

Ella Tristani and Henry Metz

Conflict Communication

Dr. Antos

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The Importance of Positive Conflict Styles

The purpose of our project was to draw on research that shows how conflict styles in children and siblings will affect their conflicts throughout their entire life. Through research we discovered that the conflict styles used by adolescents are carried into their marital relationships later in life. We gathered this data from several different peer reviewed journals that examine various relationship dynamics such as child to child and mother to child. Our project is aimed to influence parents and teachers to instill strong, useful conflict styles in their children from a young age. After completing our research on the impacts of conflict styles, we have concluded that it is extremely important to instill positive conflict styles in children at a young age, so that they may carry those positive conflict styles with them throughout their lives.

The project that we will be presenting is in the form of a PSA poster to inform parents of the importance of teaching their children positive conflict styles. We decided a poster would be the best form of relaying this information to parents because a poster could easily catch a parents eye in passing and the information on the poster is short and concise. Ideally, this poster could be hung up at schools or distributed to parents by teachers in order to pass the information along. Through the introduction of this information to parents and teachers of young children we are hoping that they will make an effort to assist in perfecting their children's conflict management styles to prepare them for later relationships in life.

The research that we drew on came from a plethora of peer reviewed journals that focused on children and sibling relationships and conflicts. Common findings throughout the articles we looked at implied that high-quality relationships were associated with positive conflict processes and that links between social understanding and conflict behavior should be considered in conjunction with the quality of children's relationships. There was also a large emphasis on the development and importance of understanding others' perspectives on interpersonal conflict. Finally, the peer reviewed journals highlight poor conflict management styles between adolescents and how adults tend to instill their personal conflict styles in their children from a young age.

When deciding which project we wanted to do we discussed how conflict has played a significant role in our personal lives. We both grew up with siblings that we used to have conflict with and now that we are entering the stage in our lives where relationships tend to be more serious we wanted to further understand our personal conflict styles in romantic relationships. Next we developed our research question: "How are conflict styles carried over from childhood into future romantic relationships?" which assisted us in creating a specific scope for our project. From there we conducted our research in which we found several peer reviewed articles that provided relevant information for our study. We compiled and analyzed the various conclusions of those peer reviewed journals and used those to accurately answer our research question. Finally, we created a comprehensive poster of the information that we found in order to more effectively present it to our intended audience.

After compiling our research from multiple peer reviewed journals, we found that the conflict styles used by adolescents will be carried into their marital relationships later in life. This data shows that it is extremely important to instill positive conflict styles in children at a

young age, so that they may carry those positive conflict styles with them throughout their lives and into their romantic relationships. In order to effectively relay this information, we aimed our project at parents of young children so that they can teach positive conflict styles to their children to ensure them healthy relationships in their futures.

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