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Peer Pressure and Academic Stress Among Adolescents: Academic and Social impacts in Different Cultural Perspectives'

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ABSTRACT

Peer pressure is a prevalent psychological concern among adolescents, particularly high school students. This study examined peer pressure and academic stress in this group, emphasizing differences based on academic expectations, regional backgrounds, and cultural contexts. Using data from 45 students aged 14 to 18, from the United States and China, this study showed that academic pressure is the most significant source of stress, with nearly 90% of students identifying it as the main factor. Pressure tends to intensify in the 11th grade due to increasing academic demands. Cultural differences also played a significant role, with U.S. students experiencing higher peer-driven pressure, while Chinese students reported more family-centered academic stress. The study also found that 48% of students use extracurricular activities to manage stress, although these activities can sometimes contribute to their stress. These findings highlighted the importance of implementing targeted support systems to help students manage different sources of peer pressure effectively.

Keywords: peer pressure, high school students, adolescents, academic pressure, coping Strategies