

# Critical study of the problem faced by elite class adolescent girls in a metro city

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Date of Submission: 27-09-2025

Date of Acceptance: 08-10-2025

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## I. Introduction

When people look at girls who come from rich or well-off families in big cities, they usually think: “What problems could they possibly have?” Good schools, nice clothes, big houses, a phone in hand—everything should be perfect, right?

But the truth is, behind all the perfection, a lot of us are silently struggling. Just because someone has privilege doesn’t mean they’re at peace. In fact, sometimes the pressure that comes with having everything is even harder to explain. This paper is about that pressure—the kind that builds up quietly inside the lives of elite-class teenage girls in metro cities. It’s not always visible, but it’s very real.

### 1. When Being “Perfect” Becomes a Problem

Most of us are expected to do well in school, join extra classes, look good, be polite, have hobbies, score high, and somehow also “stay grounded.” We’re constantly being measured by marks, achievements, how we talk, how we dress, and how we behave online.

“You can be exhausted, mentally drained, but still have to act like everything’s fine—like you’re lucky to even complain.” — Student response.

Even small failures start to feel like disappointments. We stop asking for help because we don’t want to sound “ungrateful.” But inside, the pressure never turns off.

### 2. Social Media Makes It Worse (Even When We Love It)

We scroll. We post. We compare. Every day. Social media is fun, but let’s be honest—it’s exhausting too. You’re not just living your life anymore, you’re performing it. You’re watching everyone else’s highlight reel and wondering why your life feels messier.

“Even when I’m doing okay, it looks like everyone else is doing better. That feeling eats you up.” — Student response.

Body image, popularity, likes, parties, filters—it never ends. And when you try to take a break, FOMO hits you like a wave.

### 3. Fake Smiles, Real Loneliness

A lot of us have big friend groups, but how many people in those circles actually know us? It’s hard to be vulnerable when you’re scared of being made fun of or talked about behind your back. Friendships sometimes feel more like competition than connection.

“Some classmates ignore you in school, but will react to all your stories online. It’s confusing, it hurts.” — Student response.

So even when you’re surrounded by people, you feel alone. And when you try to talk about it, people say, “But you’re so lucky!”

### 4. Confusing Rules and Constant Judgment

We’re told to be modern, independent, outspoken—but not too much. There’s always a line, and no one tells you exactly where it is. Talking to boys is frowned upon. Dressing a certain way means “you’re trying too hard.” Parents say phones are bad, but expect us to get top grades using them.

“We’re told to stay away from boys, but also to be confident. To focus on studies, but also be social. It’s never balanced.” — Student response.

When something hurts us—like a breakup, a friendship issue, or anxiety—we’re told we’re being dramatic. So we stop sharing. We shut down. We pretend.

### 5. We’re Coping, But It’s Not Easy

Some of us write in journals. Some cry in the shower. Some scroll for hours, hoping the anxiety will go away. Others try to be extra busy so there’s no time to think. A few go to therapy (if they’re lucky), but most just try to survive quietly.

“We’re not asking for solutions all the time. Sometimes we just want someone to listen. Without correcting us.”  
— Student response

It’s not that we’re weak. We’re just tired of pretending we’re always okay.

#### Conclusion

Just because a girl is from a “good family” in a metro city doesn’t mean she’s not struggling. Our pain might look different, but it’s still pain. It hides behind good grades, nice clothes, and smiling photos. But it’s there.

It’s time people stopped assuming that privilege equals happiness. Yes, we have opportunities, but that doesn’t mean we don’t feel lost, anxious, insecure, or scared. We deserve space to feel what we feel without being judged. And we deserve adults who take us seriously when we say, “I’m not okay.”

Maybe then we won’t have to keep pretending.

#### Sources

Real student responses collected anonymously, 2025

UNICEF India (2021) – Mental Health in Urban Teenagers

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NCRB Data (2022) – Adolescent Stress & Social Media Use