Good critical thinking about fate or free will

Literature, Russian Literature



Many of my decisions that I made when I was a teenager were greatly influenced by my peers. I faced various challenges of peer pressure when I was younger, especially when the situation occurred when people got to know that I do not eat eggs, onions, or meat and also that I do not like to eat out. When I told people that I am a committed vegetarian they used to tell me that I am going to die at a young age and used to tell me that I am crazy for adopting such lifestyle. However, the important thing that they did not realize was that I was able to get my nutrition from other choices. Without realizing that I have carefully decided to be a vegetarian, they would say things like "Try it once, no one is going to know".

After all this pressure from peers at some point, I started thinking about my lifestyle that if it is not normal or am I being forced to leave out on good choices. However, after thinking and discussing it with my family, I understood that it was my choice to live the way I wanted. After that whenever I would be presented and pressured to eat meat, I would first try and explain that why I do not want to eat it and then I would tell them that my choices are better for the environment.

I am grateful that at that time my family helped me that made it easy for me to explain my choices to others that kept me determined not to take any social pressure and let it influence my right to make any choice that I find fit for my life.

Many studies on the subject show that many initial decisions that adolescents make in their life are typically influenced by the peer pressure such as smoking, drinking and mating (Lucas & Lloyd, 1999). Individuals' behavior is the outcome of both internal and external assessment of the

elements of life and interactions with other people have a significant impact on the development of views, perceptions, ideas, and habits. People are likely to be influenced by those who surround them. It is observed when others consistently make comments on somebody's lifestyle or expresses their views on what they think is not normative. They insist that the individual should think about his or her ways and change them by suggesting that his or her decision may not be a good choice (Kipke, Crowell, & Fischhoff, 1999).

It is easy to get influenced by the peer pressure and also get confused about the righteousness of one's decision. However, it is necessary to keep reminding oneself that there are ways to overcome this type of pressure. In my case, it was hard for me to avoid that pressure at the young age. Furthermore, the influences of media and other forms of communication made it hard for me to avoid peer pressure. However, one can always try to deal with peer pressure and develop the ability to respond to such pressure in a positive manner. One should always make friends by setting specific boundaries that define the relationship so they can also understand their limits. Also, I always tried to express my viewpoint and feelings. I have developed the courage to say ' no' and the confidence so that I can explain ' why' I have the choice, and also have the faith in me to believe that I have made a right decision.

References

Kipke, M., Crowell, N. A., & Fischhoff, B. (1999). Adolescent Decision Making:: Implications for Prevention Programs: Summary of a Workshop. Washington, D. C.: National Academies Press.

Lucas, K., & Lloyd, B. (1999). Starting smoking: Girls' explanations of the influence of peers. Journal of Adolescence, 22, 646-655.