

## The Trade-Off between Risky Behaviours among Youths and Parents Time in Mumbai Metropolitan Region

Sanjay Rode\*

Associate Professor and Head of Department, Somaiya Vidyavihar University, Maharashtra, India

### Abstract

Skilled, healthy, and educated youths are an economic potential of any country. In Policy implication of any nation, youths are given priority in terms of skills. But youths must study and gain knowledge and acquire skills. But in Mumbai metropolitan region boys are driving four wheelers and girls drive two wheelers. Few have license and they drive fast on highway without wearing helmet and seatbelt. Few youths are smoking cigarettes and consume alcohol due to depression. Few youths fight physically and got injured. They do not eat properly and reported the malnutrition issue. Youths are involved in multiple sex relationship with opposite sex with lack of knowledge of contraceptives. Logistic regression results shows that youths involved in multiple risks are positively associated with age of youths and loans taken by parents. It is negatively co-related to help of parents at house. Therefore, parents must spend enough time with youth. They must regulate the youths' risky behaviours as driving vehicles, smoking, drinking alcohol. They must teach them eating healthy food habits and not allow them to involve in physical fight and opposite sex relationship. If required, then counsellors help must be taken. State government must see that youths will be healthy and skilled in region. It will not only benefit to family but also to region and nation in economical way.

**Keywords:** Behaviour; Nutrition; Counselling

### Introduction

There is an increasing trend of risk-taking behaviour among adolescents in India, but little empirical evidence exists on its determinants [1]. The risky behaviour, including illegal drug use, gambling, tobacco and alcohol use, delinquency, inappropriate aggressiveness and violence, school failure, and unsafe sexual activity; however, many studies focus on only one type of risky behaviour. Many adolescents, however, participate in more than one type of risk behaviour, and the combined effect of participation in multiple behaviours is concerning [2]. The multiple risk behaviour and condition often exist together in the same individual, adding cumulative risk for poor health outcomes in later stages [3].

The risky behaviours among youths affect wellbeing of their life prospects. Youths do not have capacity of thinking through different problems. Factors associated with risk behaviours in adolescence health since they are significantly associated with several risk behaviours in adolescence [4]. Every day they come across different problems. But they do not have knowledge of alternative options available. Attitude of the youths towards risky behaviour is own decision-making process. Most of the time, they fail to solve different problems because they underestimate the situation. Maximum youths have problems with emotional control. Youths may overreact by allowing emotional states to resolve various uncertainties. The volatility in mood is a characteristic of youths with positive and negative swings in moods. It is an adolescent period where emotional, physical, psychological development takes place of youths. Maximum youths discount their future too much. Youth preferences are time inconsistent and not based on facts. One activity is engaged into some extent, the marginal risk from additional engagement is lower.

The risky activities are highly enjoyed by youths in region. They find out that if the risk in any activity is higher than they thought, they engage more because they have already borne the cost. That is why youths involved in driving, smoking, alcohol drinking, physical fighting, and undernutrition. Youths have high preferences for few activities than adults that create negative externalities. The sex relationship among young female is related to teenage pregnancy

or AIDS. It may be because they are crazy for it or to impress peer group. Youths have day to day fluctuations in taste and preferences. Peer pressure temporarily influence their preferences for food, smoking drinking wine, physical fighting etc. The negative life events and some of personal and social competencies – cooperation and communication, empathy, self-awareness, and self-efficacy are associated to risk behaviours. Adolescents that present higher levels of negative life events or lower levels of these competences' present higher levels of disruptive behaviour [5].

Trade-off is existing as short-term benefit and long-term cost of possibilities. For example, theft results into jail for youth. Smoking and drinking are related to future, health, and job prospects among youths. There are two types of youths in society. The sophisticated youths are fully aware of their future self-control problem, and they correctly predict how they will behave. The Navie youths are fully unaware of their future self-control problem. Driving of two and four-wheeler is an inherently risky activity. In modern times, the youths are more dependent on automobiles. For small distance, they required two and four wheelers. Maximum teens are aggressive drivers of two and four wheelers. They are less likely to use safety equipment's such as seat belts and helmets. In accidents, youths' error is a single vehicle crash issue. Youth do not wear seatbelts or drive after drinking wine. They are those youths who take others health at risks such as smoking cigarettes, drinking alcohol and physical fighting. Youths do not have financial resources that they can use to influence other people. Youths' consumption always exceeds their income.

**\*Corresponding author:** Sanjay Rode, Associate Professor and Head of Department, Somaiya Vidyavihar University, Maharashtra, India, E-mail: sanjay.rode@somaiya.edu

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## Methodology

### Risky behaviours among youths in Mumbai metropolitan region

Mumbai is a financial capital of country. Families are earning high income based on education and experience. Both parents are earning high income and enjoying high standard of living in region. Youths are going to colleges, and they are out of house from morning till evening due to college, tuition, Gym, sports etc. They meet different types of friends every day. Youths drive vehicles of parents, friends, relatives etc. Few do not have learning licence. Those have two and four wheelers licence often drive fast on street. Few youths are regularly using vehicles to go to college, visit friends and relatives' house. During driving to different places, they supposed to wear helmet for two drive and wear seatbelt for four wheelers. But they do not wear seatbelt or helmet. It may lead to accident and youth may stop learning in colleges. They need to spend time in hospital. It is very expensive affair for the family. Youths often smoke cigarettes at streets. They smoke while driving four wheelers. It may lead to health issues among youths. Youths drink alcohol and drive four wheelers. It may lead to accident and loss of life. They should not race of vehicle of highway. It may lead to accident and loss to vehicle and injury to youth. Youths have reported major accidents on highways and injury to them. The rich parents smoke in front of youths. Cigarettes are lying on the table in bedroom or hall of room. Youths take such cigarettes and smoke. They feel that parents support their smoking. The peer influence clearly plays a very significant role in adolescent smoking [6,7].

Their friends also provide them cigarettes and they smoke. Smoking every day may affect their lung. Youths have depression due to stress of study, health issue, home level issue but it does not mean that they must smoke cigarettes. Youths often say that they have depression and anxiety. It may be due to study, travel etc. Youths those fail to concentrate in study involved in number of other activities. They consume drugs, try to get it from friends at lower price. If they do not get from friends at lower price. They borrow money from friends and order drugs. If some delay is getting drugs, they fight physically with them. It becomes the matter of police. They may put them in jail and study of youths may get affect. They go to doctor and get medicines but that is not enough. They may attempt suicide. It is big hardship for family to take care of such youths. Youths have friendship with

different personalities, school/college level friends, tuition, gym and other types of friends.

Most of the time friendship is related to practical things. They often fight on different issues such as betting, money lending, night parties, picnics, tourism etc. Physical fight is so severe that it may end up in police station. The youths need immediate medical help. Girls are assaulted by young people. They often carry chili powder or paper spray to fight with stranger. Police case is registered by youths in such cases. Youths do not prefer homemade food. They often have inertia to eat nutritious food. May be due to less knowledge, peer group pressure, they prefer hotel food. Families provide cash as pocket money. They buy burger, pizza, street food which is less nutritious. They often feel weak and fall sick. Doctors' medicines and less quality food, stress of study effects on youth. They feel weak and do not study regularly. It reduces their total scores obtained and grades. Youths fail in their study. They visit doctor for weakness and other issues. Doctors provide medicines but youths do not take medicines on time.

Youths often involved in opposite sex attraction. They spend more time outside of house. Youths get involved with multiple sex partners. They do not have knowledge of condoms/pills. It may lead to pregnancy with girls. Due to access of mobile and internet, youths watch porn movies. Few youths are forced to watch such movies. Once they watch such movies, they become habitual to watch it and act accordingly. Such youths do not concentrate on study often drop out and fail to complete study. Major objective of the study is to understand risk behaviours among youths. The risky behaviours have increased over the period. The study also aims to examine the smoking cigarettes, driving vehicles and eating behaviours among youths. Youths often feel depressed and do not eat properly. It is adversely effect on their health.

### Data

For this study, we collected primary data of youth's risky behaviours and their family background in Mumbai Metropolitan Region. The primary data is collected from June to December 2023. Total 776 youths' data is collected randomly from 18-30 age group from metropolitan region. We covered Mumbai, Mumbai suburbs, Thane and Raigad districts (Figure 1).

For data analysis, we have classified the youths from Central, Western and Eastern Suburbs, Thane city and Thane district based on

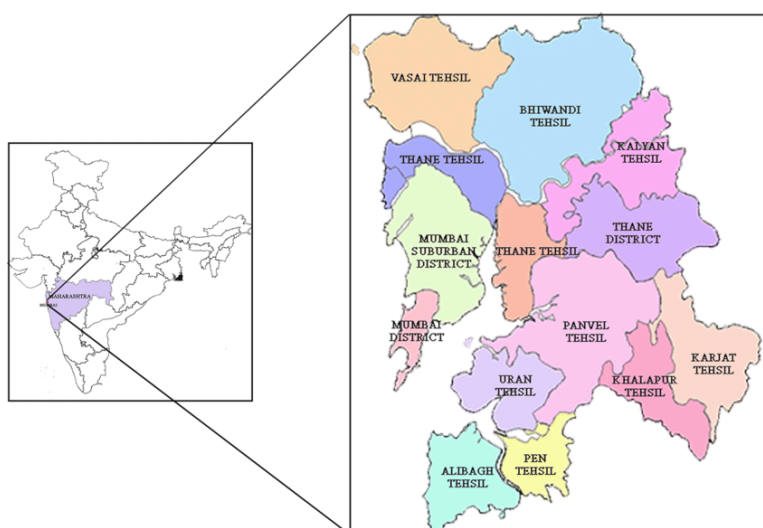


Figure 1: Mumbai Metropolitan region.

responses of schedule. Youths' family background is used for analysis of data in region. The youths asked different questions related to driving vehicles, smoking cigarettes, drinking wine, physical fight, Depression, malnutrition, and sexual relationship. We analysed the data in excel and SPSS@24 of different risky behaviours according to suburbs of region such as Central, Western and Eastern suburbs, Thane, and Thane district. We have used R software for logistic regression analysis to find different correlation with risky behaviour among youths. A logistic regression model is used to find the socio-economic and demographic reasons behind the risky behaviours among youths. Logistic model is also used to pooling of whole sample together with multiple risks among youths in region. Multiple risks among youths are further regressed on socio-economic and demographic variables.

### Economic model

We have developed economic model for various risky behaviours among youths in region.

$$\sum_{t=n}^i W = \sum_{t=n}^i u \quad (1)$$

Youths are willing to add utility by consuming various items. Wellbeing of youths depends on utility, and it is related to consumption of goods and services.

$$\sum_{t=i}^i = \sum_{t=1}^i D1 - \sum_{t=1}^i D2 \quad (2)$$

Utility depends on the discount factor between two period as d1 and d2. Youth learn to take risk and reduce the cost after practice of it.

$$\sum_{t=n}^i C = \sum_{t=n}^i C_2 - C_1 \quad (3)$$

Cost of utility depends up on the discount factor for youths. Youths think and take maximum risk.

$$\prod_{t=1}^n = \sum_{t=n}^i C - \sum_{t=n}^i R \quad (4)$$

Profit earning by youth is difference between cost and return to youth. As they take more risk, cost declines and benefit increase but it increases of risk to their health.

Cost -risk ratio youth have to accept. But few youths have self-control to accept only particular risk where Self Control <0.

Risky behaviours are modelled as follows.

$$\sum_{t=1}^n D = f(DL, IWD, WSH, DH, RH, MA, RCD, SWD, AD, DD) \quad (5)$$

where Driving Licence (DL), Injured While Driving (IWD), Wear Seatbelt and Helmet (WSH), Drive on Highway (DH), Racing on Highway (RH), Major Accident (MA), Receive Call while Driving (RCD), Smoke While Driving (SWD), Alcohol and Drive (AD), Drink and Drive (DD).

$$\sum_{t=1}^n S = f(PSP, SED, OTP, SDD) \quad (6)$$

Smoking is Supported by parents (PSP), Smoke Every Day (SED), Other Tobacco Products (OTP), Smoke Due to Depression (SDD).

$$\sum_{t=1}^i D = f(MH, AS, CD) \quad (7)$$

Depression is related to Medical Help (MH), Attempted Suicide (AS), Consume Drug (CD)

$$\sum_{t=1}^i PF = (PI, TPF, PC, M, A, CPS) \quad (8)$$

Physical injury is related to Treatment due to Physical Fight (TPF), Police Case (PC), Molestation (M), Assaulted (A), Carry Paper Spray (CPS)

$$\sum_{t=1}^i M = f(MI, WS, VD, HMF, JF) \quad (9)$$

Malnutrition is related to Malnutrition Issue (MI), Weakness in Study (WS), Visit Doctor (VD), Home-Made Food (HMF), Junk Food (JF)

$$\sum_{t=1}^i = f(MSP, UC, UP, RSK, SE, FSR, WPM, FWM) \quad (10)$$

Sexual behaviour is related to Multiple Sex Partners (MSP), Used Contraceptives (UC), Unwanted Pregnancy (UP), RTI/STI Knowledge (RSK), Sex Education (SE), Forced Sex Relation (FS), Watched Porn Movies (WPM), Forced to Watch Porn Movies (FWM)

### Risky behaviours among youths

Every youth in region must go to college and study well. They must eat healthy food, travel safely and live healthy and happy life. They must focus on academic achievements and develop their carrier. But youths in region are not focused on their study and they are involved in number of risky activities. We have analysed the few risky behaviours among youths in region. They are explained in more detail as follows Table 1.

We have considered eight risky behaviours of youths in regions. The 37.26 percent youths drive 2 wheelers in which 14.24 percent are male and 54.55 percent are female. It means female are driving more of two wheelers as compared to male. It is easy to drive and make the balance. The 38.58 percent male drive 4 wheelers and 13.08 percent female drive 4 wheelers. Boys drive parents or friends, relatives four wheelers very easily. Nearly 24.70 percent male and 11.75 percent female smoke cigarettes in region. Males smoke more cigarettes due to depression and anxiety. The 37.31 percent male and 22.45 percent female drink alcohol in region. Males drink alcohol due to peer pressure. They go out for parties with permission of parents where female do not get permission of parents. Nearly 64.56 percent male and 63.49 percent female are in depression due to number of reasons. Both are equally depressed in region. Total 51.51 percent male and 26.05 percent female had physical fight in past. Boys fight physically more as compared to girls. Nearly 17.82 percent male and 13.52 percent female were in relationship and sexual relationship with opposite sex in region. In region, boys and girls are friends and they move in region without any issue. Around 26.69 percent male and 24.40 per female had malnutrition issue in region. They do not eat proper food and like street and fast food in region. We must understand the risky behaviours of youths in more detail of youths in region. We have few youths' households' background characteristics as per different suburbs in region. They are explained as follows [8,9] (Table 2).

Money is required for fess payment, travel, food, assignments etc. Youths often face financial difficulties at college level. Nearly 61.43 percent male and 52.94 percent female face financial difficulties. In Eastern suburbs, 46.81 percent male and 47.17 percent female have reported the financial difficulties. Nearly half of the youths are facing financial difficulties at college education in MMR. Few parents provide

**Table 1:** Risky behaviours among youths (Percent).

No	Risky behaviours	Male	Female	Total
1	Drive 2 wheelers	14.24	54.55	37.26
2	Drive 4 wheelers	38.58	13.08	32.57
3	Smoke cigarettes	24.70	11.75	17.26
4	Alcohol consumption	37.31	22.45	28.87
5	Depression	64.56	63.49	63.96
6	Physical fight	51.51	26.05	37.14
7	Sexual involvement	17.82	13.52	15.39
8	Malnourished	26.69	24.40	26.01

Table 2: Background of the students in region (Percent).

Suburbs	Sex	Financial difficulty	Work after college	Parents spends time	Help parents	Loans taken by parents
Western	M	61.43	58.57	82.86	85.71	42.86
	F	52.94	45.88	84.71	90.59	46.91
	T	56.77	51.61	83.87	88.39	45.03
Central	M	50.85	28.81	83.05	81.36	50.85
	F	47.73	28.78	92.42	94.7	47.73
	T	48.69	28.8	89.53	90.58	48.69
Eastern	M	46.81	55.32	80.85	82.98	63.83
	F	47.17	32.07	84.91	92.45	62.26
	T	47.00	43.00	83.00	88.00	63.00
Thane City	M	61.11	27.78	88.89	80.56	52.78
	F	48.15	25.92	88.89	92.59	48.15
	T	55.56	26.98	88.89	85.71	50.79
Thane District	M	52.46	40.16	80.33	77.87	66.39
	F	52.03	25	92.57	85.81	54.73
	T	52.22	30.26	87.04	82.22	60
Total	M	53.55	26.98	81.95	80.77	56.8
	F	49.12	31.85	88.38	88.38	51.77
	T	50.94	35.6	85.66	85.03	53.86

regular pocket money to youths. Parents are busy in their job, business. They spend more time on different assignments where more earning could be possible. They work from morning till evening and increase standard of living in region. In Central suburbs, 83.05 percent male and 92.42 percent female said that parents spend enough time with them. But in Eastern suburb, 80.85 percent male and 84.91 percent female said that parents spent enough time with them. Nearly 85.66 percent youths in region said that the parents spend enough time with them. From Central suburbs, 81.36 percent male and 94.70 percent female said that they help parents in their work. The Thane district, 77.87 percent male and 85.81 percent female said that they help parents in their activities. Nearly 85 percent youths help parents in their work. In western suburbs, 42.86 percent male and 46.91 percent female have taken loan from bank. In Thane district, 66.39 percent male and 54.73 percent female said that their parents have taken loans. Nearly 60 percent parents in Thane district had loan from financial institutions [10] (Table 3).

Types of family are important for the overall development of the youths. Nuclear family in region has disadvantage for youths because parents are out for work for maximum time. Youths cannot share their thoughts with family members, and they depend on the friends. From Western suburbs, 42.65 percent male said that they are from joint family whereas 54.76 percent female said that they are from nuclear families. In the Central suburbs, 55.93 percent males are from nuclear family and 62.12 percent are from nuclear family. From eastern suburbs, 81.13 percent females are from nuclear families. In Thane city, 69.44 percent male said that they are from nuclear family. In cities, families prefer to live in nuclear family. It is simply due to real estate cost and parents are working. In joint family, costs are more. In Thane district, 72.97 percent females said that they are from nuclear family. From the above table we can say that 61.06 percent youths are staying in nuclear families and 27.43 percent youths are from joint families. Nearly 9.48 percent live self with relatives, in hotel or paying guest. Many youths from different states are taking education in Mumbai city [11].

Drive of vehicles by youths

Risky driving behaviours are common among young people, particularly among young males prone to externalising behaviours

Table 3: Family background characteristics (Percent).

Suburbs	Sex	Nuclear family	Joint family	Live Self
Western	M	36.76	42.65	20.59
	F	54.76	34.52	8.33
	T	46.71	38.16	13.82
Central	M	55.93	32.20	11.86
	F	62.12	31.82	6.06
	T	60.21	31.94	7.85
Eastern	M	56.52	26.09	17.39
	F	81.13	13.21	5.66
	T	69.70	19.19	11.11
Thane City	M	69.44	19.44	11.11
	F	59.26	29.63	11.11
	T	65.08	23.81	11.11
Thane District	M	63.11	27.87	9.02
	F	72.97	20.27	6.76
	T	68.52	23.70	7.78
Total	M	56.12	30.15	13.13
	F	64.84	25.49	6.81
	T	61.06	27.43	9.48

(substance abuse, crime, and affiliations with deviant peers). Risky driving is strongly linked to traffic accident risk (Fergusson, D. 2003). Youths drive two and four wheelers in region. They do not wear hell mate and wear seatbelt which is dangerous to their life. Accidents can take place due to heavy traffic on road (Table 4).

In western suburbs, only 25.71 percent male and 56.10 percent female drive 2 wheelers. Nearly 38.57 percent male and 21.95 percent female drive 4 wheelers. Ten percent male and 6.10 percent female drive both type of vehicles. Youths are not professional drivers. Due to lack of knowledge of roads, traffic on roads, an accident can take place. Therefore total 25.71 percent male and 15.87 percent female drive vehicles in western suburbs. In Thane city, only 2.78 percent male and 40.74 percent female drive 2 wheelers. Nearly 30.56 percent male and 22.22 percent female drive 4 wheelers. Therefore 52.78 percent male and 22.22 percent female drive vehicles in city. Nearly 40 percent, college going youths drive vehicles. They require vehicle small distance. They



do not walk and often tell that they do not have time to walk. In the region, 14.24 percent male and 54.55 percent female drive 2 wheelers in region. The 38.58 percent male and 13.08 percent female drive four wheelers in region. Nearly 8.31 percent male and 4.43 percent female drive both (2 and 4 wheelers) type of vehicles in region. In the region, 38.58 percent male and 13.08 percent female drive vehicles in region. Nearly one fourth youth drive vehicles in region. They are not expert in driving. But they drive vehicle without following proper traffic rules in region [12] (Table 4 and Table 5).

Youths learn driving of two and four vehicles of friends and relatives and then apply for learning driving license. Total 55.93 percent male and 28.79 percent female have driving licence in central suburbs. As far as Thane city is concerned, 80.56 percent male and 29.63 percent female have driving licence. Total 58.73 percent youths in Thane city have driving licence. Now each district provides the driving licence due to road transport office is in it. Nearly 60.95 percent male and 24.94

percent female have driving licence in region. Total 40.28 percent youths have licence of two to four wheelers in region. The traffic police often catch the drivers who do not have valid driving licence. They charge very heavy on vehicle and file the police case. Nearly 48.44 percent male and 24.53 percent female from Eastern suburbs said that they had accident and injured while driving. Those youths drive vehicle first time, they meet with accident due to less control over vehicle. In Central suburbs, 33.90 percent male and 9.85 percent female had injured while driving. In Central suburbs, 17.28 percent youth injured while driving from central suburbs in region. Total 40.53 percent male and 18.14 percent female said that they injured while driving. Injury among youths in region is around 28 percent while driving vehicles in region. In western suburbs 74.29 percent male and 55.56 percent female said that they wear seatbelt and wear helmet while driving vehicles. In central suburbs 69.49 percent male and 46.97 percent female wear helmet while driving vehicles. Only 54 percent youths wear helmet and seatbelt while driving vehicles in Central suburbs. Nearly 73.59 percent male and 47.01 percent female wear seatbelt and helmet while driving vehicles. The female wears less seatbelt and helmet as compared to male. Nearly 58 percent have safe behaviours as far as driving of vehicles and wear seatbelt and helmet. Male (67.80 percent) and female (34.85 percent) from central suburbs drive on highway. From Thane city, 80.56 percent male and 44.44 percent female already drive on highway. Nearly 73.37 percent male and 31.42 percent female drive vehicles on highways. Half of the youths in region drive vehicles on highways.

Around 27.14 percent male and 14.63 percent female from Western suburbs said that they had race on highways of vehicles. In eastern suburbs, 21.28 percent male said that they had race on highways. No female said that she had race of vehicles on highways. Total 26.92 percent male said that they had race of vehicles on highways. The female is 8.19 percent who said that they had race of highway of vehicles. Nearly 15 percent youths in region said that they had race of highways of vehicles. It is very dangerous activity to youths' life. Many heavy vehicles are passing on highway and small mistake may lead to major accident on highway. Around 8.57 percent male and 8.54 percent female said that they had accident of vehicles on highways. From central suburbs 1.69 percent male and 1.52 percent female said

**Table 4:** Drive vehicles by youths in region (Percent).

Suburbs	Sex	Two wheelers	Four wheelers	Both type	Total
Western	M	25.71	38.57	10	25.71
	F	56.1	21.95	6.1	15.85
	T	42.11	29.61	7.89	20.39
Central	M	10.17	40.68	6.78	42.37
	F	52.87	12.98	6.11	12.98
	T	39.47	32.11	6.32	22.11
Eastern	M	17.02	36.17	8.51	38.3
	F	62.2	11.32	3.77	11.32
	T	41	29	6	24
Thane City	M	2.78	30.56	11.11	52.78
	F	40.74	22.22	0	22.22
	T	19.06	33.33	6.35	39.68
Thane District	M	11.57	40.5	6.61	41.32
	F	52.03	11.49	3.38	11.49
	T	33.83	36.43	4.63	24.91
Total	M	14.24	38.58	8.31	38.58
	F	54.55	13.08	4.43	13.08
	T	37.26	32.57	6.08	23.95

**Table 5:** Driving of vehicles and issue with driving (Percent).

Suburbs	Sex	Driving licence	Injured while driving	Wear seatbelt and helmet	Drive on highway	Racing on Highway	Major accident	Receive call while driving	Smoke while driving	Alcohol and drive	Drink and drive
Western	M	52.86	31.43	74.29	61.43	27.14	8.57	28.57	2.86	2.86	4.29
	F	24.39	20.73	55.56	39.02	14.63	8.54	10.98	2.44	1.23	1.23
	T	37.5	25.66	64.28	49.34	20.39	8.55	8.55	2.63	1.99	2.65
Central	M	55.93	33.9	69.49	67.80	27.12	1.69	40.68	5.08	8.47	1.69
	F	28.79	9.85	46.97	34.85	5.30	1.52	22.73	0.00	1.52	0.76
	T	37.17	17.28	53.93	45.03	12.04	1.57	1.57	1.57	3.66	1.05
Eastern	M	68.09	48.94	74.47	74.47	21.28	2.13	36.17	8.51	6.38	2.13
	F	24.53	24.53	45.28	24.53	0.00	1.89	15.09	0.00	3.77	0.00
	T	45	36	59	48.00	10.00	2.00	2.00	4.00	5.00	1.00
Thane City	M	80.56	41.67	72.22	80.56	25.00	2.78	52.78	0.00	0.00	0.00
	F	29.63	11.11	51.86	44.44	3.70	7.41	3.70	0.00	0.00	0.00
	T	58.73	28.57	63.49	65.08	15.87	4.76	4.76	0.00	0.00	0.00
Thane District	M	59.84	46.72	75.41	80.33	28.69	9.02	55.74	5.74	0.82	1.64
	F	22.3	24.32	45.27	26.35	5.41	3.38	16.89	0.00	1.35	2.03
	T	39.26	34.44	58.89	50.74	15.93	5.93	5.93	2.59	1.11	1.85
Total	M	60.95	40.53	73.59	73.37	26.92	5.92	43.92	5.03	3.57	2.38
	F	24.94	18.14	47.1	31.42	6.19	3.76	16.37	1.99	3.10	1.11
	T	40.28	27.69	58.43	49.30	15.04	4.68	4.68	3.29	3.30	1.65

that they had accident on highways of their vehicles. Total 5.92 percent male and 3.76 percent female had major accidents of their vehicles and they injured in it. Total 4.68 present, youth had major accident of their vehicles and they injured in it. Parents should not allow them to drive vehicle on highway. Youths should not talk on cell phone while driving the vehicle. There are clear rules of traffic police related to driving of vehicle on roads. But youths do not read such rules of RTO department and drive vehicles while taking on mobile phone [13].

Around 28.57 percent male and 10.98 percent female received call while driving in a Western suburb. In Thane district, 55.74 percent male and 16.89 percent female have received call while driving the vehicles. Total 43.92 percent male and 16.37 percent female received call while driving vehicles. Total 28.19 percent youth received call while during vehicle. In western suburbs, male (2.86 percent) and female youth said that they smoke cigarettes while driving. The male of eastern suburbs said that the smoke cigarettes while driving (8.51 percent) vehicles. The 5.03 percent male and 1.99 percent female said that they drive and smoke. From eastern suburbs, 6.38 percent male and 3.77 percent female said that they took alcohol and drive the vehicle. In Thane city, not a single male and female said that they took alcohol and drive vehicles. But 3.57 percent male and 3.10 percent female took alcohol while driving vehicle. Total 4.29 percent male and 1.23 percent female said that they drink and drive vehicles. In Thane city, not single boy and girl drink and drive vehicles. Total 2.38 percent male and 1.11 percent female said that they drink and drive vehicles.

Smoking cigarettes by youths in region

Youths smoke cigarettes due to peer pressure, depression. It effects on their lungs and respiratory system in long term. In this subset of youths, marijuana use was acknowledged by more than half of them, and smoking cigarettes was far more likely (Table 6).

From Thane city, 36.11 percent male and 14.81 percent, female said that they are smoking cigarettes. In the Central suburbs, 13.56 percent male and 9.09 percent female ever smoke of cigarettes. Total 24.70 percent male and 11.75 percent female smoke cigarettes continuously. They may have different reasons for smoking but smoking strictly not allowed to youths at any place and time. In region, total 17.25 percent,

youths smoke cigarettes continuously. It is alarming situation for health experts and family of youth. The male (11.43 percent) and female (6.17 percent) from western suburbs said that their parents support smoking. In Thane city, male (5.56 percent) and female (3.70 percent) support smoking. Total 8.36 percent male and 5.67 percent female said that their parents support smoking. Total 6.82 percent youths smoke cigarettes because their parents support smoking. Somewhere, it needs to think again of smoking among youths supported by parents. There is need of more study on this answer. From western suburbs, 5.71 percent male and 6.17 percent female said that they smoke cigarettes every day. But from Central suburbs, only 5.08 percent male said that they smoke cigarettes. Females do not smoke cigarettes in Central suburbs and Thane city. Nearly, 6.27 percent male and 2.27 percent female smoke cigarettes every day. Total 4 percent youth smoke cigarettes every day in region. There is need to think on this issue and understand the reasons of it. Male from Western suburbs said that they do not consume Tobacco related products. Only 1.23 percent female said they consume tobacco related products. From eastern suburbs, 10.64 percent male and only 1.89 percent female consume other tobacco products. Total 5.07 percent male and 1.13 percent female consume tobacco related products in region. Total 2.83 percent youths smoke tobacco related products in region. From Eastern suburbs, 6.78 percent male and 11.32 percent female smoke due to depression. But from Western suburb males do not smoke cigarettes due to depression. Total 12.30 percent male and 4.31 percent female smoke cigarettes due to depression in region. Total 6.31 percent young people smoke cigarettes due to depression. There is a true connection between anxiety, depression, and smoking cigarettes. Smoking exists in most people suffering from stress, anxiety, and depression. People suffering from anxiety and depression have many possibilities of smoking initiation after suffering some stressful events. Moreover, smokers with depression and anxiety can easily become addicted to smoking.

Alcohol consumption by youths

Youths should not be allowed to drink alcohol. It effects on their academic performance, and they may score very low marks. But youths do not listen to their parents, teachers, and relatives. They visit to weekend parties and night parties where they come across the drinking

Table 6: Smoke related issues (Percent).

		Ever Smoke Cigarettes	Parents support smoking	Smoke every day	Other tobacco products	Smoke due to depression
Suburbs	Sex					
Western	M	17.14	11.43	5.71	0	0.00
	F	13.58	6.17	6.17	1.23	2.46
	T	15.23	8.61	5.96	0.66	3.97
Central	M	13.56	5.08	5.08	3.39	5.71
	F	9.09	6.82	0.00	0.76	1.52
	T	10.47	6.28	1.57	1.57	3.14
Eastern	M	27.66	8.51	8.51	10.64	6.78
	F	20.75	3.77	1.89	1.89	11.32
	T	24.00	6.00	5.00	6.00	10.00
Thane City	M	36.11	5.56	5.56	2.78	8.51
	F	14.81	3.70	0.00	0.00	7.41
	T	26.98	4.76	3.17	1.59	7.94
Thane District	M	29.51	9.02	6.56	7.38	8.33
	F	8.11	5.41	2.70	1.35	4.73
	T	17.78	7.04	4.44	4.07	8.15
Total	M	24.70	8.36	6.27	5.07	12.30
	F	11.75	5.67	2.27	1.13	4.31
	T	17.26	6.82	3.99	2.83	6.31

of alcohol. From Central suburbs, 27.12 percent male and 19.70 percent female drink alcohol. From Thane city, 47.22 percent male and 37.04 percent female drink alcohol. In the region, 37.31 percent male and 22.45 percent youths drink alcohol. Nearly 79.66 percent male and 83.33 percent female did not consume alcohol in Central suburbs. In Thane city, 63.89 percent male and 66.67 percent female never consumed alcohol. Around 70 percent male and 80.50 percent female never consumed alcohol. In Eastern suburbs, 17.02 percent male and 16.98 percent female consume alcohol regularly. In Thane district, 12.30 percent male and 9.46 percent female consume alcohol regularly. Total 14.93 percent male and 11.34 percent female consume alcohol rarely. But in Thane city, 22.22 percent male and 14.81 percent female consume alcohol occasionally. The 5.08 percent male and 7.58 percent female from Central suburbs consume alcohol occasionally. We can say that 14.93 percent male and 7.94 percent female drink alcohol occasionally in region. In Thane district, 0.82 percent male and 0.68 percent female said that they consume alcohol regularly. In MMR, only 0.30 percent male and 0.23 percent female consume alcohol regularly. Total 0.26 percent youth consume alcohol regularly in region (Table 7).

### Mental health and tobacco

Youths are always in pressure to study, find internship, jobs, help parents etc. Few youths do not compete with their peer group and find low interest in study. From Thane district, 20.49 percent male and 6.08 percent female said that they had mental health issues, but they consume tobacco. It is highest (12.59 percent) where youths involved in tobacco consumption. In Eastern suburb, 21.28 percent male and 9.43 percent female consume tobacco and they had mental health issue. Around 16.42 percent male and 5.22 percent female had mental health issue and they consume tobacco. In region total 10.05 percent youths consume tobacco but they have mental health issue (Table 8).

In eastern suburbs, 10.64 percent male and 5.66 percent female had health problem due to tobacco. It is not good decision to consume tobacco or tobacco related products among youths. In Thane district, 14.74 percent male and 4.05 percent female had health problem due to alcohol consumption. In the region, 11.04 percent male and 2.95 percent female consume alcohol and they said that they have problem due to alcohol. Youths body is not suitable for alcohol consumption. They may find more health issues after consuming alcohol (Table 9).

**Table 7:** An alcohol consumption by youths in region (Percent).

Suburbs	Sex	Never	Rarely	Occasionally	Regularly
Western	M	70	18.57	11.43	0.00
	F	81.48	12.35	6.17	0.00
	T	76.16	15.23	8.61	0.00
Central	M	79.66	15.25	5.08	0.00
	F	83.33	9.09	7.58	0.00
	T	82.2	10.99	6.81	0.00
Eastern	M	68.09	17.02	14.89	0.00
	F	73.58	16.98	9.43	0.00
	T	71	17	12	0.00
Thane City	M	63.89	13.89	22.22	0.00
	F	66.67	18.52	14.81	0.00
	T	65.8	15.87	19.05	0.00
Thane District	M	67.21	12.3	19.67	0.82
	F	82.43	9.46	7.43	0.68
	T	75.56	10.74	12.96	0.74
Total	M	69.85	14.93	14.93	0.3
	F	80.5	11.34	7.94	0.23
	T	75.9	12.89	10.95	0.26

**Table 8:** Mental health and subsistence use (Percent).

burbs	Sex	Mental health and tobacco consumption	Health problem due to alcohol
Western	M	18.57	10.00
	F	1.23	3.70
	T	9.27	6.62
Central	M	8.47	8.47
	F	4.55	0.76
	T	5.76	3.14
Eastern	M	21.28	10.64
	F	9.43	5.66
	T	15.00	8.00
Thane City	M	5.56	5.56
	F	7.41	0.00
	T	6.35	3.17
Thane District	M	20.49	14.75
	F	6.08	4.05
	T	12.59	8.89
Total	M	16.42	11.04
	F	5.22	2.95
	T	10.05	6.44

**Table 9:** Mental health and issues with students (Percent).

Suburbs	Sex	Hopeless or sad sometimes	Medical help	An attempt to suicide	Consume drugs
Western	M	58.57	18.57	5.71	14.29
	F	85.19	28.40	16.05	0
	T	72.85	23.84	11.26	6.62
Central	M	67.80	17.24	5.17	5.26
	F	77.27	15.63	10.16	0
	T	74.35	16.13	8.6	1.62
Eastern	M	80.85	23.91	6.52	4.35
	F	81.13	21.15	13.46	1.96
	T	81.00	22.45	10.2	3.09
Thane City	M	72.22	13.89	2.78	0
	F	81.48	11.54	15.38	0
	T	76.19	12.90	8.06	0
Thane District	M	84.43	21.31	8.2	7.38
	F	83.78	27.78	17.36	4.17
	T	84.07	24.81	13.16	5.64
Total	M	74.33	19.82	6.31	7.23
	F	81.63	22.51	14.39	1.63
	T	78.48	21.34	10.86	4.07

In Thane district, 84.43 percent male and 83.78 percent female were hopeless or sad sometimes. From Western suburbs, 58.57 percent male and 85.19 percent female were feeling hopelessness or sad sometimes. Nearly 74.33 percent male and 81.63 percent female faced hopelessness or sad sometimes issues. Nearly 78.48 percent youth in city face hopelessness or sad sometimes issue. In eastern suburbs, 69.57 percent male and 63.46 percent female feel depressed. In Western suburbs, only 50 percent male and 67.90 percent female often feel depressed. Nearly 64.56 percent male and 63.49 percent female in region feel depressed often.

Nearly 21.31 percent male and 27.78 percent female in Thane district often taken medical help. In western suburbs, 18.57 percent male and 28.40 percent female often feel depressed and take medical help. Total 19.82 percent male and 22.51 percent female took medical help due to depression. From Thane district, 8.20 percent male and

17.36 percent female made attempt to suicide due to depression. In Western suburbs, 5.71 percent male and 16.05 percent female made attempt to suicide. Total 6.31 percent male and 14.39 percent female said that they made attempt for suicide due to depression.

From western suburbs, 14.29 percent male consumed drug but female not found in this category. In Thane district, 7.38 percent male and 4.17 percent female consume drug. In Thane city not a single youth found who consume drug. It may possible that they will not reveal the truth about the drug and its use (Table 10).

From Western suburb, 52.17 percent, male and 28.13 percent female had physical fight. From Central suburbs, only 49.12 percent male and 28.13 percent female had physical fight. Total 51.51 percent male and 26.05 percent female had physical fight. Nearly 32.61 percent male and 7.84 percent female had physical fight and injury in Eastern suburbs. From Central suburbs, 31.58 percent male and 12.50 percent female had physical injuries. Total 31.02 percent male and 11.40 percent female had physical injury in their life. Total 20 percent youths had physical injury in life. From Eastern suburbs, 32.61 percent male and 1.96 percent female had treatment due to physical fight. In Thane city, 5.56 percent male and 7.69 percent female had treatment due to physical fight. We can say that 22.29 percent male and 4.65 percent female had treatment due to physical fight. Total 1.4 percent male and 2.47 percent female had police case due to physical fight in Western suburbs. In Thane city, 2.78 percent male said that they had police case due to physical fight. Women have not reported any police case. Total 2.41 percent male and 0.70 percent female reported police case in region. Nearly 7.14 percent male and 33.33 percent female reported molestation in Western suburbs. But in Central suburbs 3.51 percent male and 17.19 percent female reported molestation. Only 6.33 percent male and 26.05 percent female reported the molestation. Nearly 5.56 percent male from central suburbs and 12.50 percent female female said that they assaulted in past life. In Thane city only 8.33 percent male and 3.85 percent female had assault in past life. Total 6.33 percent male and 11.63 percent female had assaulted in past life. In Eastern suburbs, 6.52 percent male and 37.25 percent female told that they carry paper spray. From Thane city, 13.89 percent male and 19.23 percent female carry paper spray. From region, 9.04 percent male and 28.14 percent female carry paper spray.

Table 11 shows that 75.47 percent female and 70.21 percent male prefer homemade food. Nearly 27.66 percent male and 20.75 percent female prefer junk food. Total 77.58 percent male and 80.41 percent female prefer homemade food. Whereas 20.49 percent male and 16.89 percent female prefer junk food. The junk food preference among youth is 17.57 percent in region.

Nearly 67.39 percent male and 72.55 percent female had weakness in study in eastern suburbs. From Central suburbs 56.14 percent male and 67.19 female had weakness in study. Total 61.93 percent male and 70.83 percent female had weakness in study.

Around 27.14 percent male and 36.25 percent female had visited doctor due to weakness from Western suburbs. From Thane city, 11.43 percent male and 26.92 percent female had visited doctor due to weak health status. Total 21.45 percent male and 32.40 percent female visited doctor due to poor health status.

Relationship status of youths in region

We have asked friendship and sexual behaviour of youths in schedule. The youths expressed their relationship with opposite sex (Table 12).

We can say that 64.29 percent male and 71.25 percent female are single in Western suburbs. The 25.71 percent male and 22.50 percent female are engaged in relationship. The 4.29 percent male and 5 percent female are married from western suburbs. But from Eastern suburbs, 45.65 percent male and 58.82 percent female are single. Total 41.30 percent male and 41.18 percent female are engaged in relationship. Total 57.40 percent male and 66.90 percent female are single whereas 35 percent male and 26.81 percent female are engaged in relationship. Total 2.24 percent youths are married in region (Table 13).

Nearly 21.24 percent male and 21.57 percent female had involved in the sexual relationship from Eastern suburbs. From Thane district, 20.49 percent male and 13.89 percent female involved in sexual relationship. Total 17.82 percent male and 13.52 percent female involved in sexual activities in region. In Eastern suburbs, 10.87 percent male and 11.76 percent female are involved in the multiple sex partner. The Thane city, total 5.71 percent male and 4.90 percent female

Table 10: Physical fight and related factors (Percent).

uburbs	Sex	Physical fight	Physical injury	Treatment due to physical fight	Police case	Molestation	Assaulted	Carry paper spray
Western	M	45.71	30	22.86	1.43	7.14	8.57	12.86
	F	28.4	14.81	6.17	2.47	33.33	9.88	28.4
	T	36.42	21.85	13.91	1.99	21.19	9.27	21.19
Central	M	49.12	31.58	12.28	3.51	3.51	5.26	10.53
	F	28.13	12.5	3.13	0.78	17.19	12.5	19.53
	T	34.59	18.38	5.95	1.62	12.97	10.27	16.76
Eastern	M	52.17	32.61	32.61	2.17	4.35	2.17	6.52
	F	29.41	7.84	1.96	0	27.45	13.73	37.25
	T	40.21	19.59	16.49	1.03	16.49	8.25	22.68
Thane City	M	47.22	19.44	5.56	2.78	5.56	8.33	13.89
	F	26.92	7.69	7.69	0	26.92	3.85	19.23
	T	38.71	14.52	6.45	1.61	14.52	6.45	16.13
Thane District	M	57.38	34.43	27.87	2.46	8.2	6.56	5.74
	F	21.53	10.42	5.56	0	29.17	12.5	34.03
	T	37.97	21.43	15.79	1.13	19.55	9.77	21.05
Total	M	51.51	31.02	22.29	2.41	6.33	6.33	9.04
	F	26.05	11.4	4.65	0.7	26.05	11.63	28.14
	T	37.14	19.95	12.34	1.44	17.45	9.32	19.82



**Table 11:** Malnutrition and its effects (Percent).

Suburbs	Sex	Malnourished	Malnutrition related issue	Weakness in study	Visit doctor	Home-made food	Junk food
Western	M	16.67	30	50	27.14	80	20
	F	24.71	35.8	76.25	36.25	81.18	14.12
	T	21.19	33.11	64	32	80.65	16.66
Central	M	37.93	35.09	56.14	21.05	77.97	18.64
	F	27.87	42.19	67.19	31.25	84.09	12.88
	T	31.11	40	63.78	28.11	82.2	14.66
Eastern	M	27.27	39.13	67.39	17.39	70.21	27.66
	F	23.53	47.06	72.55	25.49	75.47	20.75
	T	25.26	43.3	70.1	21.65	73	24
Thane City	M	25	30.56	62.86	11.43	83.33	16.67
	F	22.22	57.69	69.23	26.92	74.07	22.22
	T	23.81	41.94	65.57	18.03	79.51	19.09
Thane District	M	28.21	36.89	68.85	22.13	79.51	20.49
	F	23.45	45.83	70.83	34.72	80.41	16.89
	T	41.36	41.73	69.92	28.95	80	18.52
Total	M	26.69	34.64	61.93	21.45	77.58	20.49
	F	25.4	43.72	70.86	32.4	80.41	16.89
	T	26.01	39.76	66.97	27.63	78.04	17.57

**Table 12:** Current relationship status of youths in region (Percent).

Suburbs	Sex	Single	engaged	married
Western	M	64.29	25.71	4.29
	F	71.25	22.5	5
	T	68	24	4.67
Central	M	63.16	31.58	1.75
	F	64.84	25.78	3.13
	T	64.32	27.57	2.7
Eastern	M	45.65	41.3	4.35
	F	58.82	41.18	0
	T	52.58	41.24	2.06
Thane City	M	60	28.57	0
	F	61.54	30.77	0
	T	60.66	29.51	0
Thane District	M	54.92	40.98	0
	F	70.14	24.31	2.08
	T	63.16	31.95	1.13
Total	M	57.4	35.05	1.81
	F	66.9	26.81	2.56
	T	62.76	30.39	2.24

involved in multiple sex partner in region. Total 6.71 percent youths admitted that they had multiple sex partners. Nearly 14.75 percent male and 10.42 percent female used the contraceptives during sexual activities. In Central suburbs, 12.28 percent male and 7.81 percent female have not received contraceptives during sexual activities. Total 12.99 percent male and 9.32 percent female used contraceptives in region during sexual activities.

In the Central suburbs, 1.56 percent female reported that they had unwanted pregnancy, but they went to doctor and terminated it. Total 1.17 percent female said that they had unwanted pregnancies. Nearly 58 percent youths from Western suburbs, have knowledge of RTI/STI. The male has (47.14 percent) less knowledge of RTI/STI (60.50 percent) than female. From Central suburbs, (29.82 percent) male have less knowledge than female (49.22 percent) of RTI/STI.

In Thane, 5.57 percent male and 61.11 percent female had knowledge of RTI/STI. Total 45.92 percent male and 57.81 percent female had RTI/STI knowledge. Nearly 76.09 percent male and 80.39

percent female had knowledge of sex education in Eastern suburbs. But only 70 percent male and 62.50 percent female had knowledge of sex education. We can say that 71.90 percent male and 73.66 percent female had sex education in region. Nearly 1.75 percent male and 6.25 percent female said that they had forced sex, and they are from Central suburbs. Thane district, the 1.64 percent male and 6.25 percent female had forced sex in their past life. Total 2.72 percent male and 4.90 percent female said that they had forced sex in their past life. From Eastern suburbs, 54.35 percent male and 31.37 percent female from Eastern suburbs watched porn movies. The 31.58 percent male and 20.31 percent female from Central suburbs watched porn movies. Total 44.71 percent male and 24.48 percent female from region watched porn movies. Nearly 12.41 percent male and 9.97 percent female from Thane district said that they forced to watch porn movies. From Central suburbs, only 2.70 percent male and 1.75 percent female said that they had forced to watch porn movies. Total 7.24 percent male and 9.97 percent female forced to watch porn movies.

Table 13: Sexual behaviours of youths in region (Percent).

Suburbs	Sex	Involved in sexual relations	Multiple sex partners	Used contraceptives	Unwanted pregnancy	RTI/STI Knowledge	Sex education	Forced sex	Watched Porn movies	Forced to watch porn movies
Western	M	14.29	10	12.86	0	47.14	70	5.71	34.29	4
	F	10	2.5	7.5	1.25	67.5	62.5	1.25	18.75	4.29
	T	12	6	10	0.67	58	66	3.33	26	3.75
Central	M	15.79	12.28	12.28	0	29.82	64.91	1.75	31.58	2.7
	F	12.5	2.34	7.81	1.56	49.22	82.81	6.25	20.31	1.75
	T	13.51	5.41	9.91	1.62	43.24	77.3	4.86	23.78	3.13
Eastern	M	21.74	10.87	10.87	0	41.3	76.09	2.17	54.35	8.25
	F	21.57	11.76	13.73	0	54.9	80.39	3.92	31.37	13.04
	T	21.65	11.34	12.37	0	48.45	78.35	3.09	42.27	3.92
Thane City	M	14.29	5.71	11.43	0	40	74.29	2.86	37.14	4.92
	F	11.54	0	7.69	0	57.69	69.23	3.85	19.23	5.71
	T	13.11	3.28	9.84	0	47.54	72.13	3.28	29.51	3.85
Thane District	M	20.49	7.38	14.75	0	55.74	73.77	1.64	55.74	12.41
	F	13.89	6.94	10.42	1.39	61.11	70.14	6.25	29.86	17.21
	T	16.92	7.14	12.41	0.75	58.65	71.8	4.14	41.73	8.33
Total	M	17.82	9.06	12.99	0	45.92	71.9	2.72	44.71	7.24
	F	13.52	4.9	9.32	1.17	57.81	73.66	4.9	24.48	9.97
	T	15.39	6.71	10.92	0.79	52.63	72.89	3.95	33.29	5.13

Logistic regression model

A logistic regression model is defined as follows.

$$Z_i = \alpha + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 \dots + \beta_K X_K + \epsilon \tag{11}$$

Where  $Z_i$  is a linear sum of  $\alpha$  and  $\beta_1$  plus  $\beta_2$  times  $X_2$  and so on up to  $\beta_K$  times  $X_K$ . In above equation,  $\alpha$  and  $\beta$  are intercept and slope. The  $z$  is an index that combines of  $X$ 's.

$$Z = \frac{1}{1 + e^{-Z}} \tag{12}$$

We can substitute  $Z$  in the right-hand side for  $Z$  to get  $Z$  equal 1 over 1 plus  $e$  minus the quantity  $\alpha$  plus the sum of  $\beta_1 X_1$  for  $i$  ranges from 1 to  $K$ . Therefore, the logistic model is written as

$$Z = \frac{1}{1 + e^{-(\alpha + \beta_1 X_1)}} \tag{13}$$

Such model is used for different type of risk and multiple risky behaviours. The independent variables are socio-economic and demographic variables. The logistic regression results are presented in following Table 14.

Table 14: Driving behaviours of youths in Metropolitan Region.

No	Variables	Co-efficient	Wald test
1	Age	-0.14**(0.06)	4.53
2	Sex	-0.92**(0.33)	7.40
3	Work after college	-0.86**(0.36)	5.69
4	Help parents	-1.52**(0.50)	9.02
5	Total members in family	0.14**(0.72)	5.05
6	Per Capita Income	0.00**(0.00)	3.91
7	Age did you learn driving	0.22*(0.02)	89.37
8	Driving licence	3.60*(0.49)	52.45
9	Wear seatbelt helmet	0.82**(0.31)	7.14
10	Drive on highway	1.89*(0.36)	26.67
11	Racing on highway	-1.85**(0.64)	8.39
12	Receive call while driving.	0.86**(0.43)	3.93
13	Alcohol and drive	-1.86**(0.88)	4.43
14	Constant	2.25*** (1.59)	2.00
-2 Log likelihood		Cox & Snell R <sup>2</sup>	Nagelkerke R <sup>2</sup>
337.31		0.58	0.79

Driving among youths is negatively corelated with age of youths in region. Older youths are 86 percent less likely to participate in driving vehicles. The female drives less as compare male. Females are 8 percent less likely to participate in risky driving. Therefore, sex is negatively corelated with driving of vehicles by youth. Youths those driving vehicles do not work after college hours. Nearly 14 percent youth participated in risky behaviours less likely to work after college hours. Therefore, it is negatively correlated with the work after college hours. Those youths drive vehicles do not help parents in households' tasks. Nearly 52 percent youth involved in driving less likely help parents. They are from rich background therefore do not help parents in household tasks. Total members in family are positively co-related youths those driving vehicles. Those youths are driving then 3.6 times more likely to have licence of driving. The members in family teach them how to drive vehicles. Therefore, more members in family are positively correlated with youth driving in city. Per capital income is positively correlated with youths driving behaviour in city. The youths are from rich family

therefore family own two and four wheelers. They allow the youths to drive vehicles. Age of youths is positively co-related to youths driving behaviour. As the age of youth increases, they learn drive vehicles. They go along with family for vacation. They go along with friends where they drive the vehicle driving. Youths those drive the vehicles have driving licence. Driving licence is provided to youths at 18 ages. They join class of driving and learn driving of two and four wheelers. They learn drive quickly and drive different vehicles. Youths drive vehicles in city. They wear helmet while driving two wheelers. They also wear seatbelt while driving four wheelers. In city, traffic rules are very strict. It is compulsory to wear helmet and wear seatbelt whole driving two and four wheelers. They do not wear helmet then police put the fine on two wheels and four wheelers. Youths drive on highways. Those are driving vehicles, the, 89 percent more likely to drive on highways. They get fun to drive vehicles fast. Four wheelers are used for racing on highways. Youths those are driving vehicles, are 85 percent less likely to race on highways. But city youths do not take part in racing

of four wheelers. It is negatively correlated and statistically significant with driving behaviours of youths. Youths receive calls while driving vehicles in city. Attaining calls while driving vehicles is dangerous and it may lead to accident. Therefore, youths should not talk on phone while driving vehicles. Receiving calls while driving is positively co-related to driving of youths in region. Youths do not drink alcohol and driving vehicles in region. Youths those drive vehicles, are 86 percent less likely to take alcohol and drive vehicles. It is negatively co-related and statistically significant. Perhaps family members allow them to drive vehicles if they drink wine. They are immature drivers and accidents can take place while driving (Table 15).

Youths should not smoke cigarettes. They may have number of reasons for it but it effects on their lungs and life span declines due to smoking. Smoking among youths is negatively co-related to travel time of youths to college. Those youths smoking is less likely to spend 13 percent more time in travel. Those youths stay near educational institute do not smoke cigarettes. It is negatively co-related and statistically significant. Nearly half of the youth face financial difficulty but they are smoking. Youths often feel stress and smoke cigarettes. Type of family is negatively co-related and statistically significant with smoking among youths. Total 25 percent youth those smoke cigarettes are not from joint families. Mostly the youths from nuclear family smoke more as compared to joint family. It is because grandmother and grandfather take care of children and talk to them if parents work in labour market. Those youths smoke cigarettes do not help their parents and it is statistically significant and positively co-related with help to parents in households' tasks. Nearly, 65 percent youths do not help parents but they smoke. Those youths smoke cigarettes, the parents have taken loan from different financial institutions. Age of the start smoking is positively co-related to smoking behaviours among youths. Youths have 34 percent more likely to start smoking with growing age. As the age of youths increases, the smoking habit also increases among youths. Smoking among youths is supported by the parents and it is positively co-related and statistically significant. Most of the time, parents smoke therefore youths also smoke cigarettes. Only 16 percent youths said that parents support smoking cigarettes nearly 3 times Those who smoke cigarettes, smoke very day and it is statistically significant and positively co-related with smoking behaviours. the youths more every day if they are already smoke. Those youths smoke do not consume other tobacco products. It is negatively co-related and statistically significant. Youths those smoke, do not consume other tobacco products and it is 2.5 times. Youths smoke due to depression. It is positively co-related and statistically significant and positively

Table 15: Cigarettes smoking behaviour among youths in region.

No	Variables	Co-efficient	Wald test
1	Travel time	-0.87(0.31)	7.86
2	Financial difficulty	0.50(0.31)	3.51
3	Type of family	-0.75(0.31)	5.83
4	Help parents	-1.65(0.33)	24.01
5	Loan taken by parents	1.05(0.37)	7.90
6	Age at start of smoking	0.34(0.05)	39.99
7	Parents support smoking	1.16(0.64)	3.30
8	Smoke every day	3.02(0.95)	10.17
9	Consume other tobacco product	-2.51(1.15)	4.74
10	Smoke due to depression	4.16(0.93)	19.89
11	Constant	-0.73(0.62)	1.38
	-2 Log likelihood	Cox & Snell R <sup>2</sup>	Nagelkerke R <sup>2</sup>
	312.42	0.40	0.66

co-related with smoking among youths. Youths are under pressure for study as well as financial issues of family. It results in to smoking among youths (Table 16).

Alcohol consumption among youths increases the number of diseases and their efficiency of study declines. It may result into poor academic performance. Alcohol consumption among youths is positively co-related with age of the youths. Financial difficulty is positively co-related with alcohol consumption among youths in region. Youths those consume alcohol are 6 percent more likely to have financial difficulty. The type of family is negatively correlated to alcohol consumption among youths. Those youths take alcohol, 36 percent less likely from joint family. Those youths consume alcohol do not help their parents in various household tasks and it is statistically significant and positively co-related. Those youths consume alcohol are 3 times less likely help to their parents. Total members in family are less if the youths are drinking alcohol. Nuclear family have more chance that youths will drink alcohol. Youths consume alcohol are 75 percent less likely from joint families. Age of youths for alcohol consumption is positively co-related. If at the lower age, they consume alcohol then youth will increase its consumption with increasing age. Youths with higher age are 33 percent more likely to consume alcohol. Those youths drink alcohol, they consume alcohol regularly. Youths those already consume alcohol are 4 times more likely to consume alcohol regularly. It is positively co-related and statistically significant (Table 17).

Depression is positively co-related with increase in age of youths. It is positively co-related and statistically significant. Depression among youths is positively co-related to financial difficulty of youths and it is statistically significant. Those youths are in depression are 70 percent more likely to face financial difficulty. The parents do not spend enough time with youths that is why they are depressed which

Table 16: Alcohol consumption among youths.

No	Variables	Co-efficient	Wald test
1	Actual Age	0.10(**0.04)	5.30
2	Financial difficulty1	1.06***(0.40)	6.94
3	Type of family 1-Nuclear 2-Joint 3 -self	-0.64***(0.33)	3.72
4	Help parents	-2.91*(0.40)	51.58
5	Total members in family	-0.25***(0.13)	3.66
6	Age at alcohol consumption	0.33*(0.04)	49.05
7	Consume alcohol regularly	4.20*(0.52)	65.49
8	Constant	-1.60(1.26)	1.60
	-2 Log likelihood	Cox & Snell R <sup>2</sup>	Nagelkerke R <sup>2</sup>
	217.47	0.60	0.86

Table 17: Depression among youths in region.

No	Variables	Co-efficient	Wald test
1	Actual Age	0.06***(0.02)	5.62
2	Financial difficulty1	0.70*(0.16)	17.66
3	Parents spend time	-0.51***(0.27)	3.46
4	Help parents	-0.51***(0.29)	3.09
5	Total members in family	-0.07***(0.03)	4.27
6	Per Capital Income	0.00*(0.00)	4.56
7	Loan taken by parents	0.36***(0.17)	4.71
8	Medical help	1.97*(0.33)	34.83
9	Attempted suicide	1.36***(0.40)	11.57
10	Constant	-0.37(0.73)	0.25
	-2 Log likelihood	Cox & Snell R <sup>2</sup>	Nagelkerke R <sup>2</sup>
	850.61	0.18	0.25

is statistically significant and negatively co-related with depression. Those youths, are in depression, the parents spend 49 percent less time with them. The youths do not help parents in household work which is statistically significant and negatively co-related with depression among youths. Total members in family are less and that is why youths are depressed which is negatively correlated and statistically significant. Per capita income of the household is higher, but youths are in depression. Such result is statically significant and positively correlated to depression among youths in region. The parents have taken loan from financial institution which is statistically significant and positively correlated to depression among youths. Youths those in depression, the 36 percent parents have taken loan from different sources. Students are depressed but they took the medical help which is statistically significant but positively co-related. The youths also tried to do suicide due to depression. Attempt to suicide is positively co-related and it is statistically significant. Almost 97 percent youths have taken medical help during those depression are made an attempt of suicide.

## Conclusion

Adolescence is a critical transitional period that includes the biological changes of puberty, the need to increase independence, preoccupation with the self, and normative experimentation. A number of health risk behaviours begin in adolescence that affect health both at the time and in later years. Some of these behaviours contribute to the leading causes of mortality and morbidity among adolescents, such as suicide attempts, injuries and the various risks associated with unprotected sexual behaviour, conditions related to tobacco or alcohol use and overweight or obesity

Youths are involved driving two and four wheelers. They are drinking alcohol due to number of reasons. Youths are depressed and they fight physically. The youths are involved in sexual relationship without knowledge of contraceptives. Those have driving licence will drive vehicles 3 times more. Youths those are smoke cigarettes smoke four times more due to depression and three times more if they are smoking cigarettes very day. Those youths consume alcohol, do not help parents twice. Those consume alcohol drink it four times every day. Those are depressed took medical help twice. Those youths physically fight had injury four times more and two treatments twice in hospital. Those youths malnourished, then twice they have issue of malnutrition. Those youths involved in sexual relationship have 3 times more of multiple sex partners and four times they have used the contraceptives during intercourse. Youths in regions required number of alternative policies to deal with risky behaviours. Few youths are from rich families where families have car, bikes etc. They need guidance to drive four wheelers in city. They are not skilled driver. Phone call should be strictly avoided while driving vehicles. They must avoid driving at highway where trucks and tempos are carrying the goods. Chances of accidents is very high. Youths smoke cigarettes at younger age. Somewhere parents' behaviour of smoking is responsible for smoking among youths. Cigarette packets are lying in house where youths easily get access to it. Parents must stop smoking in front of youths. Youths need to council does not smoke every day. Their habits need to change over the period. Role of counsellor is very important in this direction. Youths' depression needs to take seriously by parents and smoking is not the solution for it. Parents must focus on youths' depression issue and spend more time with them. Youths drink alcohol at lower age. They do not help parents in household tasks. They consume alcohol due to peer pressure. The regular consumption of alcohol must be stopped of the youths. Parents must take help of counsellor in this direction. If

parents are consuming alcohol, then they must stop it immediately. In nuclear family parent must pay attention on development of youths. Youths are in depression due to number of reasons. Most of them tell that due to financial difficulty, they are in depression. If the youth is in depression, then parent must spend more time with them. Identify their issues and provide them solutions. Youths are very serious in their thinking and acting differently. Behavioural modification is urgent need to stop suicide attempt among youths. Councillors will provide the best solutions for it. Adolescents displaying risk behaviour commonly did not use the social counsellor, psychiatric outpatient care and study counselling services, even if they would have needed them. There should be a focus on the comprehensive identification of various forms of high-risk behaviour among adolescents in order to gain insight into how adolescents' healthy development can be supported and how high-risk behaviour can be effectively mitigated.

Parents must check phone calls of youths. They must monitor what's app chats. They must observe the friend circle of youths. They must visit college and ask youths daily attendance record in college. They must attend Parent and Teachers Meetings. Any risky behaviour is found then they must ask the precautionary measures to teacher. They must see what time college get over and youth return to home. If any youth spends time with friend circle, then they must ask teacher about class hours. They must discuss the overall student's performance in college. Parents should check youths access to vehicle of their own and friend circle. They must provide permission with valid driving licence. They must teach youth about safe driving. Parents must force youths to follow rules of traffic in city. They must sit with them in vehicle and guide them for safe driving. They must ask about driving of friend's vehicle and issues happened. Parents must know about smoking of youths if any. Parents must have information of friends those have daily smoking habits. They must ask money spent on cigarettes. The youths have smoke and health related issues, then they must discuss with doctor. Parents must observe behaviour of youth's friend circle regularly. They often go to night parties. Parents must ask the nature of parties organised and who organised it. Youths should not drink wine and drive vehicle which would lead to violation of traffic rules. Police can catch them immediately therefore parents must be alert. Parents must discuss and follow the Gandhian philosophy in life. They should discourage the youths to not fight with other youths. They must ask youths to bring any issue to their notice. They must suggest that the youth should discuss issue with friends. Regular what's app chats and talk are important to keep watch on youths' behaviour with their friend circle. If any fight takes place, then parents must discuss immediately the nature of fight and tell them not to fight again on such issues. Parents must understand cause of concern and detail of fight and try to improve youth at every point of time. Parents must provide balanced diet to youth. Parents should not provide money but suggest youths to eat homemade food. If any issue exists, they must take youths to doctor. Most of the time, youths accompany only girls in the group. Parents must check study and friend circle. They should know who is chatting with youths. They must keep watch on outdoor activities of check and behaviour of youth. If youths are meeting at point with opposite sex, then they must know such points. They must suggest youths to avoid the opposite sex relationship. They must help youths to set up future goals and help their dreams. If required parents must take help of counsellors but focus on long term goals as education, health, and carrier.

Parents must check the cell phone of youths about contact numbers of friends and porn clips. Most of the youths from rich community and it do not guarantee that they will develop contacts and will indulge



in sexual activities. They must focus on study and learn skills. Parents have taken loan, and they are busy with maximum workload. They must reduce few assignments immediately and spend some time with youths. If required, then youths must be taken counsellors immediately. Sharing and caring by parents will solve the multiple risky behaviours among youths in region. Educational materials about the negative effects of the risky behaviours should be included in the curriculum of universities to improve students' perception of risky behaviours and their consequences. There should be awareness campaigns on risky behaviours for students and the public. Media and social network applications should be used actively to enhance the knowledge of the public and students about risky behaviours. Youths are the future of country and family. Therefore, such policies are required on priority basis.

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