



Peer Relationship And Socio-Economic Status Of Adolescents: A Meta-Analysis Review On Their Association With The Stage Of Adolescence

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Abstract:

The present study aimed at revealing the association between peer relationship, socio-economic status and stage of adolescence. The investigators reviewed more than 50 research papers and book chapters and then on the basis of relevance with the present study the researcher has selected 20 papers for the present study. The investigators have found that peer relationship and socio-economic status are significantly related and associated with the stage of adolescence. The review of the existing literature highlighted that peer relationship and socio-economic status influences many areas of adolescent's viz. mental, social, political, emotional and other. Further research is however needed to get the wider understanding about said variables.

Key words: Adolescents, Peer relationship, socio-economic status, Mental Health, Drugs,

Introduction:

"Adolescence is a complex, multi-system transitional process connecting progression from the immaturity and social dependence of childhood into adult life with the purpose and expectation of fulfilled developmental potential, individual agency, and social answerability" (Sacks et al., 2003).

The stage of adolescence is one of the most crucial stages of an individual's life. The stage serves as a bridge between the childhood period and adulthood period. This is the stage where the individuals learn to be independent contributors not only to themselves but to society as a whole (Pickhardt, 2013). This stage enables individuals to take decisions for

themselves and built their own unique mental setup and values. As a stage of life it is critical not only for a particular individual but for the whole society as well. The future of any society rests on the shoulders of its adolescents, if taken care properly they can shape the future of any society towards betterment (Larson, 2002). Adolescents have the capacity to change the shape of their respective communities. Adolescents can improve the world by being involved in leadership and management roles, tackling social issues, and improving the lives of others. Young people can help to develop a society which could be open-minded and creative as this is the stage of exploration and discovery (Emlen Metz et al., 2020). A number of research studies revealed that adolescence as a stage of development impact and gets impacted from so many aspects of an individual's life viz. social, political, economic, cultural, and ideological aspect. A study explored the changes that occur in self-image of an individual as a result of adolescence stage. The study also examined the changes in school context as a result of puberty (Simmons, 2017). Another study aimed at evaluating the social interactions during the stage of adolescence. The study also revealed the association between mental health and social networking in shaping the early adolescence (Pachucki et al., 2015). A study outlined the relationship between empathy and social bonds to examine the social behavior of adolescents. The results revealed that social bond partially mediated the adolescent's anti-social behavior (Jiang et al., 2020). Another study outlined the issues of content and access to internet use among adolescents (Borzekowski & Rickert, 2001). Yet another study examined the everyday creativity among adolescents (Zielińska, 2020). A study highlighted the emotional and mental changes that take place during adolescence. The study revealed that there occurs a number of changes during this stage of life (Yurgelun-Todd, 2007). Further a study explored the association between alcohol consumption and love relationship during adolescence. The study revealed that adolescents who drank alcohol between the ages of 14 and 15 had a higher likelihood of being in an intimate relationship three years later (Engels & Knibbe, 2000). A study revealed the association between depression and adolescents. Depression increases the risk of suicide and is linked to significant current and future morbidity among adolescents (Thapar et al., 2012). Another study was done on the concept of identity during adolescence (Marcia & others, 1980). Furthermore, a study examined the relationship and interaction between relational and overt acts of aggression and victimization and adolescents' concurrent depression symptoms, isolation, self-esteem, and externalizing behavior (Prinstein et al., 2001). As evident from above discussion, adolescence as a stage of development is influenced and is associated with so many factors. In the present study the researcher has reviewed the existing literature about the association between peer relationship, socio-economic status and adolescents. A plethora of studies have been conducted on the association between peer relationship socio-economic status and the stage of adolescence. Socio-economic status of an individual is the overall access to economic resources, the socioeconomic status (SES) of an individual or group is a measure of their economic and social status. It could be also called as the financial and social position

of an individual. Socioeconomic status (SES) is a measure of a person's overall social and economic standing and is often positively correlated with improved health (White, 1982). Several areas, including behavioural variables and social sciences, can benefit from understanding socio-economic status of an individual and it is also well known that socioeconomic status has a noteworthy impact or influence on educational practices and health initiatives (Cutler et al., 2008). Socio-economic status as a research variable has been studied enormously. A study conducted by (Adler & Ostrove, 1999) revealed the association between socio-economic status and health. Another study was conducted regarding the association between obesity and socio-economic status. The study reported that people belonging to high socioeconomic status had more obesity as compared to those who belong to low socio-economic status (McLaren, 2007). A study outlined that association between depression and education (one of the component of socio-economic status) strengths and increases with age (Miech & Shanahan, 2000). For the bulk of health indicators, socioeconomic status (SES) has been found to be positively connected with health in nearly every society that has been studied (Adler et al., 1993). Further a study was done regarding the association between intelligence, socio-economic status and attainment of higher education (Sewell & Shah, 1967). As reflected in above discussion that socio-economic status relates with a number of aspects of an individual's life. In the present study the researchers have reviewed the literature to examine the association of socio-economic status with the stage of adolescence. Another variable that investigators have studied on the basis of available literature is peer relationship. Literature on peer relationship has also been reviewed to see its association with the stage of adolescence. Peer relationships are the interpersonal and interactional relation among students (Chai et al., 2018). It is dyadic connections characterized by liking and fondness for each other. In peer relationships peers share close, bi-directional, and intimate interactions with each other. It can be also called as a process that emerges and flourishes as a result of social communications between people who have similar stages of cognitive development (La Greca & Harrison, 2005). Peer relationships are very vital for the overall development of an individual. Children develop variety of key social, emotional, intellectual, physiological and ideological aspects through peer interactions. These helps in developing the sympathy attitude and collaboration among individuals (Hubbard & Coie, 1994). Research on peer relations has been very prominent from the last 25 years (Bukowski & Adams, 2005). A lot of studies have been conducted on peer relationship and its association and influence on various aspects of life. A study conducted by (Asher & Parker, 1989) which highlighted the "significance of peer relationship problems among children". The study revealed that mothers need to make sure there is a proper interaction between her children and peers for the optimum development of her children. Another study explored the social competency and peer relations during childhood (Ladd, 1999). Yet another study highlighted the association between peer relationship and social adjustment of childrens with cancer disease. The study revealed that children with

cancer are socially very isolated as compared to other children (Noll et al., 1991). Furthermore, a study revealed that peer relationship is very vital for positive functioning of children's, adolescent's and adult lives (Swenson et al., 2008). A study revealed the association between mental health and peer relationship during Covid-19. The study found that individuals with better quality peer relations coped with Covid-19 restrictions more properly (Foulkes & Blakemore, 2021). Yet another study examined the relationship between peer relationship and mental health of individuals (Zhu et al., 2022). As from the above discussion it is very clear that peer relationship has a great impact on various aspects of an individual's life. In the present paper investigators have reviewed the existing literature to see its association with the stage of adolescence.

Statement of problem

Peer relationship and Socio-economic status of adolescents: A meta-analysis review on their association with the stage of adolescence.

Objectives of the study

1. To review the existing literature on socio-economic status and its association with stage of adolescence.
2. To review the existing literature on peer relationship and its association with stage of adolescence.

Review of literature:

(Yuan et al., 2023) conducted a study which studied the associations between family socio-economic status (SES), adolescent facing problem of mental health issues, trait mindfulness, and perceived stress using self-reported measures with Chinese teenagers (n = 1582) over the passage of a year during the Covid-19 pandemic. The study highlighted that there were significant association between the said variables and the mental health of adolescents. The study also revealed that sequential mediation analysis indicated that trait mindfulness and perceived stress worked as inter-mediators on the path from socio-economic status to anxiety.

(Maleki et al., 2023) conducted a study with a purpose to analyze socio-economic status and quality of life among Iranian adolescents. The study was descriptive in nature. The sample of the study consists of 576 adolescents. Data were collected with the help of Kidscreen-52 questionnaire. The results of the study revealed that 27.2 adolescents were facing low quality of life. The study also highlighted that when comparing male and female teenagers, the quality of life was considerably influenced by the asset index, parents' education levels, and family income ($p > 0.05$). It was also revealed that the likelihood of decreased quality of life was 1.12 times higher in the poorest quintile than in the richest.

(Rivnyák et al., 2022) explore the impact of socio-economic status on adolescent's formation of identity. The study looked at the impact of family traits as a facilitating factor in the relationship between socioeconomic status (SES) and teenage identity formation, including commitment, in-depth inquiry, and rethinking of commitment (i.e., family rituals, information of family history, and identification with the family). 256 secondary school adolescents (Mean age as 16.81 and SD as 1.10) made up the sample. The data were gathered using self-report scales. The study revealed that socio-economic status indirectly influences the formation of identity among adolescents. According to this study, low SES may dispirit commitment and identity development due to unbalanced family characteristics.

(Okamoto, 2021) conducted a study to analyze the association between health of the adolescents and socio-economic status of parents living in Japan. The data of the study consists of 3154 parents-adolescents pairs. The study aimed at finding the association between subjective socioeconomic status of adolescents and socio-economic status of parents. The gathered data were analyzed through logistic regression. The findings revealed that the biggest forecaster of adolescent health outcomes was income, demonstrating that teenagers in middle- or high-income groups tended to report higher health status than those in the low-income status.

(Ribeiro et al., 2020) analyzed the relationship between socio-economic status and mental disorders among the Adolescents. The study was cross sectional in nature and target population of the study consists of adolescents between the age group 12-17 years of age. The study used multivariate regression analysis for the analysis of data. The results of the study revealed that the prevalence of common mental disorder in boys, 11.1% and in girls was 23.3%. The conclusion of the study highlighted that Contrary to the research on the association between socio-economic status and common mental disorder, socioeconomic aspects that were related with common mental disorder were indicative of higher socio-economic status, whereas unpaid work benefited adolescents' mental health.

(Joffer et al., 2019) conducted a cross sectional study on adolescent's socio-economic status, self-rated health and social status in school. The study was descriptive in nature and the sample of the study consists of 705 adolescents of the age group 17-18 years of age. Self-rated health was measured with a single question; status of the student in school was measured by asking students to assess their social position within their school. Formal education of students was considered as their socio-economic status. The gathered data was analyzed through multivariate ordinal regression analysis. The results of the study highlighted that social status in school was positively related with self-rated health. The study also revealed that there is no significant association between socio-economic status and self-rated health. Significant difference was found between boys and girls on their self-rated health.

(Arias et al., 2018) explored the association between socio-economic status of adolescents and obesity, overweight and its impact on configuration of social networks. It was again a cross sectional study. The sample of the study consists of 235 adolescents of 14-18 years of age. The study discovered that adolescents with a medium-low socio-economic status had a two-fold higher likelihood of being overweight, but it found no differences in the configuration of their social networks compared to those of adolescents who were normal weight. The study did, however, reveal a significant differences in the construction of networks according to socio-economic status in the entire sample and when gender was taken into account, showing that adolescents with a high socio-economic status generally shown a stronger potential to build broader social networks.

(de Matos et al., 2017) conducted a study to investigate relationship between socio-economic status of adolescents and alcohol use. This study calculates cross-country differences in adolescent alcohol use's socioeconomic disparities and identifies country-level factors that contribute to these differences. The results of the study outlined that the risk of heavy drinking were more in those adolescents who belong to higher socio-economic families as compared to those who are from lower socio-economic families. The study also revealed that socio-economic disparities varied significantly across countries.

(Benner et al., 2016) conducted a study to explore the role of socio-economic status in the educational success among adolescents. The study also explored the parent's educational involvement and academic outcomes. The sample of the study consists of 15240 adolescents of grade 10th. The results of the study showed that the cumulative high school grades and educational success of adolescents are significantly associated with both school-based involvement and family educational attainments. The study also highlighted that that the school based involvement are significantly use for those adolescents who belong to lower socio-economic class. The study suggested that academic interventions are needed for the overall educational success of all youths.

(Fatima & Sheikh, 2014) explored the relationship between socio-economic status and aggression and the mediating role performed by executive functioning. The main goal of the study was to identify the direct and indirect association between executive functioning (EF), adolescent aggression, and socioeconomic status (SES). The sample of the study consisted of 512 adolescents in the intermediate and upper secondary grades, ranging in age from 13 to 19 years (the breakup of the sample is as, girls 255 and boys 257). After completing tests of executive functioning individually, participants took group assessments of their SES and aggression. Results confirmed the meditational role of executive function in the relationship between SES and aggressiveness. Results revealed, in particular, that SES is positively and directly connected to executive functioning and that it is indirectly related to aggression.

(McLaughlin et al., 2012) conducted a study to investigate the association between different aspect of socio-economic status and mental disorders among adolescents. The participants of the study came from a national survey of US adolescents with a total of 6483 adolescents. The study examined the associations between past-year mental disorders and community level income variation (Gini coefficient), relative socio-economic status (relative deprivation, subjective social status), and absolute socio-economic status (parental income and education). The findings of the study revealed that subjective social status was significantly associated with mental disorders among adolescents. The study also showed that parent's level of education was related with low risk for anxiety disorder. The study also revealed that the relationship between mental disorders and socio-economic status are directly due to perceived social status.

(Durda, 2011) conducted a study to find the relationship between adolescent's biological status, life style and socio-economic status. The major aim of the study was to assess the association between adolescent's biological status, socio-economic status and life style. The sample of the study consisted of 2248 adolescents between the age group 13 to 18 years of age. The data was randomly gathered from the overall population. The standardized questionnaires were used to collect the data from the participants. Uni-dimensional and multi-dimensional methods were used for the statistical analysis of the data. The study demonstrated that there is a significant association between socio-economic status of a family and life style among boys as compared to girls. The study also revealed that adolescents living in urban areas are more likely to fall ill as compared to those adolescents who are from rural areas. The study also revealed for purpose of assessing the biological status of adolescents it is important that both life style and socio-economic status are to be studied together.

(Mcmurray et al., 2000) studied the influence of socio-economic status, ethnicity and physical activity on the weight status of Adolescents. They sampled 2389 adolescents between age group 10 to 16. The outcome of the study showed that in male's involvement in as less as one high power physical activity for 3 to 5 days a week reduced socio-economic status adjusted and ethnic relative risk of being overweight. Results for females showed that the ethnic and socio economic status adjusted relative risk for being overweight was not expressively changed by physical activity.

(De Lise et al., 2023) reviewed the longitudinal studies to explore the association between peer relationship and quality of sleep among adolescents. The study outlined that many aspects of an adolescent's life gets greatly influenced by the peer relationship like psychological well-being, mental health and sleep. The study reviewed 19 longitudinal studies comprising of 21,232 adolescents to see the association between peer relationship and sleep. The results of the study revealed that positive peer relationship and quality of

sleep were not significantly associated over time. Negative peer relationship and quality of sleep were associated over time. The study also outlined that only a small number of studies have examined the inverse relationships between behavioural and emotional problems and sleep quality.

(Gao et al., 2022) conducted a study to outline the association of adolescent with their parents, peers and mobile phone addiction. The aim of the study was to investigate the effects of peer and parent interactions on adolescent's mobile phone addiction (MPA). The sample of the study consists of 1766 adolescents between the age group 10 to 18 years of age. The data was gathered through a questionnaire regarding parent-adolescent relationships and peer relationships. The data was analyzed by making use of correlation method to see the association between variables. The results of the study revealed that parents with positive relationship with their wards were negatively associated with mobile phone addiction whereas; peer relationship did not show a significant association with mobile phone addiction. The study also explored the various mechanisms by which parents and peers impacts adolescent's mobile phone addiction.

(Long et al., 2021) conducted a study titled "School Climate, Peer Relationships, and Adolescent Mental Health: A Social Ecological Perspective". The study aimed at exploring the association between school climate peer relationship and mental health. The study was cross sectional in nature and the sample of the study consisted of 2571 adolescents. The gathered data was analyzed by making use of regression analysis and multi-level models. The results of the study outlined that no significant difference in mental health on the basis of school climate. The study also revealed that better mental health was associated with school belonging, student-teacher relations, and a perceived inclusive school climate, while a perceived test pressure climate was linked to lower mental health.

(Portt et al., 2020) studied the peer relationship and empathy among adolescents. The aim of the study was to analyze the association between positive aspects of peer relationship and empathy among adolescents. The study was review based and the investigators reviewed 28 studies to achieve the desired aim. The components of peer relationship that were studied include peer acceptance, liking of peers for each other, friendship quality and popularity. The results of the study showed that based on the type of empathy and gender, peer relationships and some characteristics of them among adolescents varied. The studies included in the study also highlighted no relationship between positive peer relationship and empathy. In some other studies investigators found that while popularity was not greatly impacted by empathy, peer attachment and the quality or the closeness of friendships were positively correlated. The study however suggested that these relationships need to be clarified further through additional study.

(Cresswell et al., 2019) conducted a qualitative study on peer relationship experiences among autistic adolescents. The purpose of the study was to review the literature regarding qualitative findings on how adolescents with autistic disorder experience peer relationships. The study included perception of others (parents, relatives and support workers) regarding this. The study revealed that adolescents with autism do want friends though this not easily achievable for them results in loneliness. The study also revealed that peer rejection and victimization is more in adolescents who face the problem of autism.

(Van Hoorn et al., 2017) this research work focused on the influence of peer relationship on risky behavior of adolescents. They sampled 76 adolescents. The outcome of the study showed that in the presence of peers the risky behavior of adolescents increased. The study further highlighted that adolescents took into consideration the ambiguity linked with gambles, as well as the social standards conveyed by peers. The study also highlighted that the influence of peer increased in uncertain situations.

(Landstedt et al., 2015) conducted a study to explore the impact of peer relationship and parents behavior in predicting the adolescents future health (health in adulthood). The study's purpose was to investigate the potential impact of peer and parental social interactions on internalizing and functioning somatic symptoms in adulthood. The sample of the study consisted of 1001 adolescents. The gathered data was analyzed through multivariate ordinal logistic regressions analysis. The results of the study highlighted that self-rated poor peer relationships in terms of spending time alone during after-school hours and poor parental ties were the key relationships-related predictors of adult internalizing symptoms. On the other hand, at age 16, the functional somatic symptoms most strongly correlated with inadequate parental interaction and unhappiness with classmates.

(Gustafsson et al., 2012) conducted a study which aimed at investigating the relationship between middle-aged metabolic syndrome and adolescent peer difficulties in the school setting. The sample of the study consisted of 881 participants. At age 16, form instructors evaluated each student's popularity and isolation among classmates to derive a score for peer difficulties. Teacher interviews, school records, clinical assessments, and self-administered questionnaires were used to gather further data on health, health behaviours, achievement, and social conditions. The primary statistical technique was logistic regression. The results of the study revealed that there is a significant association between peer problems and metabolic syndrome among adolescents. The results also revealed that peer issues were substantially correlated with each of the metabolic syndrome's distinct components.

(Kim & Lee, 2010) studied the influence of peer relationship on adolescent's self-esteem. The aim of the study was to investigate the effect of peer relationship on adolescent's self-

esteem. The sample of the study consisted of 563 adolescents studying in the middle school grade. Self-reported questionnaires were used to collect the required data from the participants. The results of the study revealed that on self-esteem no significant difference was found between male and female adolescents. The study further highlighted that adolescents' self-esteem were associated with the quality of peer relationship. The study also found that male's self-esteem was affected by peer victimization.

Conclusion:

The most important or fundamental stage of a person's life is adolescence. There were no equals to the emotional and psychological shifts that occurred during this stage. If the adolescents are handled properly and if proper care of their needs and requirements taken of they would be an asset for any society. Adolescents as a stage of development are influenced and impacted by many variables social, mental, political, economic and other. In the present study investigators have reviewed the existing literature to explore the association between peer relationship, socio-economic status and adolescents. The investigators have found that there is a significant association between socio-economic status, peer relationship and stage of adolescent. Review of the existing literature revealed that socio-economic status influences the stage of adolescents in great manner. Review of the literature also revealed that peer relationship associates with a number of aspects viz. social, political, mental and other aspects. The investigators however suggest that further research is needed in order to clarify the results.

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