

Conflict Resolution in Homes and Its' Implications for Adolescents: A Study of Adolescents' Moral Behaviour in Selected Secondary Schools, Oluyole, Ibadan, Nigeria.

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Abstract

Conflict resolution is an essential aspect of family living for developing assertive moral behaviour in children, especially adolescents. Adolescents can develop disputes with their parents due to unconscious opposition between incompatible desires, needs, drives, or impulses. The adolescents navigate between disputes and resolve conflicts with their parents or within themselves. Unresolved conflicts can make adolescents swing in moral judgement, which may make them develop bad morals towards peaceful relationships with their environment. The research examined the longitudinal effects of adolescents' constant exposure to interparental conflict and the impact on their moral behaviour. Therefore, the paper proffers solutions on how adolescents can cope with conflicts to develop morally. The research was conducted in three selected private schools in Oluyole Extension of Ibadan, the capital of Oyo State, Nigeria. The

choice of adolescents from Oluyole Extension is due to the geographical location and accessibility to the writer. Thirty-six students were randomly selected from three schools comprising boys and girls aged 13-17 years who were already in the Senior Secondary class (S.S. 1-3). Quantitative proportionate and simple random sampling techniques were used to select sample respondents, and information was collected through questionnaires. The findings disclosed a significant relationship between family conflict and adolescent moral behaviour. The majority (88.9%) of the respondents reported that their parents quarrel once in a while. A significant number of respondents (66.1%) often pick up quarrels with their parents, while 27.8% said they behaved like their parents. Also, 52.8% of the respondents claimed they love peace to reign within them and their parents.

Key Words: Conflict, Resolution, Adolescent, Moral behaviour, Family

Introduction

Humankind across the world seeks peace amid conflicts. It is difficult to find a community of people that has absolute peace. As long as humans co-exist, conflict will continue ravaging human society, leading to deception, killing, divorce of couples, separation of children and parents and much more. Conflict is reported daily from newspapers to telecasts. Recent issues are the Russia/ Ukraine war, the Sudan civil war, and the Republic of Niger coup concerning poor governance.

Previous research has revealed that the sociological context significantly affects adolescents' moral and cognitive development. However, whether adolescents pattern their moral lives after what they constantly see in their parents remains unstudied. Since the home is

not excluded from the trouble of conflict, these issues will be discussed in the context of this paper.

Causes and Effects of Conflicts in Marriage

There are different perspectives on the definition of marriage. But the commonly accepted definition of marriage according to Brides (2011) is a formal union, social, and legal contract between two legally, economically, and emotionally united individuals. Sexual relationship is a legitimate right of married couples, a vow taken and not to be broken by denial by either partner (Brides, 2011). Traditionally, marriage is considered to possess a vital role in preserving morals and civilization.

Conflict in homes is an inevitable aspect of family relations. These conflicts could result from intimacy and sexual issues, infidelity, finance, value differences, or poor communication. Parents could also have conflicts with their adolescents based on disobedience, bad company of friends, laziness, inappropriate use of mobile phones, lack of concentration on academic work, etc. Though conflict could have positive and negative dimensions, it becomes unhealthy when it connotes discord, quarrel, disharmony, or separation due to, or motivated by, opposing and varied interests, goals and needs (Oguewu, 2014). Marital conflicts could be detrimental to children's emotional, social, moral and cognitive development and can destroy children/parents' relationships (Zimet et al., 2001).

One truth about the effects of conflict in homes is that no one feels secure in the midst of it. Individuals tend to blame themselves for the cause, especially when issues centred on the children. Children will feel they are the cause. At times, conflict among couples could have a long-term consequence on their children, so the negative impact may cause an inability to form a

healthy, trusting relationship in their future homes and how they relate with other people outside their homes.

The impacts of marital conflicts vary based on the developmental stages and gender of children (Cummings et al., 2008; Bambino, 2022). Cicchetti (2002) reveals that toddlers who experience negative conflict in the home may perform very poorly on emotional identification tasks and be less emotionally attached to their mothers. Early school-age children (four to eight years) usually exhibit social delays due to parental conflicts. Likewise, the older children (nine to twelve years) who experience conflicts in homes display detrimental social, emotional and cognitive development (Davis et al., 2004; El-Sheikh et al., 2006; Bambino, 2022). Boys are more prone to externalizing indicators such as anger, while girls appear to be more inclined to adopt symptoms such as depression and anxiety (Jenkin et al., 1991; Zimet et al., 2001). Nevertheless, adolescents' intense social, emotional, and physical changes make it significant for these researchers to explore the negative influence of conflicts at home on their moral behaviour.

Adolescents' Moral Development In Relation To The Home

Adolescence is a life process with explicit health and growing rights and needs. Likewise, it is a time to develop knowledge, skills and learning to control emotions and relationships and attain features important for enjoying the adolescent years and assuming an adult role. (Proimos et al., 2012, p. 130). Development occurs physically, morally, socially, intellectually, and spiritually. The onset of adolescence is peculiar to the individual. It may vary from culture to culture, depending on how freely families and society permit young people to accumulate knowledge and experience, especially those contrary to the adults' norms, beliefs, and values (Oladele, 2005, p. 82).

Moral development is pervasive in human functioning and involves every aspect of life. It is not just about cognition. It is a major issue that determines human relationships in a society and is perceived as ideas about right or wrong in a situation (Oladele, 2005). Therefore, adolescents whose parents conflict may blame themselves for moral laxity, leading to societal rejection and insecurity.

Morality is also considered personal conscience, based on what somebody's conscience suggests is wrong or right rather than on what rules or laws should be done. Morals can be a qualifier to a person or an action done, at the same time as a noun which states the principles, theory, stand, or determinant of good behaviour (Apan, 1997, p.446). Besides determining a child's inherited potential, the home is a foremost factor in accelerating or retarding all aspects of the child's development. A good home gives the child a sense of security, love and mutual respect. Ayanrinola (2013) summarizes the possible influence of various parental patterns on child development as follows:

(i). The rejecting home promotes submissiveness, feelings of insecurity, nervousness, and non-compliance. In contrast, over-protecting the home promotes infantile and withdrawal reactions, submissiveness, insecurity, jealousy and anxiety.

(ii). Dominating parents have dependable, shy, submissive, polite, and self-conscious children. At the same time, submissive parents have aggressive, careless, disobedient, independent, self-confident children.

(iii). Disharmonious home promotes aggressive, neurotic, jealous, delinquent, and uncooperative children. A harmonious home promotes cooperation, reasonable adjustments, superior achievement, and independence.

(iv). Defective home promotes poorly adjusted, aggressive, jealous, delinquent and neurotic children. (pp. 135 -36).

The environmentalists believe that a person's whole being is shaped by how and in what circumstances he or she was raised or nurtured. Watson, a behaviourist psychologist, believes that people were made, not born; a baby is a mechanical robot who, through judicious use of conditioning techniques, can be shaped into adult form- such as an artist, preacher, doctor, or even a criminal. No matter the genetic background, environmental stimulation in conditioning could produce any behaviour. (Watson, 1969, cited by Owuamanam et al., 2004). Moreover, every adolescent has interpersonal variations in reasoning based on how the situation appears to them.

Research Methods

This research was conducted in three selected private schools in Oluyole Extension of Ibadan, the capital of Oyo State, Nigeria. The choice of adolescents from Oluyole Extension is due to the geographical location and accessibility to the writer. Thirty-six students were randomly selected from three schools comprising boys and girls aged 13-17 years who were already in the Senior Secondary class (S.S. 1-3). Proportionate and simple random sampling techniques were used respectively to select sample respondents through the questionnaire. The adolescents were chosen because they were in senior secondary school and could understand and communicate in English. This study adopted a quantitative method focused on collecting and analysing the data collected. Pearson's product-moment correlation coefficient (γ) was used to identify the causes and effects of home conflicts and how resolution can bring peaceful co-existence within the nuclear family. The data analysis was deductive since the aspects of the data

were determined before data analysis. The study has one independent variable: conflict resolution, measured using a questionnaire.

Procedures that were employed were proportionate sampling and simple random sampling. Proportionate stratified sampling was used to select private secondary school students in the same catchment area. Hence, random sampling was used to select every independent variable who could write and understand English. Notwithstanding, the research yielded data that can be generalised for an error that can be determined statistically (Ogundare, 2013).

Results of Analysis and Discussion

Demographic Data (Adolescents)

Age	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 13-15years	31	86.1	86.1	86.1
16-17years	5	13.9	13.9	100.0
Total	36	100.0	100.0	

Table 1.1

Gender	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Male	20	55.6	55.6	55.6
Female	16	44.4	44.4	100.0
Total	36	100.0	100.0	

Table 1.2

Religion	Frequency	Per cent	Valid Percent	Cumulative Percent
Valid Christianity	34	94.4	94.4	94.4
Islam	2	5.6	5.6	100.0
Total	36	100.0	100.0	

Table 1.3

Conflict among Parents and Background

Crosstab

			How often do your parents quarrel			Total
			Too often	Often	Once in a while	
Age of parents when they got married (Father)	20-25	Count % within How often do your parents quarrel % of Total	0 0.0% 0.0%	0 0.0% 0.0%	2 6.3% 5.6%	2 5.6% 5.6%
	26-30	Count % within How often do your parents quarrel % of Total	2 66.7% 5.6%	1 100.0% 2.8%	17 53.1% 47.2%	20 55.6% 55.6%
	31-35	Count % within How often do your parents quarrel % of Total	1 33.3% 2.8%	0 0.0% 0.0%	9 28.1% 25.0%	10 27.8% 27.8%
	36-40	Count % within How often do your parents quarrel % of Total	0 0.0% 0.0%	0 0.0% 0.0%	4 12.5% 11.1%	4 11.1% 11.1%
Total	Count % within How often do your parents quarrel % of Total	3 100.0% 8.3%	1 100.0% 2.8%	32 100.0% 88.9%	36 100.0% 100.0%	

Table 2.1

Crosstab

			Do your parents call each other names when quarrelling		Total
			Yes	No	
Age of parents when they got married (Father)	20-25	Count % within Do your parents call each other names when quarrelling? % of Total	0 0.0% 0.0%	2 6.3% 5.6%	2 5.6% 5.6%

26-30	Count	4	16	20
	% within Do your parents call each other names when quarrelling?	100.0%	50.0%	55.6%
	% of Total	11.1%	44.4%	55.6%
31-35	Count	0	10	10
	% within Do your parents call each other names when quarrelling?	0.0%	31.3%	27.8%
	% of Total	0.0%	27.8%	27.8%
36-40	Count	0	4	4
	% within Do your parents call each other names when quarrelling?	0.0%	12.5%	11.1%
	% of Total	0.0%	11.1%	11.1%
Total	Count	4	32	36
	% within Do your parents call each other names when quarrelling?	100.0%	100.0%	100.0%
	% of Total	11.1%	88.9%	100.0%

Table 2.2

Crosstab

		How often do your parents quarrel?			Total	
		Too often	Often	Once in a while		
Age of parents when they got married (Mother)	20-25	Count	1	0	9	10
		% within How often do your parents quarrel?	33.3%	0.0%	28.1%	27.8%
		% of Total	2.8%	0.0%	25.0%	27.8%
26-30	Count	2	1	19	22	
	% within How often do your parents quarrel?	66.7%	100.0%	59.4%	61.1%	
	% of Total	5.6%	2.8%	52.8%	61.1%	
31-35	Count	0	0	4	4	

	% within How often do your parents quarrel?	0.0%	0.0%	12.5%	11.1%
	% of Total	0.0%	0.0%	11.1%	11.1%
Total	Count	3	1	32	36
	% within How often do your parents quarrel	100.0%	100.0%	100.0%	100.0%
	% of Total	8.3%	2.8%	88.9%	100.0%

Table 2.3

Crosstab

			Do your parents call each other names when quarrelling		Total
			Yes	No	
Age of parents when they got married (Mother)	20-25	Count	1	9	10
		% within Do your parents call each other names when quarrelling	25.0%	28.1%	27.8%
		% of Total	2.8%	25.0%	27.8%
	26-30	Count	3	19	22
		% within Do your parents call each other names when quarrelling	75.0%	59.4%	61.1%
		% of Total	8.3%	52.8%	61.1%
31-35	Count	0	4	4	
	% within Do your parents call each other names when quarrelling	0.0%	12.5%	11.1%	
	% of Total	0.0%	11.1%	11.1%	
Total	Count	4	32	36	
	% within Do your parents call each other names when quarrelling	100.0%	100.0%	100.0%	
	% of Total	11.1%	88.9%	100.0%	

Table 2.4

Causes of Conflicts in the Home

Lack of Communication

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	20	55.6	55.6	55.6
YES	16	44.4	44.4	100.0
Total	36	100.0	100.0	

Table 3.1

Financial Issues

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	27	75.0	75.0	75.0
YES	9	25.0	25.0	100.0
Total	36	100.0	100.0	

Table 3.2

Differences in Beliefs and Values

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	33	91.7	91.7	91.7
YES	3	8.3	8.3	100.0
Total	36	100.0	100.0	

Table 3.3

Intimacy and Sexual Issues

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	32	88.9	88.9	88.9
YES	4	11.1	11.1	100.0
Total	36	100.0	100.0	

Table 3.4

Family Interference

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	30	83.3	83.3	83.3
YES	6	16.7	16.7	100.0
Total	36	100.0	100.0	

Table 3.5

Work-Life Balance

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	32	88.9	88.9	88.9

YES	4	11.1	11.1	100.0
Total	36	100.0	100.0	

Table 3.6

Personal Habits

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	25	69.4	69.4	69.4
YES	11	30.6	30.6	100.0
Total	36	100.0	100.0	

Table 3.7

Cultural Differences

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	32	88.9	88.9	88.9
YES	4	11.1	11.1	100.0
Total	36	100.0	100.0	

Table 3.8

Jealousy and Insecurity

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	35	97.2	97.2	97.2
YES	1	2.8	2.8	100.0
Total	36	100.0	100.0	

Table 3.9

Communication Styles

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	30	83.3	83.3	83.3
YES	6	16.7	16.7	100.0
Total	36	100.0	100.0	

Table 3.10

Infidelity

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	36	100.0	100.0	100.0

Table 3.11

Who do you think is always right during conflicts

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	2.8	2.8	2.8

Father	11	30.6	30.6	33.3
Mother	24	66.7	66.7	100.0
Total	36	100.0	100.0	

Table 3.12

Cause of Conflicts (Adolescents)

Laziness

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	19	52.8	52.8	52.8
YES	17	47.2	47.2	100.0
Total	36	100.0	100.0	

Table 3Bi

Disobedience to Instruction

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	10	27.8	27.8	27.8
YES	26	72.2	72.2	100.0
Total	36	100.0	100.0	

Table 3Bii

Keeping Bad Company

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	33	91.7	91.7	91.7
YES	3	8.3	8.3	100.0
Total	36	100.0	100.0	

Table 3Biii

Chatting on the Phone at Inappropriate Times

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	24	66.7	66.7	66.7
YES	12	33.3	33.3	100.0
Total	36	100.0	100.0	

Table 3Biv

Keeping Late from School

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	28	77.8	77.8	77.8
YES	8	22.2	22.2	100.0
Total	36	100.0	100.0	

Table 3Bv

Skipping School/Classes

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	34	94.4	94.4	94.4
YES	2	5.6	5.6	100.0
Total	36	100.0	100.0	

Table 3Bvi

Giving too much Attention to Movies

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	24	66.7	66.7	66.7
YES	12	33.3	33.3	100.0
Total	36	100.0	100.0	

Table 3Bvii

Not being Serious with Academic Work.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid NO	24	66.7	66.7	66.7
YES	12	33.3	33.3	100.0
Total	36	100.0	100.0	

Table 3Bviii

Effects of Conflict Resolution in Homes (Adolescents)

Do you feel comfortable expressing your feelings and concerns to your parents during conflicts?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	6	16.7	16.7	16.7
No	19	52.8	52.8	69.4
Sometimes	11	30.6	30.6	100.0
Total	36	100.0	100.0	

Table 4.1

When conflicts occur between you and your parents, how do you react?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Talkback	3	8.3	8.3	8.3
Avoid the situation	14	38.9	38.9	47.2
Try to explain your perspective	11	30.6	30.6	77.8
Resolve into crying	1	2.8	2.8	80.6

Become moody and not eat for a while	7	19.4	19.4	100.0
Total	36	100.0	100.0	

Table 4.2

Does your parents’ quarrel affect you anywhere?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	6	16.7	16.7	16.7
No	30	83.3	83.3	100.0
Total	36	100.0	100.0	

Table 4.3

When your parents quarrel, how does it affect you?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Mum refuses to cook and keeps nagging	15	41.7	41.7	41.7
Dad refuses to pay school fees and raises a complaint	3	8.3	8.3	50.0
All children are always at the receiving end	18	50.0	50.0	100.0
Total	36	100.0	100.0	

Table 4.4

Have you noticed you behave the same way as your parents outside your home?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	10	27.8	27.8	27.8
No	26	72.2	72.2	100.0
Total	36	100.0	100.0	

Table 4.5

How often do you pick issues with your friends?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Very often	8	22.2	22.2	22.2
Often	14	38.9	38.9	61.1
Not at all	14	38.9	38.9	100.0
Total	36	100.0	100.0	

Table 4.6

Do you need the help of a pastor, psychologist or third party to make peace reign?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	5	13.9	13.9	13.9
No	31	86.1	86.1	100.0
Total	36	100.0	100.0	

Table 4.7

Conflict Resolution in Homes (Parents)

How do your parents resolve their conflicts?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Through the third party	1	2.8	2.8	2.8
Self	28	77.8	77.8	80.6
Religious leaders	5	13.9	13.9	94.4
Family members	2	5.6	5.6	100.0
Total	36	100.0	100.0	

Table 5.1

Who among your parents usually takes the first step to reconciliation?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Father	20	55.6	55.6	55.6
Mother	16	44.4	44.4	100.0
Total	36	100.0	100.0	

Table 5.2

After reconciliation, how long does it take for peace to reign?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Few days	28	77.8	77.8	77.8
Few weeks	4	11.1	11.1	88.9
Months	4	11.1	11.1	100.0
Total	36	100.0	100.0	

Table 5.3

How do you know that your parents are at peace with each other?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Relating as normal	28	77.8	77.8	77.8
Presentation of gifts	4	11.1	11.1	88.9

No difference	4	11.1	11.1	100.0
Total	36	100.0	100.0	

Table 5.4

What role does active listening play in resolving conflicts and improving communication in your family?

Valid	Frequency	Percent	Valid Percent	Cumulative Percent
Important	1	2.8	2.8	2.8
Very important	16	44.4	44.4	47.2
Not important	14	38.9	38.9	86.1
Less important	5	13.9	13.9	100.0
Total	36	100.0	100.0	

Table 5.5

Conflict Resolution in Homes (Adolescents)

What strategies do you find helpful in managing your emotions when conflicts happen?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Blame Parents Action	1	2.8	2.8	2.8
Apologies immediately	19	52.8	52.8	55.6
Walk out in silence	13	36.1	36.1	91.7
Try to explain perspective and nagging	3	8.3	8.3	100.0
Total	36	100.0	100.0	

Table 5.6

Discussion

The theme “conflict resolution in homes and its implications on adolescents’ moral behaviour” was divided into four categories: demographic data, parents’ background, causes of conflict in homes, effects of conflicts on adolescent moral behaviour, and conflict resolution in the home. The results show that demographic information and parents’ background provided by the respondents have several implications for parenting, issues that arise, and the need for

conflict resolution strategies. The demographic information reveals gender differences, affecting adolescents' perception of conflict resolution. The result shows more male respondents than females (20 male and 16 female) between 13 and 17 years old.

It was discovered that the age at which parents got married influences their parenting style and approaches to conflict resolution. Parents with early marriage usually have more difficulty resolving conflict than those more mature before marriage. Those who married in their late twenties to early thirties tend to have a more stable family environment, which could impact how they would handle conflict maturely with their spouse and children.

Concerning causes of home conflicts, the question "How often do your parents quarrel?" The majority (88.9%) reported that their parents quarrelled "Once in a while." This suggests that most adolescents in the study experience periodic conflicts between their parents rather than constant quarrelling. A minority (11.1%) of respondents reported that their parents call each other names during quarrels, while the majority (88.9%) indicated that their parents do not engage in name-calling during conflicts. A majority (58.3%) of respondents indicated that their fathers were the causes of their parents' quarrels, while 38.9% attributed the cause to their mothers. A small fraction (2.8%) mentioned other reasons or individuals as the cause, such as poor communication. A significant percentage of respondents (44.4%) reported that a lack of communication is a cause of quarrels among their parents. However, the majority (55.6%) indicated that lack of communication is not a factor in their parents' quarrels. A quarter (25.0%) of respondents identified financial issues as a cause of their parents' quarrels. The majority (75.0%) did not attribute quarrels to financial problems. A small percentage (8.3%) of respondents mentioned differences in beliefs and values as a cause of parental quarrels. The majority (91.7%) did not attribute conflicts to differences in beliefs and values. A small fraction

(11.1%) of respondents claimed that intimacy and sexual issues, cultural differences, and work-life balance were the cause of their parents' quarrel.

Common causes of conflict between adolescents and parents reveal that a significant number (47.2%) of the respondents have issues with their parents due to laziness. A majority (72.2%) reported that conflict with their parents is due to disobedience to parental instructions. A minority (8.3%) claimed that they had been keeping bad company, a significant issue with their parents. Responding to the questions, 'giving too much attention to movies, chatting on phone and not being serious with academic work' as a source of conflict with their parents, a minority with the same per cent (33.3%) responded 'yes'. A minority (5.6%) of the respondents claimed that skipping classes, and some (22.2%) reported that going to school late was part of their conflicts with their parents.

Implication of the Study

The majority (88.9%) of the respondents reported that their parents quarrel "once in a while." This revealed that most of the adolescents in this study experience periodic conflicts between their parents rather than constant quarrelling. This suggests that conflict resolution in homes can only be handled by two mature minds; parenting is a great task that should not be taken with levity. Frequent exposure of adolescents to conflict could mar adolescents' moral living. Though many respondents claimed not to have full knowledge of their parent's interpersonal conflict, their response to conflict revealed that many adolescents are in disputes with their parents. Twenty-two (22), with 66.1% of the respondents, often and very often pick up quarrels with their parents, while 27.8% reported they behaved like their parents. A significant number (52.8%) of the respondents claimed they love peace to reign between them and their parents; therefore, they usually prefer apologizing for their wrongdoings. Significant numbers

(38.9%) claimed they typically avoid any attempt to get into conflicts with their parents, while a minority (8.3%) claimed they talked back to their parents. However, a minority of respondents (16.7%) claimed that whenever their parents quarrelled, they were usually affected, so their mothers may stop cooking for a while. A minority (41.7%) also reported that their fathers may refuse to pay their school fees if unresolved conflict arises.

Conclusion And Recommendations

Parents should know that their children are sensitive to their environment and everything around them. Though conflict may not be frequent, parents must model healthy conflict resolution behaviour, even amid infrequent disagreements. Important keys in conflict resolution are teaching effective communication, embracing active listening and maximising problem-solving skills to minimise the impact of conflicts on each other and their adolescent. The majority of the respondents reported that their fathers are often the cause of conflict in their homes. Calls for fathers to constantly engage in self-reflection and devise positive means of resolving their disputes. Adolescents between the ages of thirteen and fifteen (13-15 years) require different resolution strategies than those between the ages of sixteen- and seventeen (16-17 years). Younger adolescents may benefit from more structured and guidance-orientation approaches, while older ones might respond better to increased autonomy and open communication. Likewise, parents should recognise the importance of shared responsibility in resolving conflict and work together rather than passing blame on the other party.

Financial issues can be an influential source of stress for families. Parents should consider financial planning and budgeting as a way to reduce financial stress. Open discussions about financial goals, responsibilities, and expectations can help alleviate conflicts related to

money matters. Parents should understand that adolescents are mature enough to understand some economic principles; therefore, they must be involved in appropriate discussions about family finances to foster understanding and cooperation. While sexual intimacy seems not to be a primary cause of conflicts in most homes of the respondents, parents are advised to maintain a healthier intimate relationship with each other.

There are various potential causes of conflicts indicated in tables, with differing significance levels. Parents should use these findings as an opportunity for self-awareness and improvement in their conflict resolution skills. Conversely, adolescents may benefit from understanding these causes and learning how to constructively support their parents in resolving conflicts. Open and respectful communication remains a crucial element in addressing these issues effectively.

Further Research

The results of this study may not be generalised to all families and adolescents in Ibadan and Nigeria as a whole because a small portion of Ibadan was sampled. Hence, adolescents in government schools should also be sampled to generalise this study to a broader population.

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