



IMPACT OF PERSONAL VALUES ON THE DECISION- MAKING ABILITIES OF ADOLESCENTS

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Abstract : Adolescence is a very important and crucial stage of development in children. The constant juggling of so many emotional, mental, and physical changes during this stage takes place. Thus, one of the most important things that guide them through this phase and also throughout their life is their different personal values. In the present study, the researcher investigated the impact of different personal values on the decision-making ability of adolescents. For this purpose, a systematic review process was adopted, wherein various research articles were screened to find out the impact of personal values on the decision-making ability of adolescents, and analysis was put forth in the form of discussion and conclusion. After completing the review process, it was revealed that different personal values impact the decision-making ability of adolescents.

Keywords: Personal Values, Decision Making Abilities, Adolescence

I. INTRODUCTION

In ethics and social sciences, values denote the degree of importance of something or action to determine which actions are best to take, how to live life, or the significance of various actions. Values are beliefs and principles that we hold to be important in our daily lives and work. Our values reflect our personality and character. Values influence our relationships, behavior, decisions, and identity. Positive values lead to positive actions. Values determine our priorities, guide our decisions, and shape how we interact with others. When your actions and behavior reflect your values, life is usually good.

Identifying one's personal values is an essential component of a successful career plan. Personal values and beliefs about what are right and wrong can be considered moral or not. Cultural values are beliefs held by religions or societies that reflect what is important in each context.

Adolescence is a period of life during which personal values play a pivotal role in decision-making. Narrative of social influence during adolescence often revolves around risky and maladaptive decisions, like driving under the influences and using illegal substances. Therefore, a clear understanding of various values of the adolescents will pave a way to promote better understanding and healthy relationships, help adolescents make right choices in life, build integrity, listen to their own conscience, encourage them to help others, be independent, differentiate between right and wrong and give them the ability to figure out how to be happy in life. It is important to study the value system of adolescents to understand their personality and the factors which determine the decision making in adolescents.

Career decision plays a major role in establishing youth in a career path that opens as well as closes opportunities. A career is an important aspect of life as it determines the success and happiness of an individual. Career decisions if taken, following one's values, interests, and skills prove to pave the way for self-satisfaction and if not, it can lead to dis-satisfaction, lowered output, fatigue, poor performance, cognitive impairment like lack of concentration, and memory problems and cause lowered self-esteem and confidence.

Schwartz, derived ten types of fundamental or universal values common to all cultures, which presents both congruent and conflictive relationships. These values are arranged in a circular continuum.

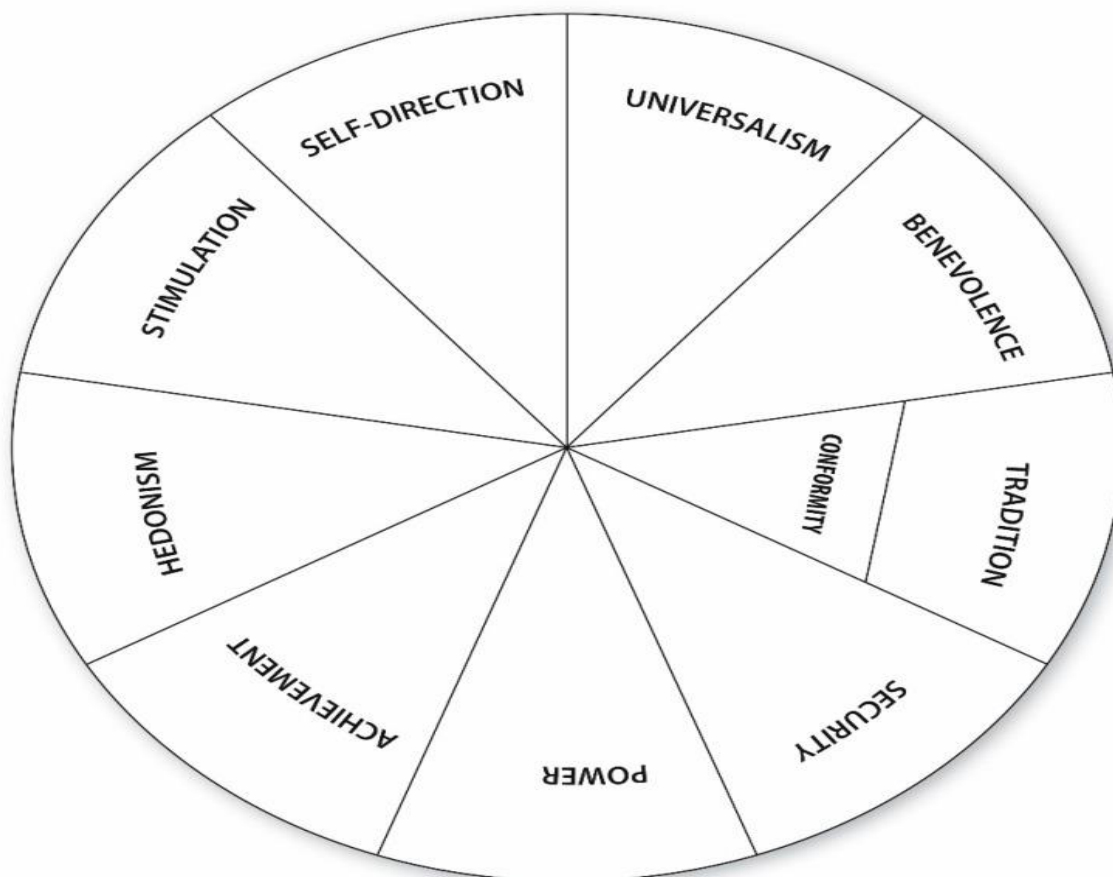


Fig 1: Schwartz Cycle of Values

TYPES OF PERSONAL VALUES

Our personal value base is unique to us. There is no written format of what they are \should be. We can make improvements in our own lives by committing to the values we already believe in or by adopting new ones. We need to identify the values we hold as an individual and consider how these values influence us and the impact, they may have on not only our lives but ultimately on others. According to Sherry and Verma the personal values can be classified as following:

RELIGIOUS VALUES

This value is defined as the belief in God following the religious path prescribed in the religious books and acting ethically. These values are expressed through going on pilgrimages, simple living, and high thinking, having faith in religious influencers, and following the path of truth. This value impacts the adolescent's code of conduct and they try to align their acts according to their belief. It somewhere helps them to choose morals and abide by their values despite being distracted by the changing phase they overcome this stage of stress and storm.

SOCIAL VALUES

As a part of the social world adolescents are affected by their surroundings and society and its reflected in their actions and behaviour. Charity, kindness, love, sympathy, and service for mankind are some values that are inculcated in them because of their social environment. This impacts their decision-making as it would be according their social values.

DEMOCRATIC VALUES

Being a citizen of a democratic country it is obvious to have this value naturally. A respect for every individual, equality in social, economic, and political rights and understands the duties towards the nation. Impact of democratic values also plays an important role in decision making ability of an adolescent. Duty towards nation and society guide them to go for better choices and shape their future with great values.

AESTHETIC VALUES-

These values help the adolescents to build an interest in music, fine arts, sculptures poetry, etc., a love for decoration and neatness of home and surroundings, and learn to arrange things which guides them to be systematic in their decision-making in life. It helps adolescents somewhere, to feel and enjoy the colourfulness and variations of life situations and adore them by learning life lessons and making meaningful decisions that can contribute to the welfare of their self as well as society.

ECONOMIC VALUES-

Economic values play a significant role as deciding on a well-settled life is directly indicating financial stability. The desire for money and material gains is considered in the choice of their jobs and the attitude towards the rich and industrialists is favorable, considering them useful for the economy. But Economic values guide adolescents to choose between needs and desires as needs can be fulfilled but desires are endless, one after another they arise and go on. Economic values make them understand how to

choose the right profession, rather than jumping on the bandwagon, which will give them satisfaction and keep them mentally sound.

KNOWLEDGE VALUES

As we all know the adolescence stage is very important in the context of knowledge seeking. Knowledge values help them to gather more and more knowledge, learn new facts and discover new ones, and most of all develop the ability to differentiate between good and bad which would ultimately help them to seek meaningful knowledge from books, other sources, and their surroundings. Great knowledge helps them to build a great character and become great scholars of their society.

HEDONISTIC VALUES

It is defined as the conception of the desirability of loving pleasure and avoiding pain. According to these values, Present is more important than the future which guides the adolescents to work positively for the present as this only will build their future.

POWER VALUES

Power as indicated by its terminology itself, rules over others or we can say the ability to lead others. sometimes in adolescence children choose or decide to opt for those activities or jobs in which they can use their leadership qualities. If guided positively, these values can be proved to be helpful in their decision-making for their future job or opportunities. They can use their leadership or we can say power values in a good way by leading their group or running an organization in the future.

FAMILY PRESTIGE VALUES

These values act in a negative as well as positive way because somewhere it makes the children conscious about good and bad for their family prestige and just because of these values they suppress their real feelings and needs which impact their mental health. For the maintenance of the purity of their family blood, they avoid marrying inter-caste.

HEALTH VALUES

The health values inspire adolescents to keep themselves physically and mentally fit to carry out their responsibilities and duties properly and for self-preservation. If they are physically and mentally sound it would contribute to healthy decision making and improved performances academically as well as personally.

REVIEW OF LITERATURE

Darie Nadina (2023), studied the relationship between the level of self-acceptance of adolescents and the level of decisional capacity and two hypothesis were tested during the study which are: self-acceptance and self-esteem . For conducting this study an experimental program was implemented, based on Rational Emotive Behavior Therapy.

Javier Paez Gallego, Angel De Juanas Oliva, Francisco Javier Garcia-Castilla, and Alvaro Muelas (2020), together studied the relationship between basic human values and decision - making styles in adolescents. this study concludes that the adolescents who use an adaptive decision-making style tend to pursue mastery of the values self-direction, stimulation, achievement, and power whereas, adolescents who use a maladaptive style tend to shy away from the self-direction and are more conservative.

Javier Paez Gallego, Jose Alberto Gallardo-Lopez, Fernando Lopez-Noguero, Maria Pilar Rodrigo Moriche (2020), studied and analyzed the relationship between psychological well-being and decision making in adolescent students. The study shows that greater use of adaptive decision-making strategies correlates significantly with greater psychological well-being.

Vashishtha Shriya and Rishipal (2019), studied the relationship between family environment, self-concept and and personal values of children conflict with laws living with biological parents and the ones with guardians. And through the study, it was inferred that family environment plays significant role in restricting and rescuing young kids from heinous crime.

Verma Eisha (2019), studied the social intelligence among the college students in relation to their home environment, the results of the study showed that there were significant differences in social intelligence among college arts students of second year degree courses in relation to their home environment and academic achievement.

SIGNIFICANCE OF THE STUDY

Studying the impact of personal values on the decision-making ability of adolescents is essential for their personal development, ethical decision-making, and overall well-being. It equips them with the tools to navigate the complexities of adolescence and make choices that align with their values and goals. Related studies showed that there is a positive correlation between decision-making and the personal values of adolescents. Personal values help adolescents make morally sound choices and resist negative influences. Values help adolescents to make better decisions which maintain their mental well-being and give them satisfaction. Personal values guide them to become more self-dependent, confident, and civilized humans, they come up with great ideas for the betterment of society. As males and females share different value behaviour- mechanisms, interventions should consider differences in the value-induced problem behaviour.

OBJECTIVES OF THE STUDY

- To study the impact of personal values on the decision-making abilities of adolescents
- To study the correlation between personal values and decision-making of adolescents

DISCUSSION

The reviewed studies collectively emphasized the complex interplay of various personal values that impact the decision-making ability of adolescents. The findings underscore the importance of personal values and understanding them with the mindset of adolescents and make them better decision-makers, to cope with the peer pressure, and become more responsible citizens with better mental health. Identity development- Adolescence is a crucial period for identity formation, and personal values play a central role in shaping one's sense of self. Understanding how values influence decision-making can provide insights into this

process. Family, society, and educational institutions play an important role in helping adolescents face the difficulties in this stage of stress and storm.

Ethical decision-making

Values are closely linked to ethics and morality. Investigating their impact on decision-making can help in understanding how adolescents make ethical decisions and how their values shape their choices. Being a part of this society there are some rules and regulations for every individual according to their value system or beliefs influenced by their social circle. Keeping in mind the importance of values and survival adolescents make ethical decisions.

Peer pressure and external influences-

Adolescents are often susceptible to peer pressure and external influences. By knowing the role of personal values can shed light on how they navigate these pressures and authenticity. Peer pressure is something that comes naturally in the way of adolescence and children find themselves stuck in this phase of transition from childhood to adulthood, but with the help of a strong value system, one can face these difficulties or changes.

Long-term consequences-

Decisions taken by adolescents can have long-term effects if not taken judiciously. This is a stage of transition in children undergoing many physical, emotional, and mental changes, there is confusion in their minds when it comes to making decisions regarding their life, studies, careers, or prospects. One wrong decision can ruin their whole life and even can put them in never-ending guilt or dissatisfaction. On the other hand, a mindful and meaningful decision can give them a bright and healthy future and fill their life with happiness. Knowing how their values influence their choices can inform interventions and guidance to promote positive decision-making.

Educational and parental support

Educators and parents can use insights into the impact of values on the decision-making of adolescents to provide guidance and support that aligns with an adolescent's values, fostering better decision-making.

Social responsibility

Understanding how values affect decision making can help society at large to promote responsible and value-based behavior among adolescents, contributing to a more ethical and responsible future generation.

Mental health and well-being –

The alignment of personal values with decisions can impact an individual's mental health and well-being. As we know a sound mind lives in a sound body, therefore the mental health as well as physical health of adolescents must be good to carry on their actions, duties, and responsibilities smoothly, a mentally healthy individual is more liable to make decisions and face every situation.

CONCLUSION:

There is an impact of personal values on adolescents' decision-making ability. Each individual is driven by his/her values and they are the building blocks of their future decisions. We all live in a social world with different value systems and our actions and decisions are impacted by these values which we inherited from our parents or learned from our surroundings. Sometimes there is a dual opinion about these value systems. In adolescence, there is a big role of values in the formation of one's character or the development of a personality. Personal values when come from a heart with positivity, contribute to stronger and better decision-making among adolescents but when its forcefully imposed on them, they can turn psychologically disturbed. Violence, stigma, exclusion, living in humanitarian and fragile settings, etc. can increase the risk of developing mental health problems.

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