

Growth and development aspects of teenagers are greatly influenced by their parents as well as their peers. Referring to research done, it is evident that most of the teenagers turn to their peers in the event of emotional distress. This research has been informed through a research finding using both the qualitative and quantitative tools. A qualitative study is useful in this study because it entails a description of how the teenagers turn to their peers when they are faced with emotional distress. The qualitative study was the best statistical tools because it involved the study of teenager behaviors concerning emotional distress and how it affects their well-being (Sigurdsson & Sigfusdottir, 2010). Basically, the qualitative research entails collection, analysis, and interpretation of data that cannot be easily reduced to nominal numbers. The data collected for this study were concerned with teenager behavior when they are subjected to emotional distress. To understand the qualitative research of this study, the variables of the study how the teenagers react when they are faced with emotional distress and their immediate action would be to turn to their peers other than the parents. The effect of the teenagers' behaviors when the circumstance of emotions varies is what resulted in the study require qualitative research. It is how behaviors vary in different circumstances and not how the effect can be reduced to numbers (Sigurdsson & Sigfusdottir, 2010).

It is clear and evident that qualitative research would be the most appropriate statistical tools to use. Referring to this research study, the objective of the research has been identified and it was the guiding tools in selecting the method to be applied. The data which was used in the research study was generated from parents and teenagers' interview, observation of teenagers affected by emotional distress, and data from the focus groups which are teenagers with emotional distress. The use of interviews, the researcher selected quotes that are most appropriate for the

research findings. The interview consisted of both open-ended and close-ended interview questions (Jekielek & Brown, 2006).

For example, referring to the hypothesis, the teenagers were required to respond the manner in which they would reach to emotional distress, with closed interview question of whether they would turn to their parents or peers. 90 percent of the interviewed sample indicated that they have been influenced by their peers whenever they are faced with emotional distress. The research finding saw that most of the teenagers turn to their peers to get a sense of belonging. In this regard, the emotional distress concern and impact arise since most of the teenagers find it okay to turn their peers other than their parents (Newcomb & Bentler, 2008).

Within the context of the research hypothesis, the focus group used revealed that only 10 percent of the teenagers studied, did not turn to their peers. This is a clear indication that the majority of teenagers were influenced by peer pressure. There is need to understand why teenagers in emotional distress tend to turn to their peers instead of their parents or an adult who can guide them on the best way to handle their situation since peer influence on such teenagers usually ends up having a negative impact on their lives (Newcomb & Bentler, 2008). This is majorly attributed to the fact that most teenagers tend to use harmful ways to be able to cope with distress.

According to a previous study done regarding the influence of peers whenever their colleagues are faced with emotional distresses, about 41% of teenagers turn to alcohol and drugs when in distress. This is an alarming figure because of over 54 % of teenagers struggle with either depression or anxiety. This problem has become a cause for concern due to the lack of extensive research geared towards understanding the impact that peer influence is having on teenagers in emotional distress. This research study found that there is a positive relationship between the influence of peers on teenagers and their emotional distress. The research study found that the

influence leads to engagement in the use of drugs which most teenagers think is a way of settling their emotional distress. In addition, the research also found that most teenagers suffering from emotional distress turn to their fellow teenagers rather than the elderly of the parents (Newcomb & Bentler, 2008).

The parents and therapists where these teenagers come from have a responsibility of engaging themselves more with the teenagers faced with emotional distress. The study also found that the interaction rate between teenagers and their parents is high with a percentage of 70 as compared to the interaction rate between teenagers and their peers with a percentage of 30. This is evident from the research that adults or parents can involve themselves more to handle the emotional distress problem of teenagers. By knowing the dangers that teenagers in emotional distress are exposed to whenever they turn to their peers for emotional support, they will end up encouraging teenagers to turn to them instead of their fellow teenagers (Jekielek & Brown, 2006).

The parameters derived from the study revealed that there is a non-significance relationship between the communication of teenagers and their parents, while there was a significant relationship between communication of teenagers and their peers. Communication is a key factor when teenagers are faced with emotional distress as they try to communicate their problems. As a result of communicating with peers, there is behavioral risk involved because there is no parental monitoring. The behavioral risk involved leads to the teenagers getting themselves to drugs and other illegal activities, as a way of settling their emotional distress (Sigurdsson & Sigfusdottir, 2010).

In conclusion, the research study indicated that the interaction rate between the teenagers and the parents is high as compared to interaction with peers. The interaction does not provide an assurance that the teenagers will turn to them during emotional distress period but rather they will

turn to their peers. The end result has been facilitated by the communication factor, which constitutes a significant relationship in communication with peers (Jekielek & Brown, 2006). Therefore, the impact of the peers on teenagers is getting involved in drugs and other illegal activities due to the behavioral risk involved.

### References

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