages are equally influenced by peer pressure to smoke				
10	Older students are more resisted to peer pressure related to smoking				
11	Peer pressure to smoke is stronger in government owned school				
12	Private schools have a stronger influence on students smoking habits				
13	School ownership does not impact peer pressure related to smoking				
14	Students in all types of schools face equal peer pressure to smoke				
15	Students in different types of schools face distinct peer pressure to smoking				