

Comm 211: Interpersonal Communication

Completing this project on peer pressure helped me realize how communication influences our relationships, decisions, and sense of identity. Before starting, I mainly thought of peer pressure as something negative, but through research and group collaboration, I learned that it can have both positive and negative outcomes depending on the context. Working with my group allowed me to explore the topic from multiple angles—Delaney studied the positive effects, Iris examined the negative, Lal looked at media influence, and I focused on the overall results of peer pressure. Together, we developed a deeper understanding of how communication behaviors shape relationships.

Throughout this project, I connected key terms from our textbook such as control, relational maintenance, relational transgression, and social support. Understanding these concepts made me think about how relationships evolve when people influence one another, both in healthy and unhealthy ways. For instance, I learned that negative peer pressure can lead to relationship termination and emotional harm, while positive peer pressure can motivate individuals toward personal growth and stronger connections.

This assignment also improved my interpersonal communication skills and reminded me that not all influence is bad—sometimes it encourages better habits and confidence. I found that communication can serve as both a tool of persuasion and a form of support, depending on how it's used. Overall, this project taught me the importance of awareness, empathy, and ethical communication in shaping relationships that are based on trust, understanding, and positive influence.