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The Trade-off between Parents Time and Money Spending Pattern and Risky Behaviours among Youths in Mumbai Metropolitan Region

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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,
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Introduction

There is an increasing trend of risk-taking behaviour among adolescents in India, but little empirical evidence exists on its determinants (Agrawal S. and Praveen Agrawal 2012). 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 (Youngblade Lise M. et.al 2006). The multiple risk behaviour and condition often exist together in the same individual, adding cumulative risk for poor health outcomes in later stages (Maurya, C. and Priya Maurya (2023).

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. (Bozzini A. et.al 2021). 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 influences 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 (Celeste Simoes et al. 2012)

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 themselves will behave. The Naive 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.

Risky Behaviours among youths in Mumbai Metropolitan Region

Mumbai is a financial capital of country. Families are earning high income based on education, skills and experience. Both parents are earning high income and enjoying high standard of living in region. Youths are going to school, college every day. They are out of house from morning till evening due to different slots for school, 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 and attend birthdays and other parties. 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 (Sen U. and Basu A. 2000)

Their friends also provide them cigarettes and they smoke outside college. Smoking every day may affect their lungs. Youths have depression due to stress of study, health issues, home level issues, parents' expectations 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, they try to get it from friends at lower price. If they do not get from friends at lower price. They borrow money from other friends and order drugs. If some delay is getting drugs or money, then they fight physically with them on streets. It becomes the matter of police case. Youths do not tell such matters to parents but when police call their parents, they do not find any answer to such behaviour of youth. Police put them in jail and study of youths may get affect. Parents take them 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, Jym and other types of friends. It is difficult to control youths' risky behaviours. They continuously busy on mobile phone.

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 gets registered by youths in such matter. 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.

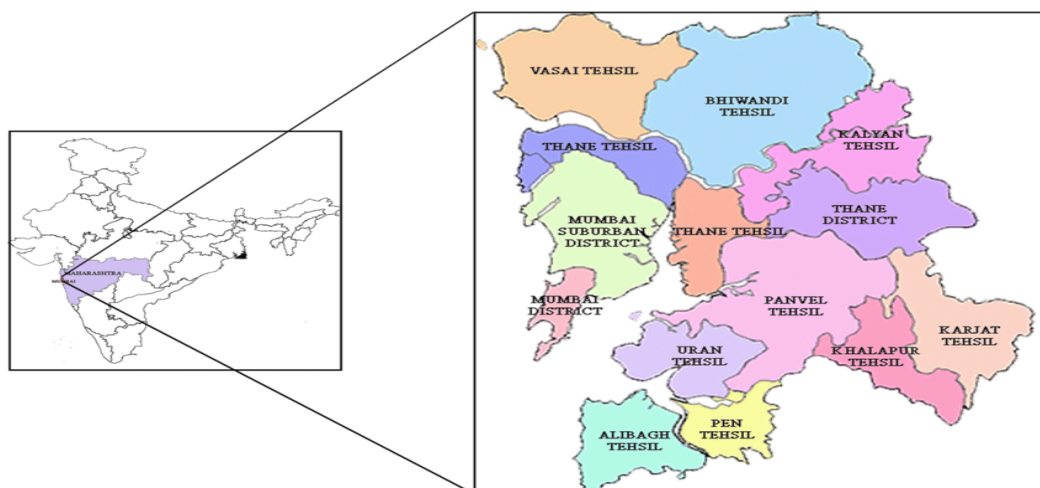
Youths often involved in opposite sex attraction. They spend more time outside of house. Youths get involved with multiple sex partners. They do not have knowledge of condoms/pills. It may lead to pregnancy with girls. Due to access of mobile and internet, youths watch porn movies. Few youths are forced to watch such movies by peer group. 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 affected on their health.

Data and Methodology

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 Mumbai Metropolitan Region (MMR). We covered Mumbai, Mumbai suburbs, Thane and Raigad districts.

The youths were asked different questions related to driving vehicles, smoking cigarettes, drinking wine, physical fight, Depression, malnutrition, and sexual relationship. For data analysis, we have classified the youths from Central, Western and Eastern Suburbs, Thane city and Thane district based on responses of schedule. Youths' family background is used for analysis of data in region. An economic status of parents used to classify income, education and occupation of parents. The Socio-economic status is used to classify youths and their families into different social classes and conclude about their attitude, behaviours and experience. 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. Logistic regression is useful where dependent variable is categorical in nature with only two possibilities as Yes or No.



Map 1 Mumbai Metropolitan region

We are interested to understand the relationship between the independent variables as socio-economic variables and likelihood of one of those outcomes occurring. The logistic regression model fitting could be checked using pseudo-R2 measures like Cox and Snell R2 and Nagelkerke R2. Such matrices are derived from likelihood ratio test. It also provides a way to quantify how much better a logistic model fitted. Alternatively, the 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.

$$\sum_{t=n}^i W = \sum_{t=n}^i u \tag{1}$$

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.

$$\sum_{t=i}^i = \sum_{t=1}^i D1 - \sum_{t=1}^i D2 \tag{2}$$

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.

$$\sum_{t=n}^i C = \sum_{t=n}^i C_2 - C_1 \tag{3}$$

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

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

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.

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

Risky Behaviour among Youths (RBY) is divided into different categories. It includes 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).

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

The smoking cigarettes (S) among youths is Supported by Parents (PSP), Smoke Every Day (SED), Other Tobacco Products (OTP), Smoke Due to Depression (SDD).

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

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

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

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

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

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

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

Sexual behaviour of youths (SBY) 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 school and 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. Their parents support continuously for their carrier and growth. 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. We have considered eight risky behaviours of youths in regions. The 37.26 per cent youths drive 2 wheelers in which 14.24 per cent are male and 54.55 per cent 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 per cent male drive 4 wheelers and 13.08 per cent female drive 4 wheelers. Boys drive parents or friends, relatives four wheelers very easily. Nearly 24.70 percent male and 11.75 per cent female smoke cigarettes in region. Males smoke more cigarettes due to depression and anxiety. The 37.31 per cent male and 22.45 per cent 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 per cent male and 63.49 per cent female are in depression due to number of reasons. Both are equally depressed in region. Total 51.51 per cent male and 26.05 per cent female had physical fight in past. Boys fight physically more as compared to girls. Nearly 17.82 per cent male and 13.52 per cent 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

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

Source: Primary survey

Around 26.69 per cent 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.

Table 2 Background of the students in region (Percent)

Suburbs	Sex	Financial difficulty	Work after college	Parents spend 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

Source: As per table one

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 per cent female face financial difficulties. in Eastern suburbs, 46.81 percent male and 47.17 per cent female

have reported the financial difficulties. Nearly half of the youths are facing financial difficulties at college education in MMR. Few parents provide 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 per cent male and 92.42 per cent female said that parents spend enough time with them. But in Eastern suburb, 80.85 per cent male and 84.91 per cent female said that parents spent enough time with them. Nearly 85.66 per cent youths in region said that the parents spend enough time with them. From Central suburbs, 81.36 per cent male and 94.70 per

cent female said that they help parents in their work. The Thane district, 77.87 per cent male and 85.81 per cent female said that they help parents in their activities. Nearly 85 per cent youths help parents in their work. In western suburbs, 42.86 per cent male and 46.91 per cent female have taken loan from bank. In Thane district, 66.39 per cent male and 54.73 per cent female said that their parents have taken loans. Nearly 60 per cent parents in Thane district had loan from financial institutions.

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

Source: As per table one

Types of family is 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 per cent male said that they are from joint family whereas 54.76 per cent female said that they are from nuclear families. In the Central suburbs, 55.93 per

cent males are from nuclear family and 62.12 per cent are from nuclear family. From eastern suburbs, 81.13 per cent females are from nuclear families. In Thane city, 69.44 per cent 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 per cent 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.

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

Source: As per table one

Drive of vehicles by youths

Risky driving behaviours are common among young people, particularly among young males prone to externalising behaviours (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 helmet and wear seatbelt which is dangerous to their life. Accidents can take place due to heavy traffic on road.

In western suburbs, only 25.71 per cent male and 56.10 per cent female drive 2 wheelers. Nearly 38.57 per cent male and 21.95 per cent female drive 4 wheelers. Ten per cent male and 6.10 per cent 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 per cent male and 15.87 per cent female drive vehicles in western suburbs. In Thane city, only 2.78 per cent male and 40.74 per cent female drive 2 wheelers. Nearly 30.56 per cent male and 22.22 per cent female drive 4 wheelers. Therefore 52.78 per cent male and 22.22 per cent female drive vehicles in city. Nearly 40 per cent, 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 per cent male and 54.55 per cent female drive 2 wheelers in region. The 38.58 per cent male and 13.08 per cent female drive four wheelers in region. Nearly 8.31 per cent male and 4.43 per cent female drive both (2 and 4 wheelers) type of vehicles in region. In the region, 38.58 per cent male and 13.08 per cent 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.

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

Source: As per table one

Youths learn driving of two and four vehicles of friends and relatives and then apply for learning driving licence. Total 55.93 per cent male and 28.79 per cent female have driving licence in central suburbs. As far as Thane city is concerned, 80.56 per cent male and 29.63 per cent female have driving licence. Total 58.73 per cent 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 per cent male and 24.94 per cent female have driving licence in region. Total 40.28 per cent 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 penalty on vehicle and file the police case. Nearly 48.44

per cent male and 24.53 per cent 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 per cent male and 9.85 percent female had injured while driving. In Central suburbs, 17.28 per cent youth injured while driving from central suburbs in region. Total 40.53 per cent male and 18.14 per cent 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 per cent male and 55.56 per cent female said that they wear seatbelt and wear helmet while driving vehicles. In central suburbs 69.49 per cent male and 46.97 per cent female wear helmet

while driving vehicles. Only 54 per cent youths wear helmet and seatbelt while driving vehicles in Central suburbs. Nearly 73.59 per cent male and 47.01 per cent female wear seatbelt and helmet while driving vehicles. The female wears less seatbelt and helmet as compared to male. Nearly 58 per cent have safe behaviours as far as driving of vehicles and wear seatbelt and helmet. Male (67.80 per cent) and female (34.85 per cent) from central suburbs drive on highway. From Thane city, 80.56 per cent male and 44.44 per cent female already drive on highway. Nearly 73.37 per cent male and 31.42 per cent female drive vehicles on highways. Half of the youths in region drive vehicles on highways.

Around 27.14 per cent male and 14.63 per cent female from Western suburbs said that they had race on highways of vehicles. In eastern suburbs, 21.28 per cent male said that they had race on highways. No female said that she had race of vehicles on highways. Total 26.92 per cent male said that they had race of vehicles on highways. The female is 8.19 per cent who said that they had race of highway of vehicles. Nearly 15 per cent 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 per cent male and 8.54 per cent female said that they had accident of vehicles on highways. From central suburbs 1.69 per cent male and 1.52 per cent female said that they had accident on highways of their vehicles. Total 5.92 per cent male and 3.76 per cent 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.

Around 28.57 per cent male and 10.98 per cent female received call while driving in a Western suburb. In Thane district, 55.74 per cent male and 16.89 per cent female have received call while driving the vehicles. Total 43.92 per cent male and 16.37 per cent female received call while driving vehicles. Total 28.19 per cent youth received call while during vehicle. In western suburbs, male (2.86 per cent) and female youth said that they smoke cigarettes while driving. The male of eastern suburbs said that the smoke cigarettes while driving (8.51 per cent) vehicles. The 5.03 per cent male and 1.99 per cent female said that they drive and smoke. From eastern suburbs, 6.38 per cent male and 3.77 per cent 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 per cent male and 3.10 per cent female took alcohol while driving vehicle. Total 4.29 per cent male and 1.23 per cent female said that they drink and drive vehicles. In Thane city, not single boy and girl drink and drive vehicles. Total 2.38 per cent male and 1.11 per cent 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 (Aslam Z et.al 2023). From Thane city, 36.11 per cent male and 14.81 per cent, female said that they are smoking cigarettes.

Table 6 Smoke related issues (Percent)

Suburbs	Sex	Ever Smoke Cigarettes	Parents support smoking	Smoke every day	Other tobacco products	Smoke due to depression
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		29.51				
	M		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

Source: As per table one

In the Central suburbs, 13.56 per cent male and 9.09 per cent female ever smoke of cigarettes. Total 24.70 per cent male and 11.75 per cent 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 per cent, youths smoke cigarettes continuously. It is alarming situation for health experts and family of youth. The male (11.43 per cent) and female (6.17 per cent) from western suburbs said that their parents support smoking. In Thane city, male (5.56 per cent) and female (3.70 per cent) support smoking. Total 8.36 per cent male and 5.67 per cent female said that their parents support smoking. Total 6.82 per cent 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 per cent male and 6.17 per cent female said that they smoke cigarettes every day. But from Central suburbs, only 5.08 per cent male said that they smoke cigarettes. Females do not smoke cigarettes in Central suburbs and Thane city. Nearly, 6.27 per cent male and 2.27 per cent female smoke cigarettes every day. Total 4 per cent 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 per cent female said they consume tobacco related products. From eastern suburbs, 10.64 percent male and only 1.89 per cent female consume other tobacco products. Total 5.07 percent male and 1.13 per cent female consume tobacco related products in region. Total 2.83 percent youths smoke tobacco related

products in region. From Eastern suburbs, 6.78 per cent male and 11.32 per cent 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 per cent 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 (Grapatsas K. et.al 2017)

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 of alcohol. From Central suburbs, 27.12 per cent male and 19.70 per cent female drink alcohol. From Thane city, 47.22 per cent male and 37.04 per cent female drink alcohol. In the region, 37.31 per cent male and 22.45 per cent youths drink alcohol. Nearly 79.66 per cent male and 83.33 per cent 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 per cent male and 16.98 per cent 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 per cent female consume alcohol rarely. But in Thane city, 22.22 per cent male and 14.81 per cent 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 per cent male and 0.68 percent female said that they consume alcohol regularly. In Mumbai Metropolitan Region (MMR), only 0.30 per cent male and 0.23 per cent female consume alcohol regularly. Total 0.26 percent youth consume alcohol regularly in region.

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 per cent male and 6.08 percent female said that they had mental health issues, but they consume tobacco. It is highest (12.59 per cent) where youths involved in tobacco consumption. In Eastern suburb, 21.28 per cent male and 9.43 per cent female consume tobacco and they had mental health issue. Around 16.42 per cent male and 5.22 per cent female had mental health issue and they consume tobacco. In region total 10.05 per cent youths consume tobacco but they have mental health issue.

In Eastern suburbs, 10.64 per cent male and 5.66 per cent 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 per cent male and 4.05 percent female had health problem due to alcohol consumption.

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

Source: As per table one

In the region, 11.04 per cent male and 2.95 per cent 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.

In Thane district, 84.43 per cent male and 83.78 per cent female were hopeless or sad sometimes. From Western suburbs, 58.57 per cent male and 85.19 per cent female were feeling hopelessness or sad sometimes. Nearly 74.33 per cent male and 81.63 per cent female faced hopelessness or sad sometimes issues. Nearly 78.48 per cent youth in city face hopelessness or sad sometimes issue. In eastern suburbs, 69.57 per cent male and 63.46 per cent female feel depressed. In Western suburbs, only 50 per cent male and 67.90 per cent female often feel depressed. Nearly 64.56 per cent male and 63.49 per cent female in region feel depressed often. Nearly 21.31 per cent male and 27.78 per cent female in Thane district often taken medical help. In

western suburbs, 18.57 per cent male and 28.40 per cent female often feel depressed and take medical help. Total 19.82 per cent male and 22.51 per cent female took medical help due to depression. From Thane district, 8.20 per cent male and 17.36 per cent female made attempt to suicide due to depression. In Western suburbs, 5.71 per cent male and 16.05 per cent female made attempt to suicide. Total 6.31 per cent male and 14.39 per cent female said that they made attempt for suicide due to depression. From Western suburbs, 14.29 per cent male consumed drug but female not found in this category. In Thane district, 7.38 per cent male and 4.17 per cent 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, 45.71 per cent, male and 28.13 per cent female had physical fight. From Central suburbs, only 49.12 percent male and 28.13 percent female had physical fight.

Table 8 Mental health and subsistence use (Percent)

Suburbs	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

Source: As per table one

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

Source: As per table one

Table 10 Physical fight and related factors (Percent)

Suburbs	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

Source: As per table one

Total 51.51 per cent male and 26.05 percent female had physical fight. Nearly 32.61 per cent male and 7.84 percent female had physical fight and injury in Eastern suburbs. From Central suburbs, 31.58 per cent male and 12.50 per cent female had physical injuries. Total 31.02 per cent male and 11.40 per cent female had physical injury in their life. Total 20 per cent youths had physical injury in life. From Eastern suburbs, 32.61 per cent male and 1.96 per cent female had treatment due to physical fight. In Thane city, 5.56 per cent male and 7.69 per cent female had treatment due to physical fight. We can say that 22.29 per cent male and 4.65 per cent female had treatment due to physical fight. Total 1.4 per cent male and 2.47 per cent female had police case due to physical fight in Western suburbs. In Thane city, 2.78 per cent male said that they had police case due to physical fight. Women

have not reported any police case. Total 2.41 per cent male and 0.70 per cent female reported police case in region. Nearly 7.14 per cent male and 33.33 per cent female reported molestation in Western suburbs. But in Central suburbs 3.51 per cent male and 17.19 per cent female reported molestation. Only 6.33 per cent male and 26.05 per cent female reported the molestation. Nearly 5.56 per cent male from central suburbs and 12.50 per cent female said that they assaulted in past life. In Thane city only 8.33 per cent male and 3.85 per cent female had assault in past life. Total 6.33 per cent male and 11.63 per cent female had assaulted in past life. In Eastern suburbs, 6.52 per cent male and 37.25 per cent female said that they carry paper spray. From Thane city, 13.89 per cent male and 19.23 per cent female carry paper spray. From region, 9.04 per cent male and 28.14 per cent female carry paper spray.

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

Source: As per table one

Above table shows that 75.47 per cent female and 70.21 per cent male prefer homemade food. Homemade food is always nutritious and prepared everyday with maximum cleanliness. Nearly 27.66 per cent male and 20.75 per cent female prefer junk food. Total 77.58 per cent male and 80.41 per cent female prefer homemade food. Whereas 20.49 per cent male and 16.89 per cent female prefer junk food. The junk food preference among youth is 17.57 per cent in region. Junk food is always available at all streets in Mumbai. Nearly 67.39 per cent male and 72.55 per cent female had weakness in study in eastern suburbs. From Central suburbs 56.14 per cent male and 67.19 female had weakness in study. Total 61.93 per cent male and 70.83 per cent female had weakness in study. Around 27.14 per cent

male and 36.25 per cent female had visited doctor due to weakness from Western suburbs. From Thane city, 11.43 per cent male and 26.92 per cent female had visited doctor due to weak health status. Total 21.45 per cent male and 32.40 per cent 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. We find it normal that boys and girls talk, walk and eat together. But if we ask them in detail about their relationship with each other then we find the complexity of relationship with each other as well as with another peer group.

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

Source: As per table one

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

Nearly 21.24 percent male and 21.57 per cent female had involved in the sexual relationship from Eastern suburbs. From Thane district, 20.49 per cent male and 13.89 per cent female involved in sexual relationship. Total 17.82 per cent male and 13.52 per cent female involved in sexual activities in region. In Eastern suburbs, 10.87 per cent male and 11.76 per cent female are

involved in the multiple sex partner. The Thane city, total 5.71 per cent male and 4.90 per cent female involved in multiple sex partner in region. Total 6.71 per cent youths admitted that they had multiple sex partners. Nearly 14.75 per cent male and 10.42 per cent female used the contraceptives during sexual activities. In Central suburbs, 12.28 per cent male and 7.81 per cent female have not received contraceptives during sexual activities. Total 12.99 per cent male and 9.32 per cent female used contraceptives in region during sexual activities.

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

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	10.00	12.86	0.00	47.14	70.11	5.71	34.29	4.11
	F	10.00	2.50	7.52	1.25	67.5	62.5	1.25	18.75	4.29
	T	12.02	6.01	10.05	0.67	58.11	66.14	3.33	26.10	3.75
Central	M	15.79	12.28	12.28	0.00	29.82	64.91	1.75	31.58	2.73
	F	12.51	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	0.00	41.3	76.09	2.17	54.35	8.25
	F	21.57	11.76	13.73	0.00	54.9	80.39	3.92	31.37	13.04
	T	21.65	11.34	12.37	0.00	48.45	78.35	3.09	42.27	3.92
Thane City	M	14.29	5.71	11.43	0.00	40.00	74.29	2.86	37.14	4.92
	F	11.54	0.00	7.69	0.00	57.69	69.23	3.85	19.23	5.71
	T	13.11	3.28	9.84	0.00	47.54	72.13	3.28	29.51	3.85
Thane District	M	20.49	7.38	14.75	0.00	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	0.10	45.92	71.9	2.72	44.71	7.24
	F	13.52	4.90	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

Source: As per table one

From Central suburbs, (29.82 per cent) male have less knowledge than female (49.22 per cent) of RTI/STI. In Thane, 5.57 per cent male and 61.11 per cent female had knowledge of RTI/STI. Total 45.92 per cent male and 57.81 per cent female had RTI/STI knowledge. Nearly 76.09 per cent male and 80.39 per cent female had knowledge of sex education in Eastern suburbs. But only 70 per cent male and 62.50 per cent female had knowledge of sex education. We can say that 71.90 per cent male and 73.66 per cent female had sex education in region. Nearly 1.75 per cent male and 6.25 per cent female said that they had forced sex, and they are from Central suburbs. Thane district, the 1.64 per cent male and 6.25 per cent female had forced sex in their past life. Total 2.72 per

cent male and 4.90 per cent female said that they had forced sex in their past life. From Eastern suburbs, 54.35 per cent male and 31.37 per cent female from Eastern suburbs watched porn movies. The 31.58 per cent male and 20.31 per cent female from Central suburbs watched porn movies. Total 44.71 per cent male and 24.48 percent female from region watched porn movies. Nearly 12.41 per cent male and 9.97 per cent female from Thane district said that they forced to watch porn movies. From Central suburbs, only 2.70 per cent male and 1.75 per cent female said that they had forced to watch porn movies. Total 7.24 per cent male and 9.97 per cent female forced to watch porn movies.

Logistic regression model

A logistic regression model (Greene William 2003) is defined as follows.

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

Where Z_i is a linear sum of α and β_1 plus β_2 times X_2 and so on up to β_K times X_K . In above equation, α and β 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 α 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.

Driving among youths is negatively correlated with age of youths in region. Older youths are 86 per cent less likely to participate in driving vehicles. The female drives less as compare male. Females are 8 per cent less likely to participate in risky driving. Therefore, sex is negatively correlated with driving of vehicles by youth. Youths those driving vehicles do not work after college hours. Nearly 14 per cent 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 per cent youth involved in driving less likely help parents.

Table 14 Driving behaviours of youths in Metropolitan Region

S. 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 R2	Nagelkerke R2
	337.31	0.58	0.79

*Significant at 1 %, **Significant at 5 % *** significant at 10

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

corelated with youth driving in city. Per capital income is positively corelated 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 per cent 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 per cent 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 per cent 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 Cigarettes smoking behaviour among youths in region

S. 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 R2	Nagelkerke R2
	312.42	0.40	0.66

*Significant at 1 %, **Significant at 5 % *** significant at 10 %

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 per cent 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 per cent 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 per cent 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

per cent 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 1.16 times youths said that parents support smoking cigarettes. 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 more likely related to smoking. Youths smoke due to depression. It is positively co-related and statistically significant and positively 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

S. No	Variables	Co-efficient	Wald test
1	Actual Age	0.10(**0.04)	5.30
2	Financial difficulty ¹	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 R2	Nagelkerke R2
	217.47	0.60	0.86

*Significant at 1 %, **Significant at 5 % *** significant at 10%

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 0.6 times more likely to have financial difficulty. The type of family is negatively correlated to alcohol consumption among youths. Those youths take alcohol, 36 per cent 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 0.33 times 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.

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 per cent more likely to face financial difficulty. The parents do not spend enough time with youths that is why they are depressed which is statistically significant and negatively co-related with depression. Those youths are in depression, the parents spend 49 per cent less time with them. The youths do not help parents in households work which is statistically significant and negatively co-related with depression among youth.

Table 17 Depression among youths in region

S. No	Variables	Co-efficient	Wald test
1	Actual Age	0.06**(0.02)	5.62
2	Financial difficulty ¹	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 R2	Nagelkerke R2
	850.61	0.18	0.25

*Significant at 1 %, **Significant at 5 % *** significant at 10%

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 institutions which is statistically significant and positively correlated to depression among youths. Youths those in depression, the 1.36 times 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 1.97 times youths have taken medical help during those depression are made an attempt of suicide.

Table 18 Physical fight among youths in region

S. No.	Variables	Co-efficient	Wald test
1	Sex	-0.77*(0.20)	13.97
2	Physical injuries	3.71*(0.44)	71.07
3	Treatment due to physical fight	1.91**(0.59)	10.33
4	Molestation	0.53**(0.26)	4.21
5	Constant	-0.92*(0.15)	39.33
	-2 Log likelihood	Cox & Snell R2	Nagelkerke R2
	685.22	0.355	0.48

*Significant at 1 %, **Significant at 5 % *** significant at 10 %

The physical fight is negatively co-related to sex of the youths. Females are less likely to fight. Females are 33 per cent less likely to fight physically as compared to male. The physical injuries are positively co-related and statistically significant During physical fight, 3 times more chance that the youths is physically injured. The treatment due to

physical fight is positively co-related with physical fight and statistically significant. Nearly 1.91 times youths who had physically fight took treatment due to physical fight. Molestation is positively co-related physical fight among youths in region. During physical fight nearly 53 per cent youths had molestation issue.

Table 19 Malnutrition among youths in region

S. No.	Variables	Co-efficient	Wald test
1	An issue of malnutrition	2.00*(0.16)	143.63
2	Parents spend time	-0.51(0.24)	4.52
3	Constant	-0.47(0.24)	4.02
	-2 Log likelihood	Cox & Snell R2	Nagelkerke R2
	901.22	0.20	0.27

*Significant at 1 %, **Significant at 5 % *** significant at 10 %

Malnutrition is positively corelated to an issue of malnutrition. It is positively co-related and statistically significant. Those youths had malnutrition issue, they are twice suffering from issues related to malnutrition such as blood pressure, tension, anxiety, tiredness. The parents do not spend time with malnourished youths. They have number of assignments and travel to job, meetings. It is negative and statistically significant. Those suffer from malnutrition, the 49 per cent parents less likely to spend time with youths. They think that their time

sharing will not improve the health of youths.

Sexual health is positively co-related to multiple sex partner. It is statistically significant and positively corelated. Those youths involved in sexual relationship have 3.5 times more likely to have multiple sex partners. The used contraceptives are positively corelated and statistically significant with sexual behaviour of youths. Youths involved in sexual relationship are 4 times more likely to use contraceptives.

Table 20 Sexual behaviours of youth in MMRDA

S. No.	Variables	Co-efficient	Wald test
1	Multiple sex partner	3.47*(0.72)	23.06
2	Used contraceptives	4.39*(0.46)	88.01
3	Forced sex	1.50**(0.58)	6.74
4	Forced to watch porn	1.05**(0.55)	3.63
5	Actual Age	0.15*(0.03)	17.87
6	Type of family 1-Nuclear 2-Joint 3 -self	-0.53***(0.29)	3.32
7	Help parents	-0.92**(0.44)	4.31
8	Per Capita Income	0.00**(0.00)	4.12
9	Constant	-5.08*(0.94)	29.20
	-2 Log likelihood	Cox & Snell R2	Nagelkerke R2
	292.92	0.38	0.65

*Significant at 1 %, **Significant at 5 % *** significant at 10 %

Few friends and relative show them porn. it is forceful activity therefore it is positively correlated and statistically significant. Nearly 1.5 times youths involved in sexual relationship said that they forced for such relationship. Youths have sexual relationship at higher age. It is risky behaviour to have sexual relationship even at early age. Those youths involved in sexual behaviour are from nuclear families. The youths involved in sexual relationship are 47 per cent not from joint family. The family size is negatively co-related with sexual behaviour of youths. Those involved in sexual behaviour do not help parents. Help to parents by youths is negatively co-related and statistically significant. Youths involved in sexual relationship, 92 per cent are less likely to help to parents. The youths involved in sexual behaviour are from rich households. Per capital income of youth's household is positively co-related and statistically significant to his sexual behaviour.

Multiple risky behaviours among youths

The onset of multiple risk behaviours, such as smoking, anti-social behaviour, hazardous alcohol consumption and unprotected sexual intercourse, cluster in adolescence and are associated with

increased risk of poor educational attainment, future morbidity, and premature mortality. These behaviours go beyond pure 'risk-taking' behaviours and embrace behaviours which are ubiquitous in society, such as low levels of physical activity. These behaviours shape adult behaviour, and the consequences are costly to society and young people. Further, people who engage in any one risk behaviour are likely to engage in others (Kipping R.R. et.al. 2004). Age of the youths is positively co-related to multiple sex behaviours. As age of the youth increases, they involved in either driving, depression, malnutrition, sexual behaviour, physical fight etc.

They must protect themselves from risky behaviours. But age of youths is positively co-related and statistically significant. Youths involved in risky behaviours do not help parents at home. Youths those involved in multiple sex are 1.53 times do not help parents at home. It is statistically significant and positively co-related. The parents taken loan from different financial institutions. Total 42 per cent parents are taken loans but youths are involved in multiple risky behaviours. Therefore, it is positively significant and positively correlated with multiple risky behaviours among youth.

Table 21 Multiple risky behaviours among youths

S.No	Variables	Co-efficient	Wald test
1	Age	0.07**(0.04)	3.70
2	help parents.	-1.53**(0.73)	4.42
3	loan taken by parents.	0.42*** (0.26)	2.75
3	Constant	1.98*** (1.22)	2.67
	-2 Log likelihood	Cox & Snell R2	Nagelkerke R2
	432.47	0.18	0.4

*Significant at 1 %, **Significant at 5 % *** significant at 10 %

Policy implication and 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. The 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 (K.Preethi 2019).

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 every day. Those youths consume alcohol, do not help parents twice for household chores. 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 related to malnutrition. Those

youths involved in sexual relationship have three times more of multiple sex partners and four times they have used the contraceptives during different intercourse. Youths in regions required number of alternative policies to deal with risky behaviours. We have categorised the family level factors, peer level factors and youths level factors. The family factors include internal factors which means family's internal environment. It includes socio-economic, psychological, behavioural and parental health related aspects. The peer level factors are the influence comprises as effect of youth's peer on their attitude, behaviour and belief. The youths are influenced by their friends, relatives with similar age, sex and experience. The influence of peer could be positive or negative effect and situation specific. They do not worry about future consequences of such risky behaviours. Their friend's choice and experiences effect on their ethical, values and behaviours. The individual factors are unique with each youth. They are personality, attitude, knowledge, skills and personal experiences. Such factors influence on youth's thinking, feeling and behaviour in different situations. Their behaviour also affected by demographic factors such as age, sex, education and socioeconomic status of family, parents' income and education, locality etc. The depression and anxiety among youths are related to different risky behaviours. The risky behaviours may

impact on mental and physical health of youths. The risky behaviours mainly include drinking alcohol, chew tobacco and gatka, drugs. It also includes risky sexual behaviours, drinking alcohol and driving without licence, physical fight. Even in minor issue, youth harm self in anger or could injure others due to anger. We have given the policy implication for parents, youths and peer group because it is difficult to separate them from each other.

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 (Petaia et.al 2022).

Parents must check phone calls of youths regularly. They must be monitor as text messages, calls, what's app chats. Parents must observe the friend circle of youths. They must visit college and ask youths daily attendance record to mentor teacher 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 and check regularly 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 regularly discuss the overall student's performance in college. Parents should check youths' access to vehicle of their own and friend circle. They must provide driving vehicles permission with valid driving licence. They must teach youth about safe driving behaviour. 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 family doctor. Parents must observe behaviour of youth's friend circle regularly. They often go to night parties, birthdays. 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 and parents must be alert about it. Parents must discuss and follow the Gandhian philosophy in life. They should discourage the youths as not to fight physically 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 physically 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 family doctor. Most of the time, youths accompany only girls in the group. Parents must check regularly the study hours, homework, assignment and friend circle. They should know who is chatting continuously with youth and what are their subjects. They must keep watch on outdoor activities of 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 goals.

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 does 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 youth. If required, then youth 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 (Ansari T. et.al 2016). Youths are the future of country and family. Therefore, such policies are required on priority basis.

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