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“ANALYSIS OF MISBEHAVIOUR AMONG COLLEGE STUDENTS : A STUDY OF FAMILY, COLLEGE, AND PEER FACTORS”

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ABSTRACT

Behavioural problems among college students have become a serious concern in educational institutions due to their impact on academic performance, mental health, personality development, and social adjustment. The present study attempts to analyse the major factors responsible for inappropriate behaviour among college students by focusing on family environment, college-related factors, and peer group influence. The study is based on secondary data collected from books, journals, research articles, educational reports, and social work literature.

The findings indicate that parental neglect, family conflicts, poor communication, weak teacher-student relationships, lack of counselling, peer pressure, and excessive social media usage significantly contribute to student misconduct and maladjustment. The study further highlights the importance of counselling services, parental support, institutional discipline, and social work interventions in promoting positive student behaviour and psychosocial well-being.



KEYWORDS: Student Misbehaviour, Family Environment, Peer Pressure, College Factors, Counselling, Social Work Intervention.

INTRODUCTION

College education plays an important role in shaping the personality, values, behaviour, and future career of students. However, in recent years, Behavioural problems among college students have become an increasing concern. Aggressive behaviour, indiscipline, substance abuse, lack of academic interest, emotional instability, and social maladjustment are commonly observed among students in educational institutions.

Student behaviour is influenced by multiple social, psychological, educational, and environmental factors. The family acts as the primary institution of socialization where children learn values, discipline, communication, and emotional control. Similarly, colleges provide academic guidance, social exposure, and personality development opportunities. During adolescence and youth, peer groups and social media also become influential factors affecting students' attitudes, decisions, and behaviour.

Previous studies have highlighted the significant influence of family instability, parental neglect, peer pressure, weak institutional discipline, and lack of emotional support on students' behavioural development. Therefore, the present study attempts to analyse the major family, college, and peer-related factors responsible for misbehaviour among college students based on secondary data sources.

STATEMENT OF THE PROBLEM

Behavioural problems among college students are increasing rapidly and negatively affecting academic achievement, interpersonal relationships, emotional well-being, and career development. Family conflicts, lack of parental guidance, weak teacher-student relationships, peer pressure, social media addiction, and inadequate counselling support contribute significantly to negative student behaviour. Therefore, there is a need to systematically analyse these factors and understand their impact on students' behaviour and psychosocial development.

OBJECTIVES OF THE STUDY

1. To study the influence of family-related factors on Behavioural problems among college students.
2. To analyse the impact of college environment and institutional factors on students' Behaviour.
3. To examine the role of peer pressure and social media in shaping Behavioural problems among college students.

RESEARCH METHODOLOGY

The present study is based on secondary data analysis. Information has been collected from books, research articles, journals, educational reports, policy documents, and literature related to education, psychology, adolescence, and social work. The collected information has been analysed through descriptive and analytical methods.

REVIEW OF LITERATURE

Jogdand and Naik (2014) observed that family environment significantly influences Behavioural problems among children and adolescents. The study found that parental absence, alcoholism, poor emotional support, and family conflicts increase the risk of aggression, maladjustment, and Behavioural disturbances. The authors emphasized that positive parent-child relationships and healthy family communication are important for emotional and social development. These findings support the present study by explaining the role of family factors in shaping students' Behaviour.

Peng et al. (2023) found that family functioning significantly influences problematic Behaviour among adolescents and vocational students. The study revealed that poor family communication, weak emotional support, and unhealthy family environments increase the risk of Behavioural problems among students. The authors also emphasized that positive family functioning and social support help in reducing maladaptive Behaviours and improving emotional well-being. These findings support the present study by explaining the importance of family environment in shaping students' Behaviour and psychological adjustment.

Hoekstra (2007) observed that parental divorce and family instability negatively affect students' academic achievement and Behaviour. The study revealed that children experiencing parental conflict and divorce showed declining academic performance and increased Behavioural problems compared to children from stable families. The findings further suggested that family stress, emotional disturbance, and conflicts within the family environment significantly contribute to students' misconduct and maladjustment. These findings support the present study by explaining how disturbed family relationships influence Behavioural problems among students.

Laursen and Veenstra (2021) explained that peer influence is one of the most powerful factors affecting adolescent Behaviour and personality development. During adolescence and college life, students become highly sensitive to peer acceptance, friendship, and group belongingness. Negative peer influence may lead students toward indiscipline, substance abuse, aggression, poor academic engagement, and risky Behaviours. The study supports the present research by explaining how peer pressure contributes to Behavioural changes among college students.

Singh and Chandel (2022) stated that peer pressure and peer influence play a significant role in shaping the Behaviour of adolescents and college students. Negative peer influence may lead students toward smoking, alcohol consumption, class bunking, mobile addiction, indiscipline, aggression, and poor academic performance. The study also highlighted that lack of parental guidance and emotional insecurity increase students' vulnerability to negative peer influence.

Moldes et al. (2019) observed that peer pressure and social belongingness significantly influence students' academic performance and Behaviour in educational institutions. Positive peer relationships motivate students toward academic participation and social adjustment, while negative peer influence contributes to indiscipline and emotional instability. The findings support the present study by emphasizing that family environment, peer influence, and educational atmosphere are important factors responsible for Behavioural changes among college students.

Singh and Gupta (2025) stated that peer pressure significantly influences students' Behaviour, academic performance, and emotional well-being. Negative peer pressure may lead students toward risky Behaviours such as substance abuse, bullying, truancy, aggression, and poor academic engagement, whereas positive peer influence can encourage academic participation and healthy social interaction. These findings support the present study by explaining the impact of peer pressure on Behavioural problems among college students.

According to the National Institutes of Health (2021), peer influence significantly affects adolescents' Behaviour, emotional development, decision-making, and health-related habits. Negative peer influence may encourage risky Behaviours such as smoking, alcohol use, aggression, and delinquent activities, while positive peer relationships improve emotional support and healthy adjustment. These findings support the present study by explaining how peer relationships influence Behavioural problems among college students.

Rajat Soni (2018) explained that peer pressure plays a significant role in shaping adolescents' Behaviour during teenage and college life. Negative peer pressure may lead students toward smoking, alcohol consumption, bullying, risky online activities, aggression, and inappropriate Behaviours merely to gain social approval. The study also emphasized that social media platforms such as Facebook and Instagram have increased online peer influence among adolescents. These findings support the present study by explaining the impact of peer pressure on Behavioural changes among college students.

ANALYSIS AND DISCUSSION

1. Family Factors Affecting Student Behaviour

Family is considered the first institution responsible for emotional, social, and moral development. Disturbed family environments often create emotional insecurity and Behavioural maladjustment among students.

a) Parental Neglect

Parental neglect is one of the major causes of student misbehaviour. Lack of communication, emotional support, and parental supervision leads students toward loneliness, aggression, emotional instability, and bad company. Students who do not receive proper guidance often fail to differentiate between appropriate and inappropriate Behaviour.

b) Family Conflicts and Domestic Stress

Frequent parental conflicts, financial stress, unhealthy family relationships, and domestic violence negatively affect students' mental health. Such environments create feelings of anger, frustration, insecurity, and rebellion among students, which later contribute to indiscipline and harmful habits.

c) Parents' Education and Family Values

Educated parents generally create supportive educational environments and promote discipline and moral values. Lack of parental education and poor family values may result in weak personality development and Behavioural problems among students.

2. College-Related Factors

The college environment significantly contributes to students' Behavioural development and academic adjustment.

a) Teacher-Student Relationship

Healthy teacher-student relationships create trust, emotional support, and academic motivation among students. Negative relationships may create dissatisfaction, hatred, academic disinterest, and rebellious Behaviour.

b) Discipline and Institutional Rules

Discipline is essential for maintaining a healthy educational environment. Students who violate institutional rules often lose academic interest and engage in misconduct and indiscipline.

c) Lack of Guidance and Counselling

Guidance and counselling services are important for students' emotional well-being, academic planning, and career development. Lack of counselling support creates confusion, anxiety, stress, and fear of failure among students.

d) Lack of Co-curricular Activities

Co-curricular activities help in developing confidence, leadership, teamwork, and communication skills among students. Lack of such activities limits personality development and social participation.

3. Peer Pressure and Social Media Influence

Peer groups strongly influence adolescents and college students because students seek acceptance, belongingness, and emotional support from friends.

a) Negative Peer Pressure

Negative peer pressure encourages students toward smoking, alcohol consumption, bullying, class bunking, substance abuse, aggression, and violation of institutional rules.

b) Social Media Influence

Excessive use of social media platforms such as WhatsApp, Facebook, and Instagram increases screen addiction and reduces academic concentration among students.

c) Emotional and Academic Consequences

Peer pressure and social media influence often increase stress, anxiety, emotional insecurity, low self-esteem, poor concentration, and academic decline among students.

MAJOR FINDINGS**Major Findings of the Study****1. Family conflicts, parental neglect, and weak emotional support significantly contribute to Behavioural problems among students.**

The study revealed that disturbed family environments negatively affect students' emotional stability, personality development, and Behavioural adjustment. Frequent parental conflicts, lack of communication, parental neglect, divorce, and absence of emotional security create feelings of loneliness, frustration, anger, and insecurity among students. As a result, students become more vulnerable to aggression, indiscipline, emotional instability, substance abuse, and association with negative peer groups. Lack of parental guidance also weakens students' moral development and decision-making abilities.

2. Poor teacher-student relationships and weak institutional discipline negatively affect students' academic engagement and Behavioural adjustment.

The findings indicate that healthy teacher-student relationships are essential for students' academic motivation, emotional security, and positive Behavioural development. When students experience disrespect, lack of support, poor communication, or emotional distance from teachers,

they develop dissatisfaction, rebellious attitudes, and disinterest toward education. Weak institutional discipline further contributes to class bunking, irregular attendance, misconduct, and reduced academic participation among students.

3. Lack of counselling and guidance services increases emotional confusion, stress, and maladjustment among students.

The study found that absence of proper counselling and guidance services in educational institutions limits students' opportunities to discuss their personal, emotional, academic, and career-related problems. Due to lack of professional support, students experience anxiety, fear of failure, low confidence, confusion regarding career choices, and emotional distress. Inadequate counselling also increases students' vulnerability toward negative peer influence, harmful habits, and Behavioural instability.

4. Negative peer pressure strongly influences students toward risky Behaviours and indiscipline.

Peer groups were found to be one of the most influential factors affecting students' Behaviour during adolescence and college life. Students often adopt harmful habits and risky Behaviours to gain social acceptance and group belongingness. Negative peer influence encourages smoking, alcohol consumption, aggression, bullying, class bunking, violation of institutional rules, and substance abuse. Excessive dependency on peers also weakens independent thinking and decision-making abilities among students.

5. Excessive use of social media negatively affects students' concentration, emotional stability, and academic performance.

The findings indicate that uncontrolled use of social media platforms and mobile phones has increased screen addiction among students. Excessive engagement with online activities, gaming, and social networking distracts students from studies and reduces concentration toward academic work. Social media exposure also increases emotional stress, unhealthy comparisons, cyber risks, aggressive Behaviour, and psychological disturbances, ultimately affecting students' academic achievement and social adjustment.

6. Lack of co-curricular activities limits personality development and social adjustment among students.

The study highlighted those co-curricular activities such as sports, cultural programs, debates, NSS, NCC, and group activities play an important role in students' overall personality development. Lack of such opportunities reduces students' confidence, leadership qualities, teamwork, communication skills, and social participation. Absence of constructive engagement also increases isolation, negativity, emotional imbalance, and lack of social adjustment among students.

SUGGESTIONS

1. Parents should maintain healthy communication and emotional support with children.
2. Colleges should strengthen guidance and counseling services.
3. Educational institutions should encourage positive teacher-student relationships.
4. Awareness programs regarding peer pressure, substance abuse, and social media addiction should be conducted regularly.
5. Co-curricular and personality development activities should be promoted in colleges.
6. Professional social workers and counselors should be appointed in educational institutions for early intervention and Behavioural support.

CONCLUSION

Behavioural problems among college students are influenced by multiple family, educational, psychological, and social factors. Family instability, parental neglect, weak teacher-student

relationships, inadequate counseling, peer pressure, and excessive social media usage collectively contribute to student misconduct and maladjustment.

Positive family environments, supportive educational systems, effective counseling services, and healthy peer relationships are essential for students' emotional well-being and personality development. Collaborative efforts by parents, teachers, counselors, social workers, and educational institutions are necessary to promote positive Behaviour and healthy psychosocial development among college students.

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