

## AN EXAMINATION OF POSITIVE YOUTH DEVELOPMENT INSTRUMENTS AMONG STUDENTS IN PUBLIC SECTOR UNIVERSITIES AND ITS RELATION TO RISK BEHAVIORS

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### ABSTRACT

The purpose of this study is to investigate how Productive Youth Development (PYD) tools affect risky behavior among university students in the public sector. Positive youth growth focuses on building on young people's skills and assets to help them grow and be healthy in all areas. Even though its benefits are known, not much research has been done on how much PYD affects risky behavior among college students, especially in public schools. To get a full picture of PYD instruments and how they relate to risky behaviors, the study uses a mixed-methods technique that includes quantitative questionnaires and qualitative interviews. Validated scales will collect quantitative data on PYD categories like resilience, confidence, and pro-social behaviors. Risk behaviors like drug abuse, juvenile offenders, and dangerous sexual behavior will also be evaluated. Interviews with students will give us a better understanding of their experiences and thoughts on PYD treatments and how they affect risky behaviors. The study's results will help us understand theories better and develop real-world ways to help young people grow up healthy and stop college students from doing dangerous things. Understanding the connection between PYD tools and risky behaviors at public universities is the main goal of this study. The results will help create specific plans and programs to help young people's overall growth and health in college.

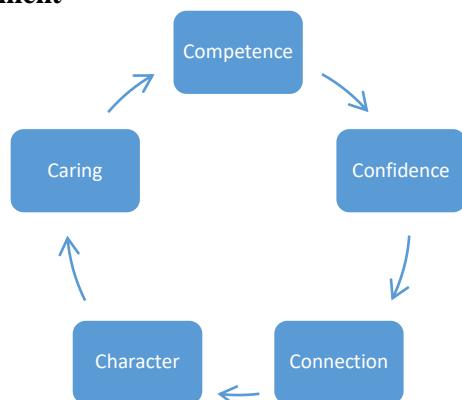
### INTRODUCTION

For students, universities, colleges, and schools are the most important places in society where they can grow as people. Students' future performance will rest on how well they do in college and how well others have done in the past. Every student is different, and when they finish school, they all want to start working, but they have a hard time doing so. A lot of things, including social, economic, biological, and psychological ones, get in the way of college students' good growth as young people. This essay was mainly about college students and their lack of good youth development. It also looked at what getting in the way of their performance.

According to Dryfoos (1998), the danger is divided into two types of problem behaviors: violence against others and drug use. Alcohol-related car accidents are the top cause of death among teens and young adults. Substance abuse and violent behavior are directly linked to a lot of arrests and dismissals

from colleges and universities for teens and young adults. The gap was created because more risk factors, such as getting into fights, being a member of a racial or ethnic group, or smoking, are making it harder for students to learn, which can cause them to fail or drop out. About half of all murders and sexual assaults (Miller et al. 2007) and one-third of all car accidents end in death. Many of these crimes were caused by alcohol. Teens who drink too much have been linked to violence, problems at school and on the job, suicidal thoughts, run-ins with the law, risky sexual behavior, and using drugs like cigarettes, marijuana, cocaine, and others. (O'Connell and Bonnie, 2004). The present study occurred at two universities in Islamabad and Rawalpindi, Pakistan. 1) University of Quaid-i-Azam in Islamabad 2) University of Arid Agriculture PMAS Rawalpindi. The overall goal of this study is to investigate how college students can grow positively.

### Conceptual Framework of Positive Youth Development



**Figure 1:** (Lerner, 2006; Bowers et al., 2010)

Lerner (2006) and Bowers et al. (2010) say that PYD is the agreement of the 5C elements that make up this idea. These 5Cs 1) Competence, 2) Confidence, 3) Connection, 4) Character, and 5) Caring were made after reading a lot of books and thinking about my own experiences. Being competent means having a good opinion of your actions in certain areas, such as in the social, cognitive, academic, health, and professional areas. Besides that, "social competence" includes the ability to deal with conflicts and get along with others. thinking competence means being able to make decisions that show you have good thinking skills. Academic competence is how well you do in school, as shown by things like marks, attendance, test scores, and how often you show up for class. To stay healthy, people need to show that they are physically fit by working out and getting enough rest. Innovative ideas, good work habits, and awareness of one's career path make up vocational ability (Phelps et al., 2009). According to Phelps et al. (2009), a young person's confidence is their feeling of self-efficacy and self-worth. Connection shows up as strong, positive ties and supportive relationships with family, friends, and other people. These connections make it possible for people and communities to work together in a good way (Phelps et al., 2009). According to Bowers et al. (2010), character is following the rules, and traditional and social norms, having a strong sense of what is right and wrong, and being honest. According to Phelps et al. (2009), caring means showing that you understand and care about other people.

### OBJECTIVE OF THE STUDY

1. To find out how happy young people are by using an indicator of positive youth development
2. To find out if there is a link between healthy growth and risky behavior in youth.

### LITERATURE REVIEW

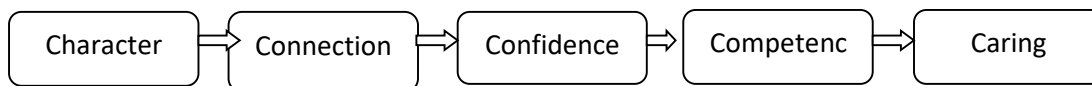
These problematic behaviors are common, and their prevalence is quite high. The 36% of students reported having participated in physical fights more than once in the twelve months preceding the survey, according to the findings of the Centres for Disease Control and Prevention (2000), which were based on a national sample of high school learners that had completed the Youth Risk Behaviour Survey. Within the thirty days before the study, seventeen percent of the student body carried fifty-six weapons. More than seventy-one percent of students have experimented with smoking cigarettes, forty-two percent have tried smoking marijuana, twenty-seven percent have tried smoking a cigar, seven percent have tried cocaine, and eighty percent have consumed alcohol. According to the Centers for Disease Control and Prevention (CDCP) and Dryfoos (1998), the prevalence of lifetime and present cocaine use among young people has increased in recent years, and the age at which substance use begins is decreasing. According to research conducted by White and Labourite in 1994, it has been found that young people who engage in both drug use and misconduct are more likely to have substance abuse problems as adults. Assaultive behaviors are the outcome of physical fighting, which is a form of interpersonal aggression among university students or youth. Fights are widespread among youth, which ultimately leads to disorder, which in turn results in academic failure and injuries. The findings of Sosin et al. (1995) indicate that it is linked to a multitude of high-risk activities, including but not limited to bullying, criminal behavior, smoking, and alcohol consumption. 2004 publication by Borowsky and Ireland. Negative psychosocial consequences occur when a person is abused by forced sex and an intimate partner, among other risk behaviors among both males and females. These outcomes included poor mental health outcomes and other risk behaviors. (Roberts et al. 2003; Ackard and Neumark-Sztainer 2003; Howard and Wang 2005).

**RESEARCH METHODOLOGY**

Through the utilization of the 5C model, the purpose of the present investigation was to evaluate the level of positivity among young people. Character, confidence, connection, compassion, and competence were hypothesized to be strongly connected with positive youth development. This was because these components are closely associated with each other. An additional hypothesis was developed to investigate the connection between healthy behavioural patterns and the development of young people. The sample for the research project consisted of two hundred and fifty students from two separate universalities. There are two universities in Pakistan: 1) Quaid-i-Azam University, which has 125 students, and 2) PMAS-Arid Agriculture

University Rawalpindi, which also has 125 students. Methods of simple random sampling were utilized to get the total sample size of 350 individuals. For researching positive youth development, Lerner et al. (2006) constructed a research instrument that consisted of the 5C Model. The tool's reliability can be demonstrated by its internal consistency, which is equal to  $\alpha=.846$ . To carry out this study, a quantitative research approach was utilized. For data gathering, an interview schedule was utilized. The data was analyzed using version 20 of the software known as the Statistical Package for the Social Sciences (SPSS). To investigate the relationship between the various variables, an analysis of multiple regression was carried out.

**RESULTS AND DISCUSSIONS**



According to the study model, character is the dependent variable, and connection is the independent variable. Confidence, competence, and

compassion are represented as the independent variables. To measure the variables, descriptive statistics were utilized.

**Table 1: Descriptive statistics of measures and mean differences by 5C characteristics.**

Variables	N	Range	Minimum	Maximum	Mean	Std. Deviation	Variance
Caring	350	3.78	1.35	5.45	3.6260	.77984	.577
Ability	350	2.79	2.49	5.43	3.3970	.67792	.446
Self-confidence	350	1.85	2.52	4.89	3.4970	.55334	.284
Construction	350	3.15	2.47	5.01	3.8190	1.02489	1.030
Attractiveness	350	3.59	1.89	5.01	3.7623	.89523	.766

The first table presents a demonstration of the use of descriptive statistics among several variables, including characteristics such as caring, ability, trustworthiness, connection, and character.

Self-confidence						.233*
Construction		.717***	.673	.596***		

\*  $p<.05$ , \*\*  $p<.01$ , \*\*\*  $p<.001$

**Table 2: Multiple Regression analysis for determinants of character**

Predictors	Character		
	$\beta$	$R^2$	$\Delta R^2$
Step 1			
Control Variables		.077	
Step 2			
Caring	-.021		
Ability	.217**		

The results of the multiple regression analysis are presented in Table 2, which reveals that the control variables that have an influence of .077 on the dependent variable are the characteristics of the residential pattern, education level, gender, family type, and monthly income. According to what was stated above in the table, after controlling for the effect of demographic variables, it is shown that connection, confidence, and competence have a strong and beneficial relationship with character values of .217\*\*, .233\*, and .717\*\*\* respectively. On the other hand, caring is not significant and is negatively associated with morality with the value of

-.021. There is a substantial significance change in R square, which indicates that independent variables

have an impact percentage of 67%.

**Table 3 Pearson Correlation Analysis**

Relationship between positive youth development and Usage of Drugs		PYD	Drugs use by Youth
<b>Positive youth development</b>	Pearson Correlation	1	-.177**
	Sig. (2-tailed)		.007
	N	350	350
<b>Usage of Drugs</b>	Pearson Correlation	-.177**	1
	Sig. (2-tailed)	.007	
	N	350	350

Using Pearson correlation, we examined the relationship between drug use among students and positive youth development in Table 3. The data indicates a negative correlation between drug use and positive youth development, with values of  $r = -.169^{**}$  and  $P = .007$ .

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