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Research Paper

Developing a Model for Explaining the Role of Effective Factors in Reducing Family Conflicts and each Factor's Contribution to Psychological and Social Harms Prevention



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ABSTRACT

Objective This study aimed at developing a model which illustrates the role of communication and problem solving skills in preventing social and psychological harms mediated by family conflicts.

Methods The research pursued the descriptive- correlational method and it was carried out in Ardabil city and in 2020. The statistical population of the research was all married people in Ardabil, from which, according to Morgan's table, 400 families were selected using Quota- Cluster sampling. The instruments used in the research included: Revised questionnaire of Marital Conflicts by Sanaei et al, Couple Communication Skills Scale questionnaire, Cassidy and Long Problem Solving Skill questionnaire, Minnesota Multidimensional Personality questionnaire and questionnaire of assessing Attitudes towards Social Harms.

Results The findings of the present study suggest that communication skills and constructive style of problem-solving serve a role in reducing psychological harm. Moreover, communication skills and constructive problem solving negatively affect individuals' attitudes towards social harms.

Conclusion Eventually, the more family conflicts, the more psychological harms and the more positive become the attitude towards social harms.

1. Introduction

Disputes and misunderstandings in the family and no family is an exception, but sometimes these debates lead to serious conflicts. Today, families are engaged in various types of intense conflicts and disputes, which make the family as the first and oldest social institution, not function in proper and healthy way. adolescence An institution, whose main task is to raise healthy spirit and personality

for its members, becomes the whys and the wherefores of their emotional, behavioral and personality disorders (Seddighi, Hosseini and Ghanbari Hashemabadi, 2016). Studies that are undertaken show that lack of couples' differentiation from the source family or their low level of differentiation from their main family can be one of the reasons for family conflicts.

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Differentiation is a complex combination of emotional maturity, the ability to think logically in an emotional situation, and the ability to maintain close emotional relationships (Drake, 2011; Barter Helling & Lal, 2010; Ahmadi & Paknezhad, 2012). Thereupon, this feature can be examined at two levels, the process that unfolds within the person (interpersonally) and the process that takes place in relationships (interpersonally). In the inter-psychological dimension of self-differentiation, it creates a capacity for self-regulation in the individual which enables her/him to separate thought processes from emotional processes and build strong identity and express his/her thoughts and views freely. In the interpersonal dimension, it is integration with others or emotional isolation or both that indicate behavioral mechanisms for proximity or keeping distance, emotional feelings management, or perceived threats to security (2002). Williams et al. (2015) in a study showed that there is a relationship between economic problems and marital disputes. A weak economic base, in addition to endangering physical health, can put mental health at risk. People who have more mental health are less vulnerable to psychological illness and have the ability to overcome their interpersonal and social problems (Karimi, Mesripour, Aghaei, Maroufi, 2003). On the other hand, people who are not mentally healthy are not capable to successfully solve problems in their live and plan for their futures.

Marital conflicts arise from the inconsistency of both husband and wife's types of needs and way of satisfying them, egocentrism, the difference in wishes, behavioral patterns and irresponsible behaviors toward marriage and matrimony (Afkhani, Bahrami, Fatehizadeh 2007). Marital conflicts have negative effects on their relationship, and the unity and the integrity of the family, in turn. The Intensity of those conflicts cause hypocrisy and aggression, and finally the collapse and deterioration of the family. The evidence suggests that the high level of marital conflict pertains to family members' relationships because the absence of a healthy relationship in the family leads to family conflicts and is a barrier to prosperity and even results in losing peace of mind and comfort (Rashidi, 2014). Conflict, if not well-managed, will harm the relationships, but if well-managed, will be considered as a means of growth and will ultimately strengthen the communicative links between the couples. Communicative skills are one of the skills that couples must develop (Zarei, 2014).

Mesbah (2016) investigated the relationship between problem-solving methods and marital conflicts among married men and women. The population under study consisted all married men and women in Dezfoul who were selected by Convenience sampling (or voluntary), in a sample of 120. The results showed that there is a significant negative correlation between problem-solving methods and marital conflicts. Sodermans & Swicegood (2014) in a study investigated the effects of family types, family relationship models and parents' roles in juvenile delinquency and consumption of alcoholic beverages. The results revealed that children born in unhealthy families are more likely to exhibit delinquent acts and drinking alcohol at the age of 16. There was a negative correlation between healthy relationships - among family members and the consumption of alcoholic beverages and criminal behavior. The objective of this research is to provide a model for explaining the role of communicative and problem-solving skills in preventing psychological and social harm mediated by family conflicts.

2. Materials and Methods:

This study was of structural equation modeling and correlation type. All the participants in the study were married and were selected in 2020 in Ardabil city. Considering the Morgan table 400 people were chosen as sample size; then the sampling was performed using quota cluster sampling method matching the purpose of this study. The employed instruments in this research study were as follows:

A. Revised marital conflicts questionnaire by Sanaei et al: The questionnaire was a 54-item survey. The questionnaire assessed eight dimensions of marital conflicts including a decrease in cooperation, decrease in sexual intercourse, increase in emotional responses, increase in gaining the support of the children, increasing individual relationship with one's relatives, decreasing individual relationship with the spouse's relatives and friends, keeping one's financial affairs apart from the spouse's, and reducing effective communication.

B. Couples' Communication Skills Scale: The questionnaire is a 32- item tool. The questionnaire has three dimensions of communication skills that are: verbal skills and sympathy, impediments to couples' communication, and sexual relationship skills.

C. Cassidy and Long's Problem-Solving Styles Questionnaire (1996): This scale was created by Cassidy and Long (1996) in two phases and consisted of 24 questions assessing six components, each of which involved four subjects.

D. Minnesota Multiphasic Personality Inventory (71-question short form): This tool has 71 questions. MMPI was reduced to 71 questions by Canon in 1967. He claimed that this material could have the same diagnostic value as the original inventory (longer form).

F. Questionnaire of Assessing Attitudes toward Social harms: This is a 21-question questionnaire, which is developed to investigate the attitudes toward some social harm such as (theft, runaway, drugs). Responses to items are anchored at five points. (1 through 5).

3. Results:

In Table 1, the normality of the data is shown by the Kolmogorov - Smirnov test, which indicates that all variables are normally distributed.

Table 1. The normality of the variables under study

Variable	Level of significance
Communication skills	0.06
Solving the constructive problem	0.41
Solving the constructive problem	0.15
Psychological harm	0.09
Social harm	0.11

Also, the matrix of correlation coefficients between the research variables has been displayed in Table 2. As it is apparent, there is a significant relationship between constructive problem-solving style and

communicative skills, psychological conflict and psychological and social harm, and communication skills, constructive problem solving, nonconstructive problem-solving and non-psychological harm.

Table 2. The correlation coefficients between the research variables

Variables	1	2	3	4	5	6
1- Communicative skills	1					
2-Constructive problem-solving	**0.38	1				
3-Nonconstructive problem-solving	-.033	-0.32	1			
4- Conflicts	**-.062	**0.39	**0.51	1	**0.32	
5-Psychological harm	**0.52	**-.042	**0.38	**-.044	1	**0.41
6- Social harm	**-.035	**-.029	**0.21	**-.018	**0.25	1

In Table 3, the standardized factor loading, coefficient of determination (R^2) and (t) have been presented for the mental harm questionnaire. The

results showed that the model parameters were all significant ($0.01 > p$) and estimated a significant amount of the variance of the related factors.

Table 3. Standardized factor loading, coefficient of determination and statistics for psychological harm questionnaire

Factors	Components	Factor loading	R2 (Coefficient of Determination)	T statistics
Psychological harm	Hypochondria	0.52	0.19	*12.12
	Depression	0.68	0.49	*8.77
	Hysteria	0.47	0.11	*6.15
	Psychopathic Deviance	0.62	0.44	*9.88
	Paranoia	0.77	0.52	*7.82
	Psychasthenia	0.80	0.61	*9.66
	Schizophrenia	0.82	0.66	*9.12
	Hypomania	0.86	0.80	*9.70

In Table 4, the standardized parameters of factor loadings, coefficients of determination (R^2) and t - value were presented for the social harm

questionnaire. Based on the results, the components in the model all were meaningful and estimated a significant amount of variance of the related factors.

Table 4. Estimating the standardized components of the factors loading

Factor	Components	Factor loading	R^2	T
Social harm	Attitudes toward theft	0.55	0.33	*12.12
	Attitudes toward drugs	0.57	0.28	*7.71
	Attitudes toward runaway	0.71	0.49	*8.15

Table 5 shows the direct and indirect effects of predictive variables on the criterion variables based on

standard coefficients.

Table 5. Direct and indirect effects of predictive variables on criterion variables based on standard coefficients

Variable	Types of effects			R^2	T
	Direct	Indirect	Total		
Communicative skills on psychological harm	-0.12	-0.07	-0.19	0.00	** -3.22
Communicative skills on social harm	-0.05	-0.18	-0.16	0.25	** -9.21
Communicative skills on family conflicts	-0.48	-	-0.50	0.017	** -2.95
Constructive problem-solving on psychological harm	-0.11	-0.02	-0.11	0.02	-1.85
Constructive problem-solving on social harm	-0.12	-0.04	-0.17	0.03	** -2.35
Constructive problem-solving on family conflicts	-0.11	-	-0.12	0.04	** 4.14
nonconstructive problem-solving on psychological harm	0.21	0.05	0.23	0.0	1.10
Non-constructive problem-solving on social harm	0.0	0.08	0.09	0.042	** 3.75
Non-constructive problem-solving on family conflicts	0.22		0.29	0.018	2.05
Family conflicts on psychological harm	0.13		0.14	0.08	3.18
Family conflicts on social harm	0.35		0.32	0.08	2.22

The Considering Pearson correlation is,211 and significance level is,000 that it is fewer from 0,05. so we can said that rhetorical research (avoid from attentive person and corona anxiety have significance and positive relationship together) is approved. First research question: how are the corona anxiety position and anyone its aspects in research case statistical population?

4. Discussion and Conclusion:

To analyze the findings, structural equation analysis has been used and it has been found that communicative skills reduce psychological harm. communication skills cause less psychological harm as they reduce family conflicts. Thus, the better the communicative skills, the less the psychological harm. Better communication skills make people's attitudes negative toward social harm. By reducing the family conflicts, communicative skills make the individuals' attitudes negative toward social harm. As a result, the

greater the communicative skills are, the more negative becomes the attitudes toward social harm. Eventually, better communication skills lead to fewer family conflicts. These findings are consistent with the results of Ghorbanpour (2010), and Sedaghatnezhad (2011). In explaining the findings, couples need to establish healthy and effective communication to have a happy marriage. Thus, the kind of couples' interactions can determine their quality of life. These couples use mutually constructive communicative patterns as a dominant pattern in their relationships. The most important feature of this pattern is that the couples' relationship pattern is of the winning type. In this model, couples can easily discuss their conflicts and seek to solve them and refrain from irrational responses and aggression (Rezaein, Maasoumi, Hosseinian 2017). On the contrary, the defective communication pattern reduces the correct understanding of couples and makes partners fail to satisfy their needs and thus become isolated, unsuccessful, and constantly disappointed.

5. Ethical Considerations

Compliance with ethical guidelines

All ethical principles are considered in this article. The participants were informed about the purpose of the research and its implementation stages. They were also assured about the confidentiality of their information and were free to leave the study whenever they wished, and if desired, the research results would be available to them.

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Authors' contributions

The author himself has been present in designing, executing and writing all parts of the research.

Conflicts of interest

The authors declared no conflict of interest.

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