

# A Comprehensive of Family Conflict Resolution Style: Which is Adaptive?

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## Abstract

Conflict is an inseparable part of family dynamics. Conflicts in one domain can spread to other domains and risk being passed on to the next generation. Destructive or inconsistent conflict resolution hurts family well-being and children's socio-emotional development. On the other hand, an adaptive conflict resolution style plays an important role in strengthening family relationships. This literature review aims to identify various conflict resolution styles and contextual factors that play a role in conflict resolution and evaluate their impact on family welfare. The research design uses a scoping review through seven databases, namely Scopus, Springer, ScienceDirect, JSTOR, EBSCOhost, ProQuest, and Emerald Insight. The inclusion criteria set are, 1) articles published within the year range (2015-2024), 2) empirical articles that examine family conflict and conflict resolution styles or conflict management, 3) in English and Indonesian, and 4) full-text. From the search results, 22 articles were found that met the inclusion criteria. This review found five conflict resolution styles which are divided into two, namely the constructive resolution style including compromise, obliging, and integrating, and destructive ones such as avoidance, and dominating. The choice of conflict resolution style is influenced by attachment style, personality, gender, family communication pattern, and parenting. Understanding various conflict resolution styles and contextual factors not only plays a role in resolving conflict but also in strengthening family relationships.

**Keywords:** Conflict management, conflict resolution style, family conflict, parent-child conflict, predictor

## 1. Introduction

Conflict naturally arises in interactions between people. Conflict is a form of disagreement or tension that occurs in the realm of ideas, values, thoughts, or attitudes that can occur between two or more people (Fahed-Sreih, 2017), involving feelings of incompatibility that start from one party feeling disadvantaged by the other party (Thomas, 1992). Differences in views and expectations regarding obedience, dominance relationships, and communication patterns reflected in certain cultural values can create sources of conflict in family relationships (Singh & Jena, 2023). This dispute can trigger anxiety, stress, and even unwanted disputes or crimes (Wirawan, 2009). The type of family conflict that occurs most often is sibling conflict, namely (662 conflicts) and parent-child conflict (105 conflicts) (Persram et al., 2019).

Conflict in one domain can spread or affect other domains (Sears et al., 2015). For example, partner conflict can trigger parent-child conflict or in-law-in-law conflict in the future (Mastrotheodoros et al., 2022). This is caused by mood fluctuations and daily friction which are easily transferred or vented to other family members (Sears et al., 2015). Family conflicts experienced by teenagers have a long-term impact on future relationships with partners (Heinze et al., 2020). Parents who have a history of intimate partner aggression (Intimate Partner Aggression) or domestic violence, tend to commit Parent-to-Child Aggression, especially in children aged 0-5 years. PCA and IPA can influence socio-emotional and future internalizing and externalizing behavior problems (Lee et al., 2020).

Every parent has their way of educating their children, but sometimes they unintentionally exacerbate conflicts by shouting or saying negative words to their children. Almost all parents have been involved in parental aggression towards children (PCA: such as shouting or hitting children (Lee et al., 2020). This is often caused by difficulty regulating emotions and being too forceful when the child is disobedient, which ultimately causes fear in the child. children (Martinez-gonzales et al., 2016). This situation can damage children's self-esteem, and make children irritable, trigger internalization and externalization problems, and trigger depressed mood in adolescents (Branje., 2020; Craft et al., 2019; Kelly et al., 2016). As a result, children will use maladaptive coping mechanisms, such as compulsive shopping (Roberts et al., 2019). The long-term intensity of daily conflict and destructive conflict resolution are indicators of poor interactions between mother and child (Mastrotheodoros et al., 2022). This dynamic reflects a bidirectional process, meaning that parent-child conflict can reduce a child's psychosocial adjustment abilities, and psychosocial adjustment problems in turn trigger more conflict.

Positively resolving conflict is an important step in ensuring family members experience prosperity and healthy development. According to Piaget (in Dost-Gozkan, 2019), practicing negotiation, such as expressing perspectives with an open mind, has benefits for children's moral and cognitive development. In addition, negotiation provides an opportunity for teenagers to practice considering other people's opinions in reaching agreements (Branje, 2020). Understanding the nature of conflict and understanding each other's perspectives is critical to family dynamics. Effective conflict resolution can reduce or prevent ongoing conflict, build peace, prevent violence, and maintain relationships (Wani, 2011). Well-functioning families can develop positive conflict resolution strategies in the future. Building a positive emotional climate is very important for maintaining family harmony and adolescent adjustment in social and psychological contexts (Van Doorn et al., 2011). On the other hand, inconsistent conflict resolution can make children feel threatened, blame themselves, and regulate emotions maladaptively (Lee et al., 2023). Children's experiences regarding family dynamics, exposure to daily conflict, and conflict resolution styles will be examples of dealing with conflict in different situations and contexts (Gugliandolo et al., 2023). However, each conflict resolution style has advantages and disadvantages that need to be considered according to the family context, interpersonal dynamics, and psychological factors. Achieving adaptive conflict resolution requires an open attitude to other people's perspectives, patience, focus on common interests, and effective communication skills or constructive language (de Coning et al., 2022). Understanding the negative

impacts of conflict resolution will help individuals be more selective and careful. The goal is not only to resolve conflicts but also to strengthen relationships.

Seeing this phenomenon, the authors are interested in examining and identifying effective conflict resolution styles, adaptive, and beneficial for the welfare of all family members based on contextual factors. This article discusses types of constructive and destructive conflict resolution, providing an overview of contextual factors that influence the selection of resolution strategies and the effectiveness of various conflict resolution styles. This can be used to develop intervention programs related to constructive conflict management, as well as help families recognize destructive conflict patterns and replace them with more adaptive and constructive strategies. Previous research has explained many mechanisms or relationships between mediation and moderation of various conflict resolution styles on other variables. To complement existing research, a scoping review allows for more comprehensive identification and synthesis of data focuses on adaptive conflict resolution styles, and shows the impact of conflict on families.

## 2. Literature Review

Understanding conflict dynamics and conflict resolution mechanisms involves several theoretical perspectives such as social conflict theory, feminism theory, social exchange theory, and equity. Karl Marx's Social conflict theory (Coser, 1957) posits that conflict stems from power differences and injustices, emphasizing that limited resources and differing interests create conflict. Social conflict theory emphasizes situations where there are differences or incompatibilities between interests and desires (White et al., 2015). This theory holds that limited resources and differences in various matters are the basis for conflict (Farrington & Chertok, 1993). Importantly, conflict can function as a catalyst for social change and cohesion if managed effectively (Coser, 1957). Conflict resolution, drawing from sociology, psychology, and management, must address structural inequalities and power imbalances for sustainable peace

Conflict resolution often requires structural changes that promote equality (Adams, 1965). Equity theory highlights that individuals are motivated by the desire to be fair, comparing their inputs and outputs ratio with others. Thus, promoting equality often requires structural changes. On the other hand, feminist theory focuses on gender roles and the male-dominated social systems that perpetuate female oppression (Beasley, 1999). This systemic inequality is deeply ingrained through socialization, supporting male superiority. Power imbalances can cause conflict but can be addressed by restoring balance and justice. According to Cook et al., (1987), an imbalance of power in a relationship can cause conflict but can be overcome with strategies that can restore balance and justice.

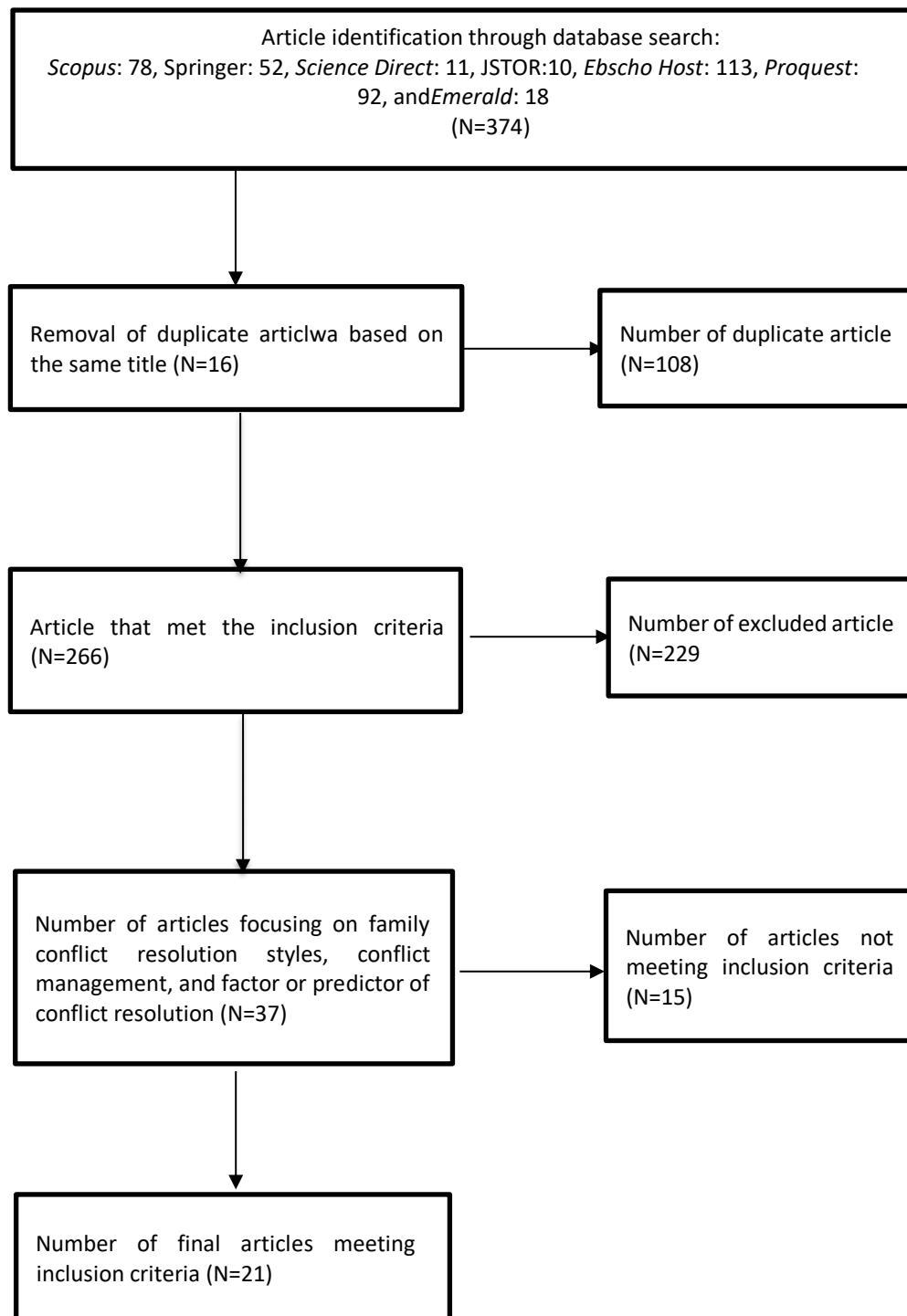
Understanding justice is crucial for grasping conflict's emotional and psychological aspects. Therefore, balanced and mutually beneficial exchanges are needed by encouraging parties in conflict to reduce tensions and increase cooperation. Social exchange theory developed by Homans and Blau (in Cook et al., 2013) is based on the premise that maximizing rewards and minimizing costs in social interactions, emphasizes the importance of balancing "giving" and "taking" in relationships.

Thus, dealing with power imbalances (social conflict theory), understanding fair negotiation processes (social exchange theory), and encouraging perceptions of justice (equity theory) can produce more effective and sustainable conflict resolution.

### 3. Method

The method used in writing this article is a scoping review that discusses conflict resolution styles. Literature search through seven databases, namely Scopus, Springer, ScienceDirect, JSTOR, EBSCOhost, ProQuest, and Emerald Insight using a combination of keywords with Boolean logic, namely "family conflict" OR "parent-child conflict" AND "conflict resolution style" OR "conflict management" "predictor" OR "factor". The inclusion criteria for articles determined are 1) empirical articles that examine family conflict and types of conflict resolution in the family or conflict management; 2) published in 2015-2024; 3) speak Indonesian or English; 4) have availability full-text. From search results that match keywords, there are 374 articles. After being selected based on title and abstract, 37 articles met the inclusion criteria, but only 21 articles answered the research objectives. These articles include, (Oramas et al., 2015; Kiani et al., 2016; Missotten et al., 2016; Missotten et al., 2017; Kardan-Souraki et al., 2018; Dost-Gozkan, 2019; Toren, 2019; Stokkebekk et al., 2019; Ferrar et al., 2020; Craft et al., 2021; Arenas-Villamizar et al, 2022; Ali & Saleem, 2022; Gonzalez-Ortega, 2022; Yang et al., 2022; Zhang et al., 2022; Low, 2023; Ardyan et al., 2023; Ito et al., 2023, Suciati & Ramadhanty, 2023; Singh & Jena, 2023; Sayed & Sinha, 2024).

Figure 1: PRISMA 2009 flowchart for the study selection process.



## 4. Result

**Table 1: Analysis of an article.**

No	Author	Title of article	Research design	Partisipan	Conflict resolution style	Result
1	Oramas et al., (2015)	Influence of Parental Conflict Resolution Strategies on Hispanic College Women's Experiences with Verbal Aggression	Quantitative multiple linear regression	599 female college students aged 18 - 21 years	Dominating	Verbal aggression perpetrated by husbands against wives or vice versa may develop into a cycle of behavior patterns between generations or become physical aggression. Girls who are consistently exposed to verbal aggression tend to do the same to their partners.
2	Kiani et al., (2016)	Family Functioning, Identity Formation, and the ability of conflict Resolution among adolescents	Quantitative cross-sectional and quantitative correlation	686 high school students consisting of 388 males and 348 females	Avoidance, compromise	The family function is negatively related to conflict resolution capacity. When family function is high, the ability to resolve conflict also increases, and vice versa. Individuals with family function high tend to apply compromise while individuals with low family function tend to avoid conflict.
3	Missotten et al., (2016)	Adolescents' conflict resolution styles toward mothers: The role of parenting and personality	Quantitative multiple linear regression	274 adolescents aged (14- 19 years)	Avoidance, integrating, compromise, obliging	Personality type consciousness and agreeableness tend to enforce compliance (obliging). Personality types extroversion and neuroticism choose a style integrating. Personality type openness and consciousness implement the resolution compromise. High psychological control and harsh control from parents make children adopt styles of avoidance and obliging.

4	Missotten et al., (2017)	Adolescent Conflict management styles with mothers. Longitudinal relations with parenting and reactance	Quantitative path analysis	731 teenagers aged (11- 15 years)	Compromise Avoidance and obliging	Parenting support in the form of parental responsiveness and providing autonomy encourages conflict resolution compromise thus reducing the frequency of conflict. On the other hand, parenting with high psychological control forms conflict resolution of obedience and avoidance or disobedience (behaving reactance)
5	Kardan-Souraki et al., (2018)	Socio-demographic factors predicting marital intimacy in a sample of Iranian couples: A cross-sectional study	Quantitative descriptive	118 young couples	Integrating	Integrating resolution style or collaboration determines the level of intimacy, meaning that this solution can form a strong connection in the relationship.
6	Dost-Gözkan (2019)	Adolescents' conflict resolution with their parents and best friends: Links to life satisfaction	Quantitative multiple linear regression	854 teenagers (11-19 years old)	Dominating and obliging	When dad applies force dominating teenagers resolve conflicts with obedience. On the other hand, constructive conflict resolution from mothers becomes a role model for adolescents when in conflict with peers.
7	Toren (2019)	The importance of intra-family conflict resolution	Narrative study	Turkish television series (Çocuklar Duymasın)	Avoidance	"Avoidant" resolution of husband-wife conflicts is most often depicted in Turkish television series. One of the parties applies exit response or neglect response.
8	Stokkebe et al., (2019)	"Keeping balance", "keeping distance" and "keeping on with life" child position in divorced families with prolonged conflict	Qualitative phenomenology	9 broken home children aged (10-16 years)	Avoidance	Children resolve conflicts by reducing interactions with their parents because efforts to reconcile or change their parents' patterns of open differences are not successful.

9	Ferrar et al., (2020)	Conflict resolution and emotional expression in mother-preadolescent dyads: Longitudinal associations with children's socio-emotional development		94 mothers and adolescents (9-13 years)	Avoidance	Destructive conflict affects children's socio-emotional issues. Avoiding or withdrawing is one way to make peace with negative effects. Likewise, positive affect is usually followed by an avoidant resolution style to reduce tension.
10	Craft et al., (2021)	The Implications of early marital conflict for Children's development	Quantitative descriptive	150 parents and their children	Dominating and obliging	Parents tend to dominate when in conflict, while children resolve conflicts with obedience. Dominating impacts children's socio-emotional development and internalization problems, while style obliging triggers internalization problems in girls compared to boys.
11	Arenas-Villamizar et al., (2022)	Resilience and mediation mechanisms to resolve family conflict in times of the SARS-CoV-2 pandemic	Quantitative Transaksional non-eksperiment	1455 victims of domestic violence	Dominating integrating	Domestic violence is a maladaptive strategy for men to vent anger or temporarily stop conflict. Domestic violence can be a recurring factor in social problems. Family mediation and resilience are positive strategies for dealing with conflict.
12	Ali & Saleem (2022)	Relationship between conflict resolution styles and marital satisfaction among married academicians	Quantitative multiple linear regression	350 spouse lectures	Integrating avoidance dominating	Husbands tend to avoid or dominate so as not to escalate conflicts and maintain their authority. Meanwhile, wives apply collaborative strategies such as negotiation and discussion to maintain marital satisfaction. In this way, conflict resolution effectively manages conflict and predicts the level of marital satisfaction.



13	Gonzalez-Ortega (2022)	Adult attachment, Conflict Resolution Style, and Relationship Quality among Spanish Young Adult Couples	Quantitative multiple linear regression	405 young couples	Avoidance and obliging	Couple with the type of anxious attachment chooses compliance conflict resolution, whereas avoidant attachment tends to choose conflict resolution avoidance. Type avoidance attachment has a greater negative impact on relationship quality than anxious attachment.
14	Yang et al., (2022)	Inconsistent mediation and problematic smartphone use in preschoolers: Maternal conflict resolution styles as moderators	Quantitative multiple linear regression	154 mothers of preschool children	Dominating	Mothers tend to be inconsistent in resolving conflicts and are too domineering, emotionally or verbally, or physically violent when disciplining their children.
15	Zhang et al., (2022)	The relationship between parent-adolescent conflict dynamics and adolescent depression	Quantitative simple linear regression	Parent and 26 adolescents aged 12-17 years which diagnosed depression	Compromise	Parent-adolescent conflict dynamics were positively associated with children's depressive symptoms. Improving interaction and communication patterns has been proven to help regulate emotions and prevent children's behavioral disorders.
16	Ardyan et al., (2023)	New value creation and family business sustainability of an intergenerational conflict resolution strategy	Quantitative Analysis Partial Least Square Structural Equation Modeling (PLS-SEM).	152 participants (20-39 years) consist of 51,3% male and 48,68% females	Integrating and compromise	Collaborative parent-child strategies such as equalizing beliefs, commitment, lowering each other's egos, and being willing to accept suggestions can reduce conflict in a business context, create harmony, and have a positive impact on business performance.
17	Low, (2023)	Parent-adolescent conflict: Adolescents' Coping Strategies and Preferred parenting Styles during the Social	Quantitative correlation and simple regression	866 adolescents aged (11-16 years)	Compromise	The compromise resolution style helps both sides acknowledge each other's perspectives, work together to reduce conflict, and consider mutual interests.

		Movement in Hong Kong				
18	Itao et al., (2023)	A phenomenology of marital discernment: Applying key principles from Paul Ricoeur and Karol Wojtyla to resolve family conflicts	Qualitative phenomenology	4 women and 4 couples married	Integrating	The key principles of Ricoeur and Wojtyla's phenomenology play a role in achieving a balance of subjectivity and objectivity in resolving couple conflicts. This principle leads to seeing problems clearly without bias, as well as looking subjectively to understand each other's feelings.
19	Suciati & Ramadhanty, (2023)	Communication pattern in interpersonal conflict in premarriage couples experiencing toxic relationships	Qualitative phenomenology	2 pasangan pra- nikah	Avoidance	The first partner tends to avoid conflict by joking, changing the conversation, or avoiding verbal aggression. Partners who dominate conflict resolution tend to blame their partner or manipulate through guilt.
20	Singh & Jena, (2023)	Holiday planning in Indian families: a dual path model linking family type and conflict resolution	Quantitative	437 adolescent	Compromise and avoidance	Stepfamily and biologically dependent conflict resolution strategies linking family type (communication style in the family). Open communication and freedom of opinion will form a constructive solution strategy.
21	Sayed & Sinha 2024	Family communication pattern, individual's overall conflict resolution style, and cognitive flexibility among young adult	Quantitative correlational	88 males and 119 females aged 20-30 years	Compromise	Individuals with open-honest communication patterns and willingness to compromise tend to implement strategies for positive problem-solving. Meanwhile, individuals with confrontation and active interaction communication patterns apply a conflict resolution style engagement.

## 5. Discussion

In categorizing family conflict resolution styles, researchers are guided by conflict management proposed by Rahim (1983). Conflict management is a strategy used to overcome perceived problems in the social environment. Rahim (1983) views conflict management as a dimension of concern for oneself and concern for others. Based on this perspective, conflict management is divided into five namely: avoidance, dominating, compromise, obliging, and integrating. Conflict is dynamic, complex, and uncertain (de Coning et al., 2022), while conflict resolution styles are contextual, meaning that a resolution may be influenced by several factors such as attachment style, personality, gender, family communication pattern, and parenting style (Gonzalez-Ortega, 2022; Missotten et al., 2016; Missotten et al., 2017 Suciati & Ramadhanty, 2023; Singh & Jena, 2023; Zhang et al., 2023; Sayed & Sinha, 2024).

### Destructive Conflict Resolution

#### Avoidance Style

Conflict resolution style avoidance is an attempt to resolve conflict by avoiding or ignoring it. Individuals who apply this resolution style usually have low concern for themselves and others (Rahim, 2003). The parties involved simply want to “back away” from the problem or adopt a “don't listen, don't talk” approach to “hide disagreement” (Rahim, 1983). Individuals with personality types neuroticism who have the characteristics of being easily angry, anxious, sad, and feeling guilty, tend to prefer to avoid conflict. Likewise, type agreeableness which is synonymous with a forgiver tends to avoid so as not to escalate the conflict (Missotten et al., 2016).

Responses to conflict can take various forms verbal response, loyalty response, neglect response, and exit response (Toren, 2019). Exit response occurs when individuals leave a place or conflict situation because they disagree. They believe that a solution will not be found if the parties involved continue to maintain their respective arguments, but this method hinders conflict resolution. Whereas, neglect response is a situation where individuals ignore interactions or divert conflict-related conversations to avoid making decisions. Likewise, responding to laughter or joking in conflict situations is one way to make peace with feelings of disappointment. On the other hand, this response aims to reduce tension or calm emotions, and maintain relationships (Ferrar et al., 2019; Suciati & Ramadhanty, 2023). On the other hand, neutral feelings such as calm, regulating emotions, commitment in relationships, and loyalty further promote positive conflict resolution (Toren, 2019).

Harsh parenting and high psychological control, but little emotional support indicate low family functioning and are associated with avoidant conflict resolution (Kiani et al., 2016). This upbringing makes children with passive or less communicative characters avoid talking and appears as if they don't care (Missotten et al, 2016; Missotten et al., 2017). Avoidance is also used to avoid targets of aggression or when efforts to reconcile and change parents' attitudes are unsuccessful (Stokkebekk, 2019). This attitude makes it difficult for children to express opinions and is less skilled at identifying

problems. On the other hand, family communication patterns let it happen Which is characterized by high autonomy and freedom in making decisions without clear rules, but low involvement and emotional support tend to make children passive so they are less skilled in conflict resolution (Singh & Jena, 2023). However, this can be minimized with supportive parenting, such as building a warm and responsive family climate so that more positive problem-solving is formed from time to time, thus reducing the frequency of conflict (Missotten et al., 2017).

In the context of pairing, women with type avoidant attachment (avoidant attachment) avoid conflict more than men for the reason that conflict can damage the stability or calm of the relationship, and they are afraid of emotional dependence which can then threaten their emotional independence and well-being (Gonzalez-Ortega, 2022). Meanwhile, husbands in Pakistan avoid conflict to maintain their reputation and prevent worse conflicts (Ali & Saleem, 2022). The avoidant attachment type tends to silence the partner (silent treatment). This can affect relationship quality and life satisfaction (Dost-Gozkan, 2019).

### **Dominating Style**

The dominating style shows high concern for oneself but ignores the interests of others and views conflict as a win-lose war (Rahim, 2003). Individuals who apply this style, tend to emphasize strength or power over other parties and only focus on personal interests to get what they want (Rahim, 2003). The parent-child relationship is non-volitional and will continue regardless of the conflict resolution strategy used (Dost-Gozkan, 2019). In certain situations, parents tend to impose their power and role as leaders to win their wishes (Craft et al., 2021). Dominating fathers tend to do it more than mothers, to provide an obedience effect (Dost-Gozkan, 2019). However, it is different in mother-child conflict. Even though maternal authority is higher, adolescents who tend to reject maternal authority are more often involved in conflict and have little compliance or withdrawal (Missotten et al., 2017). Although conflict resolution with verbal or physical aggression consistently forms more obedience in children than positive tactics (non-violent discipline) (Yang et al., 2022). However, family conflicts especially during the period golden age have a negative impact on children's socio-emotional development and psychological well-being (Craft et al., 2021).

In the context of couple conflict, some husbands apply coping patterns such as domestic violence or verbal aggression as a strategy to vent anger and anxiety (Arenas-Villamizar et al., 2022, Oramas et al., 2015). This is usually done by men in patriarchal cultures, where they consider their position, power, and control to be higher than other family members so they tend to manipulate or blame other parties (Ali & Saleem, 2022, Suciati & Ramadhanty, 2023). They believe that this method is still normative because it can immediately resolve disputes and decide the wishes of the other party. But the fact is that verbal aggression does not solve problems, it can instead become a cycle of maladaptive conflict resolution patterns that can be passed on to the next generation and has the risk of becoming physical aggression (Oramas et al., 2015).

## **Constructive Conflict Resolution**

### **Compromise Style**

Compromise is a strategy to find a middle way to reach a fair agreement and satisfy some of one's interests and some of the interests of others (Rahim, 2003). This conflict resolution style reflects high concern for oneself and others, so it is known as the "give and/or share" approach (Rahim, 1983). This strategy is similar to the finishing style of positive problem-solving. Individuals who apply this strategy tend to apply an open-honest communication style, be empathetic, and emphasize negotiation (Sayed & Sinha, 2024). This strategy tends to be applied by individuals with this personality type openness, who tend to be flexible, actively seek solutions, think rationally, and are open to other people's perspectives (Missotten et al., 2016).

Parenting style (parenting style) and communication pattern (family communication patterns) can predict conflict resolution styles and the frequency of family conflicts (Missotten et al., 2017; Singh & Jena, 2023). Supportive parenting, which is characterized by autonomy support and parental responsiveness, can encourage more problem-solving, reduce the frequency of conflict, and have a positive impact on children's emotional regulation abilities (Brenning et al., 2015; Missotten et al., 2017). Compromise strategies are effective in situations where interpersonal relationships are highly valued, and harmony is a top priority. Creating a space for open dialogue and listening to each other's ideas and needs of family members is suitable for family communication styles consensus, where the authority-obligence relationship between parents and adolescents is highly valued (Singh & Jena, 2023). Through compromise, family members learn to consider points of view and interests together and work together to find the right and efficient solution so that emotional support will be formed for each other (Low, 2023). Apart from that, it also encourages teenagers to respect the interests of others and be actively involved in decision-making or resolving conflicts without ignoring parental authority (Singh & Jena, 2023). Conflicts are managed through constructive communication such as parental hope communication can strengthen parent-adolescent relationships and encourage constructive conflict management (Merolla et al., 2017). Communication of parental expectations is an approach where parents use communication full of positive expectations to resolve problems and see conflict as an opportunity to learn rather than as a source of stress. One strategy to reduce conflictual conversations is to show empathy, for example apologizing or understanding the other person's point of view.

Although the effectiveness of this resolution style is still debated, applying negotiation and compromise can resolve conflicts constructively. Compromising when in conflict with the father can have a positive impact on family satisfaction and harmony, as well as teaching to tolerate small mistakes (Dost-Gozkan., 2019). Improving interaction and communication patterns has been proven to help regulate emotions and prevent behavioral disorders or depression in children (Zhang et al., 2022). Building a climate of positive emotional interaction between parents and children can be the basis for learning how to deal with conflict (Missotten et al., 2017).

### **Obliging Style**

Obliging is an approach that places the interests of other people above personal interests. Known as "obedience or obedience style" which is characterized by an attitude of "giving in" to reduce each other's demands and establish "compliance". Individuals who apply this style try to reduce differences and highlight similarities to satisfy the interests of other parties (Rahim, 1983). One party is sometimes willing to give in or is willing to sacrifice personal desires and views to resolve the conflict and maintain good relations (Ardyan et al., 2023; Rahim, 2003). Individuals with personality types of conscientiousness and agreeableness tend to implement compliance (Missotten et al., 2016). Conscientiousness refers to careful people, who tend to maintain harmony and are goal-oriented, so they are willing to suppress aggressive impulses so as not to escalate the conflict, while agreeableness has high empathy and care more about other people so it is difficult to defend personal interests (Anwar, 2016; Missotten et al., 2016).

According to Dost-Gozkan (2019), obedience is the strategy most often used when in conflict with a father who applies a dominating. Even though attachment to the father is low, children tend not to want to disagree. Parenting patterns with high psychological control and manipulative behavior, such as emphasizing parental power, make children feel guilty and anxious so they become obedient. Meanwhile, harsh parenting and overcontrolling make children behave reactance and increase the frequency of conflict (Missotten et al., 2017). Attitude reactance is an attitude of rejection of authority and a tendency to carry out actions that are the opposite of what is expected. An attitude of giving in is indeed effective in reducing conflict, but excessive compliance can suppress personal needs and desires, thereby creating an imbalance in relationships and giving rise to symptoms of internalization in children (Craft et al., 2023). Girls are more susceptible to emotional problems such as harboring emotions than men due to traditional gender roles expect women to be more friendly or understanding. On the other hand, men who have dominant-type wives prefer to use obedience in resolving couple conflicts (Gonzalez-Ortega, 2022). Insecurely attached couples (anxious and avoidant attachment) tend to be less capable of conflict resolution, so choosing to obey because they are afraid of losing their partner or because they are aware of aspects that can damage and encourage intimacy is debatable.

### **Integrating Style**

The integration style focuses on achieving balance and the best solution for all parties involved in the conflict by encouraging active involvement or exchanging information (Rahim, 2003). This type reflects high concern and empathy for other parties but still considers personal needs. This strategy is often applied by individuals with personality extroversion, openness, and neuroticism. Type personality extroverts tend to have a high concern, are willing to work together, and have positive conflict resolution abilities (Erdenk & Altuntas, 2017; Missotten et al., 2016). Likewise, with type openness, those who have an open mind, tend to be willing to listen to other people's perspectives and are willing to be involved in finding solutions (Missotten et al., 2016). Type neuroticisme tend to choose resolution integrating because they have a patient, calm, cooperative, confident attitude and are able to trust people in conflict situations (Erdenk & Altuntas, 2017; Missotten et al., 2016).

In the context of resolving marital conflict, it is necessary to maintain a balance of objectivity and subjectivity based on Ricoeur and Wojtyla's hermeneutic principles (Itao et al., 2023). Hermeneutics of suspicion leads to objectivity, namely seeing problems clearly without bias, while subjectivity is to understand feelings that arise from the heart with thought. Open and honest dialogue between partners is the key to overcoming conflict, which allows the root of the problem to be immediately discovered and resolved according to mutual wishes (Itao et al., (2023). This resolution style emphasizes efforts to combine various roles and expectations with open communication, collaborating in decision-making, accepting changes in roles, and providing mutual support (Yu et al., 2017). This strategy can reduce tension and ambivalence between generations, create a more harmonious dynamic, and allow each individual to carry out their roles in a more integrated manner. Collaborative strategies are quite effective in the context of role conflict and ambivalence between parents and adult children or sibling rivalry. Ways that can be done are equalizing beliefs, commitment, lowering each other's egos, and being willing to accept suggestions (Ardyan et al., 2023). Involving third parties in family mediation can also be an effective method for resolving conflicts, preventing violence, and increasing family resilience (Arenas-Villamizar et al., 2022). Couples who apply collaborative conflict resolution tend to have more intimate relationships and gain more marital satisfaction compared to couples who use adaptation strategies (Ali & Saleem, 2022; Kardan-Souraki et al., 2018).

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