

CAUSES AND RESOLUTIONS: UNDERSTANDING CONFLICT IN COMMUNICATION AMONG YOUNG PARENTS

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ABSTRACT

This study is focused on conflict in communication and its communication style employed among young parents. Specifically, it aims to investigate how conflict is understood and managed by young parents. This is a qualitative research paper that obtained comprehensive knowledge and understanding of the conflict in communication among young parents. This paper used a phenomenological approach that is focused on the everyday experiences of the young parents and deals with gathering in-depth insight on the young parents' conflict in communication and their communication styles to resolve conflict. The primary data collection method for this study was a semi-structured interview. The researchers visited the home of the informants for data gathering. Most of the informants would sense that there is a conflict between them and their partners when they are both giving each other the silent treatment. The informants see the conflict as a normal scenario in their relationship. The informants described the situations or instances in their relationship where conflict arises. This study generated two general themes of conflict in communication: Attitudinal conflict and Material conflict. Each couple has different reasons why conflict arises among these include: busy with online games, opposing attitudes and/or interests, vices, household chores, jealousy, and financial constraints. Each young parents have unique ways on how to resolve conflict among these include: Attitudinal, Behavioral, Passive to Assertive and Passive.

Keywords: *Conflict, Conflict in Communication, Young Parents, Communication Styles*

INTRODUCTION

In a person's life, effective communication is essential. Relationships in families, children, friends, and at business are all influenced by communication abilities. In good times, good communication helps to create relationships, and in bad times, it helps to mend ties. Therefore, family members must communicate in a constructive manner. Family is an important unit because it plays an important role not only in the society but also in the vast world of communication. According to Day (2017), the foundation of family life and functioning is family communication.

However, miscommunication causes a lot of problems among family members. Coming together to discuss a specific issue can help to open opportunities for dialogue. Family members often disagree about how to deal with their own problems. While it may be difficult to hear, having a family member provide a different point of view on a problem can be beneficial problem how to handle their own issues. This provides the necessary knowledge for the person dealing with the problem to make an informed decision.

According to (Veroff, Kulka, & Douvan 1981, as cited by Fincham, 2005), the most common reason for seeking professional help is a relationship problem. Couples most commonly identify poor communication as a relationship issue (Broderick, 1981, as cited by Fincham, 2005). In order to resolve family conflicts, communication is required. Unresolved conflicts can cause stress for both parents and children, as well as difficulties in daily interactions and an increase in the number of quarrels, according to Moore (2022). When a family member is offended by a different point of view, especially when it contradicts her or his beliefs, a problem arises.

Communication with family members is easy on neutral ground. Furthermore, it may appear impossible to speak with the other person during a conflict. Many households go through this, and it causes tension not only between the two parties involved, but also among other family members.

Hence, this research takes into account the challenging family dialogues that occur among young parents.

METHODS

Finding a data source and cooperative informants is a big challenge for the researchers studying sensitive family issues. It is quite tough to locate the people who are ready to discuss sensitive issues like personal conflicts between couples. Therefore, the researchers used a snowball sampling method for this study in which primary data resources were requested to help the researchers find other eligible informants. However, the researchers reached out to the Office of the Municipal Mayor of Goa, Tigaon and San Jose. The informants of this study were selected based on the criteria that the study requires. The informants for this study were young parents aged 13-25 years old and living under the same roof, whether they are married or not.

The researchers also provided an informed consent for the informants that also served as a request for permission to conduct an interview. It also served as an agreement to keep their names or their personal data confidential. The informants gave their consent verbally and in written. Upon signing the informed consent document, the researchers proceeded with the interview. This study used a phenomenological approach which is focused on the everyday experiences of the young parents. Also, the data was collected through a semi-structured interview. The interview questions were approved and validated by three (3) communication experts from the university.

The researchers visited the homes of the informants for the data gathering. Consequently, the conversation of the researchers and the informants were recorded using an audio recorder. Informants were asked whether how they perceive conflict and what usual situations or instances the conflict arises. They were also interviewed about their communication styles during and after the conflict. The recorded conversation was transcribed manually and analysed through a Structural Coding Technique by Johnny Saldaña where the researchers coded the data according to the research questions. This

coding technique enabled the researchers to take a large set of semi-structured data, and structure it into smaller pieces for further analysis.

RESULTS AND DISCUSSIONS

Perception of Conflict

Being aware that there is a conflict in a relationship is a key element in responding to conflict. People have different perceptions, so they approach conflict from various angles and with different strategies and solutions. However, in this study, all of the informants perceived the conflict similarly. The informants viewed the conflict as a normal scenario in their relationship.

Conflict as Normal Scenario. They see the conflict as a normal phenomenon in their relationship. The informants believed that conflict in a relationship is unavoidable because no relationship is perfect and every person has struggled at some point in their lives. Informant D2 shared his experience on how he perceived the conflict in their relationship. They cannot avoid the problem which they considered as conflict because it is part of their everyday life. According to Informant D2, “*Dae man maiwasan na maabot ang problema na jan sa ano buhay mo tapos samuya halos dae mawara sa sarong aldaw ang dae nag-iiwal.*” (*We cannot avoid that there are problems that will come in our life and in our relationship, there is no day without us fighting.*) Every person, including couples, will never always get along with another person. Humans have diverse viewpoints, emotions, and goals. There will always be disagreements in a relationship, which will lead to conflict between the partner

Also, Informant B1 emphasized that having conflict in a relationship is normal because of the different views and the environment that they grew up in affects their opinion. This statement is supported by the Relational Dialectic Theory, in which the concept highlights that although there are contradictions that arise, they still maintain a relationship despite their varied differences. “*Para sako ang dae pagkakaintindihan kang mag partner is normal lang ta syempre may kanya-kanya бага kitang opinion na ipinaglalaman.*” (For me, the misunderstanding of partners is normal because we have our own opinion that we fight for.) Moreover, this statement is supported by the article of Better Health Channel (2021) which stated that families can encounter conflict when members have divergent views or beliefs. Conflict can also arise when individuals misunderstand each other and make false assumptions. It is also stated that issues of conflict that are not resolved peacefully can lead to arguments and resentment. It is normal to disagree with each other from time to time. It is also discussed in the article that occasional conflict is part of family life. However, ongoing conflict can be stressful and damaging to relationships.

An occasional conflict in a relationship is necessary for a person to feel connected to and known by their partner. Additionally, the young parents were embroiled in a conflict because they are two distinct individuals with different personalities, life perspectives, beliefs, and values. As stated by Informant F1, “*Ang conflict kaya is dawa bakong mag ilusyon nangyayari an, dawa sa pamilya normal an. Ano na lang, depende na lang kung*

pano mo ihandle. May mga conflict kaya na mababaw lang, may mga conflict kaya na masakut ayuson.” (Conflict is normal; it occurs even if you are not a couple or a family. It all depends on how you deal with it. There are some conflicts that are shallow, and there are some that are difficult to resolve.) However, if it is not managed and communicated well, it can be stressful and harm the relationship, leading to distance, disconnect, and frustration. It can also lead to or result in more heated arguments and dissatisfaction among young parents.

Conflict in Communication

Majority of the informants were giving silent treatments to their partners during conflicts. Informant D2 would feel that there is a conflict through his partner’s facial expression while Informant E1 would express her anger verbally. One informant notably answered the question when asked when they sense that there is a conflict with their partner. Informant B1 enthusiastically shared her experience in their relationship:

“Pag tuninong na ko aram niya nang may problema. Ini kaya makuliton, pag dae ka talaga naggigirong, mahapot an, na ano ka? Eh minsan may ugali talaga kong dae naggigirong. Garo gusto ko itong tuninong lang. Ta jolly kaya ining saro, tas ako may pagkaserious type pero may pagka jolly man. Pero most of the time seryoso talaga.” (When I am quiet, he knows that there is already a problem. He’s really importunate and when I’m quiet, he’ll really ask me what’s wrong. But I really have this attitude that I won’t speak or talk and I just want to be at peace. He’s the jolly type of person while I’m the serious one but sometimes I become jolly too. But, I’m serious most of the time.)

When asked if the conflict in communication is verbally or non-verbally communicated, most of the informants answered that their conflict is verbalized. Informant B1 emphasized how they verbally communicate the conflict to her partner:

“Syempre may action din kami na ginigibo. Like sa financial, nagbubudgeting kami. Tapos iyang sa ugali, padiit diit mi pang pigwowork out. Padiit-diit mi man tigwowork out su mga misunderstanding mi sa ugali mi. Tigpapa intindi mi sa kada saro na magtiyaga ka muna ngaya sa arog kaini na mabag-o man talaga.” (Of course, we take actions like budgeting financially and working on our attitudes. We’re slowly working on our misunderstandings about our attitudes. We also tell each other to be patient because things will soon change.)

Attitudinal Conflict. Most of the informants would sense that there is a conflict between them and their partners when they are both starting to get quiet and ignore each other. According to Edinyang (2012), emotional tension, aggressions, infatuation, anxiety, reliance, avoidance, and temperament are all psychological issues that lead to family conflict. Based on the interview conducted, informants would rely on avoidance and silent treatment to give each other space and time to cool down. Informant D2 expressed his experience in his relationship: *“Ano iyan pag na ano na narisa nang may problema dae na kami nagtitinuhan tulos. Matinuhan kami kaan pag bako nang mainit parehas ang payo*

mi.” (We’ll both notice that there is a conflict between us when we are quiet and we start ignoring each other. We’ll resume talking to one another when we are both sober-minded.)

In a relationship, silent treatment is used to exert control over a situation or conversation. They also utilize it to avoid taking responsibility or admitting guilt. The informants use silent treatment when they do not know how to convey their emotions but want their partner to know they are upset.

The informants described the situations or instances in their relationship where conflict arises. Each couple has different reasons why conflict arises. Informants A1 and A2 stated that the conflict in their relationship arises when A2 spends a lot of time playing online games. *“Aram mo na, pag ano, nag o-online games siya.”* (When he’s playing online games.)

This made A1 jealous of the time that A2 spent on online games. Online games can strengthen relationships when used in the right context. It can, unfortunately, disrupt marital relationships and daily functioning of the person involved.

Conflict in the communication of informants B1 and B2 is caused by opposing attitudes. Informants stated that usually conflict arises because of their opposing attitudes, *“Ano, ugali ming duwa. Parehas kaya kaming madunong.”* (Our attitudes). We are both stubborn.) Conflict occurs when people vigorously reject each other's thoughts and perspectives and are unable to compromise. A conflict does not fix problems; it just causes tensions and stress.

Conflict in the communication of informants B, H and J is also caused by opposing attitudes, vices such as cigarettes and alcohol, financial problems, and excessive cellphone use. *“Habo ko kang bisyo nya. Sigarilyo, nag-inom.”* (I don’t like his vices. Cigarettes, alcohol.)

As substance or alcohol usage worsens, it begins to take more and more time away from the relationship, causing an emotional gap between the partners that is difficult to resolve. Moreover, informant F1’s partner complained about her partner’s excessive use of cellphones.

“Bungog bungugon kaya ni beh. Ano lang kaya, halimbawa бага di ano yan may cellphone sya, pag sinabi kong tutukan si chinchin ta may gibo ko, haloy an maghiro. Nakapira pa ko kaan ulit. Pero tiggigibo niya man. Haloy lang maghiro. Siyam siyam ngani. Abuton siyam siyam.” (It's like he doesn't hear anything, especially when he's busy using his cell phone. When I tell him to take care of our child [Chinchin] first because I'm doing something, he takes a long time to obey me. But he will still obey me, it's just that it takes time.)

An obstacle to effective communication is excessive phone use, which makes partners feel ignored or irrelevant at that moment. From the statement above, it only shows that screen time can dull and weaken our most crucial relationships. Regardless of whether you use your phone for business or entertainment, it's crucial to try to interact with your

spouse in person more often. Being present and having a genuine conversation are necessary for a more healthy and engaging relationship.

Informant D2 states that they fight everytime her partner orders her to do the household chores, which then causes misunderstanding between them. *“Minsan po kaya nag susugo siya pagal naman syempre dae ko naman siya matutubod na anggot na siya sakuya.”* (Sometimes when she asks me to do something and I don't obey her, she gets mad.)

Informant E1 also experienced the same where they fought about babysitting. Also, informant E1 shared that if her partner is not able to work, they don't have supplies for the house. It was stated in the study of Sadol and Rivero (2012) that household chores are one of the frequent causes of conflicts.

When asked about other situations or instances where conflict arises in the relationship, Informant C2 notably answered, *“Selos”* (Jealousy). Informant I also experienced the same thing. While jealousy is a natural emotion that everyone experiences from time to time, obsessing over it may transform the personality of those involve and eventually destroy relationships.

According to the interview conducted, conflict in communication of Informants G is caused by work-related and home-related stress. Informant G1 stated,

“Halimbawa pag ano pag nag work siya tapos ako yaon egdi sa laog kang harong. Siyempre may aram na dae madali ang yaon sa laog kang harong. Ta siyempre kaipohan ko din ning katabang at least magaan gaan si pag ano sa mga gibohon ko. Kasi may inaalagaan ako, si aki ko. So kaipohan ko din ning tabang. Siya man, kaya na kaka igwa ning away kasi nag wowork siya, pagal, na eh, stress.” (For example, he has a job and I stay at home, we all know that it's not easy to be a stay-at-home mom and I also need help to at least lessen my burdens. I also take care of our son so I really need help. As for him, that's why we have arguments because of his work, he's tired and stressed at work.).

A person frequently experiences extreme exhaustion after finishing the day's job. They consequently have little remaining energy or drive to do anything after work. Thus, this will result in a conflict in the relationship.

It was examined in the study of Ortega and Hechanova (2010) that parents who experience stress at work are more likely to experience work-family conflict. The study posits that work-related stress is correlated with job satisfaction, whereas home-related stress is correlated with marital satisfaction. Both work-related and home-related stress are correlated with life satisfaction.

Material Conflict. The majority of informants caused the conflict by financial issues. According to the studies of Edinyang (2012), Arcinas (2003), and Sally (2016), financial constraints and lack of money are one of the causes of conflict in family and marital relationships. Informants B, D, E, F, and H explained how they argued over

financial challenges. Informant B1 notably emphasized how money affects their relationship:

“Financial. Usual na man бага ang financial ta syempre masakit ang buhay ngonyan ta ang barakalon tapos kung sakaling may mga mati. May emergency. Saro pa yan sa problems na naeencounter mi.” (Financial, usually. Because life is tough nowadays because of the inflation and if there are emergencies, if someone is sick. That’s another problem that we usually encounter.)

Many relationship problems result from lack of communication. The challenging aspects of marriage frequently reside in this area. If not handled, financial concerns can worsen and require solutions that are considerably more complicated than those for typical issues. Informant E1 stated, *“Pag ano po, dae siya nakakatrabaho di mayong supply ning kaipo mi po sa laog kang harong.”* (When he isn’t able to work, we wouldn’t have any supplies at home.) It triggered conflict for the reason that the young parents have no stable job that could sustain their needs and expenses in their everyday lives. Based on the interview conducted, most of the female informants are still studying, while only two of the male informants are studying and only one has a stable job.

Communication Style

People connect, communicate, and communicate information in various ways, particularly when it comes to resolving conflict with other individuals. To resolve conflicts, these various communication styles were vocally communicated. Resolving conflicts within families or in relationships can deepen the bonds between individuals and establish connections that largely support mutual trust.

Attitudinal. According to the data acquired, respecting one another's opinions when making decisions is one of the communication strategies in conflict resolution. Making decisions in a respectful manner can aid partners in feeling secure and safe. Making decisions that will affect your child's everyday life is a part of being a young parent. Young parents' decisions may affect their relationship and overall well being. It is not necessary to compromise your beliefs in order to respect another person's point of view. As stated by A2: *“Ano, tigrerespeto mi ang opinion kang kada saro.”* (We respect each other's opinion in decision-making.)

The only thing that needs to be understood is that everyone has the right to their own viewpoint and that they should all have an equal opportunity to voice it. Part of being a young parent includes making decisions that impact their daily basis.

According to the data gathered, one of the communication styles in resolving conflict is to apologize for inability to understand the problems. Sincere apologies aid in building connections between their relationship. They might start a conversation with their partner by owning up to the mistake. As stated by C1: *“Nag sosorry-han kami na arog na ngane kautudoy na dae na kami nag kakaintindihan pag may problema kami.”* (We apologize for our inability to understand problems as they arise.)

The informant C1 stated that they apologize to each other for the inability to understand the problem as they arise, and they will start to resolve the conflict and they

can then think about accepting responsibility and their flaws. Additionally, they can deal with their emotions, regain their calmness, and refrain from taking responsibility for what happened.

Also, one of the communication styles that the researchers have found is to understand the situation. There is always a difficult situation in a relationship that they must acknowledge. The young parents must be acquainted with what is going on and be open about the problem. As stated by Informant D1: *"Tigpapaaintintindi mi so gusto niyang sabihon, tig iintindi ko so gusto kong sabihon, tig iintindi niya para magkaayos."* (We understand what each other wants to communicate. In order to solve the issue, I understood what he was trying to say, and he understood what I was trying to express.) The couples allow their partners to express their emotions before they begin resolving the conflict.

According to the data gathered from informant D1, understanding what each other wants to communicate is one of their communication styles in resolving conflict. Understanding what each other can really help in resolving conflict, this can help in addressing the conflict.

Behavioral. According to the data acquired, talking regularly and occasionally can help individuals resolve conflicts. Relationships can be strengthened by addressing the tension within them. Serious conflict may result from a lack of mutual understanding. As stated by B1: *"Syempre nag ano din kami - nag uulay. Nag-uulay ulay din kami. Dawa minsan inaagi niya sa suba kaya minsan napipikon din ako, syempre seryosong urulay tapos susubahan mo."* (We talk frequently, and occasionally he misrepresents what we're saying as a joke, making me uncomfortable because I assume we are not having a serious conversation since our conversation has been mixed up with jokes and not taken seriously.) In order to settle conflicts in their relationship, it is crucial that they speak frequently and occasionally.

As stated by informant B1, gradually cleared up any misunderstandings they had regarding their behavior and persuade each other to be patient in the situation is one of the communication styles to resolve the conflicts. *"Padiit-diit mi man tigwowork out su mga misunderstanding mi sa ugali mi. Tigpapa intindi mi sa kada saro na magtiyaga ka muna ngaya sa arog kaini na mabag o man talaga."* (We gradually cleared up any misunderstandings we had regarding our behavior. First, we persuaded one another to be patient in this situation.) Persuading each other about the situation can really help the young parents to maintain the harmony inside their relationship.

According to Informant B1, it is okay to resolve conflicts that prolong it for a long time. *"Iyo. Ta syempre alangan man palawig-lawigon pa бага to."* (Yes of course, instead of making the arguments long.)

Based on the data gathered, in resolving conflict the communication styles the young parents use is showing affection, kindness, flirting and communicating to each other. In a relationship, affection is crucial because it fosters a greater sense of harmony, love, and understanding between the partners. As stated by B2: *"Pag-uulay, lambing, landi. Yun lang."* (We do all sorts - communication, kindness, and flirting. That's it.) Kindness in resolving conflict - is a mature and balanced way to resolve conflict as it minimizes the stress that hostility can create and allows clear communication.

Simply said, showing affection to others and getting it yourself promotes a secure and loving connection. As stated by Informant C1, *"Minsan nag susuyuan kami sa kada saro itong garo mayo lang."* (We show our affection to each other). By expressing their affection for one another, a couple can communicate about the conflict in their relationship and increase their trust in one another.)

Based on the data gathered, it shows that one of the communication styles to resolve conflict is to communicate politely. Speaking politely attracts positive attention. Being polite provides difficult situations a chance to turn around and win the argument. As stated by Informant D2, *"Ano tig papalumanayan na lang ang kada saro."* (We communicate politely with one another.) Being kind and modest to one another while resolving conflict increases the likelihood that the conflict will be taken seriously and handled well.

One informant notably states that in resolving conflict, being humble and talking about the problem is one of the communication styles. The willingness to listen is important for resolving conflicts within the relationship. Each side should be given the chance to discuss its perspective in the conflict before listening to the other sides. As stated by Informant E1, *"Pag ano po nagpapakumbaba po kami. Nag-uulay po kaming duwa para maayos po ang problema."* (We humble ourselves and we talked about our problems to resolve it.) Generally speaking, it is possible to pinpoint at which communication broke down by simply listening to both sides of the conflict.)

Findings reveal that engaging in activities like finances and budgeting and strengthening personality is one of the communication styles in resolving conflict. Engaging in activities like finances and budgeting can resolve conflict because making a budget guarantees that the couple is actively involved in making short- and long-term financial plans. As stated by B1, *"Syempre may action din kami na ginigibo. Like sa financial, nagbubudgeting kami. Tapos iyang sa ugali, padiit diit mi pang pigwowork out."* (Of course, we also engage in activities like budgeting and finance, and we need to strengthen our personalities.) It is a simple, practical way for the couple to manage their finances regardless of their sources of income and outgoings. Having a positive mind in resolving conflict will help in not losing anything if one of the couples takes the initiative to resolve the fight.

To resolve conflict, Informant F1 stated that whenever they encounter problems in the relationship, Informant F1 will approach first to talk about the problem and resolve it.

"Pag abot jan mostly bako siyang... kung siya non-verbal sya - dae na lang magirong. Mostly, ang nag aapproach, ako. Sabi ngani kaan, marupok si nene. Ta ini halangkaw ang pride nya, gusto nya basta madalas pirmi ako ang nag-aapproach pag may problema. Pag ulayan ta ni, ano na arog na sana kita kaini? Kung бага tig-aagi na sana sa ulay-ulayan. Minsan may palayas-layas pero nauli man sana. Iyo tapos pag arog kaan pag nagkakaalay kami many times бага na nagkakaalay na kamo medyo awkward pa tas may masurunod na aldaw kaan garo ma okay naman basta nagkakaanohan kami - ito bagang nagkakalinawan kami both sides - tapos napapag-ulayan, naghahagad ning sorry. Gusto ko talaga kaya naghahagd siya ning sorry lalo na kung siya...sya man talaga ang pirming sala, ta ang babaye бага pirming tama. Ho, ika anong sides mo? (When it comes to that,

he is mostly non-verbal; he would not just talk to me. Mostly, because of his pride, whenever we have a problem, he always wants me to approach first and resolve our problem. Let's talk about it. Are we just going to be like this? - as if just passing through a conversation. He sometimes runs away from home, but he always returns. When we talk, there are times when things are still awkward for us, but we are fine after a few days. It is becoming clear that, for both of us, as long as we have talked about it, we apologize. I really like that he is apologizing, especially if he is really the one who is wrong, because he is always the one who is wrong and the woman is the one who is right. What is your side about this?)

It is important in a relationship to talk about the problem and resolve it in order not to prolong the conflict. Conflict will be resolved and cleared as long as it is talked about verbally by both parties and the parties accept the wrong done. Being awkward when resolving a conflict is part of it. Lowering pride in resolving conflict indicates a strong bond; each will have to hear about the problem in order to resolve it by apologizing.

Informant F1 and F2 stated that resolving conflict is important for them. Informant F2 stated that, *"Iyo, very importante yan samuya lalo na kung may problema kaipuhan mag ulay-ulay. Ako pirmi talagang mataas ang pride ko."* (Yes, it is important to me, especially if there is a problem between the two of us that really needs to be discussed, because I always have my pride). It is normal in human behavior to have both pride especially in resolving conflict. *"Kung parehas kaming mapride, mayo. Dae kami makakaano - bati. Pag ang saro, minsan siya talaga ang nagbababa ning pride para magkaayos kami."* (If we both raise our pride, nothing will come of it. We won't get along with each other. She really lowered her pride so that we could get along and resolve the conflict.) Putting aside one's pride and talking about the problem might help resolve conflict in a relationship by allowing one to see what the other is truly saying.

The findings reveal that Informants H1 and H2 and I1 and I2 resolve conflict by pursuing each other, talking about the problem and apologizing. Informant H1 stated that, *"Nag-uulay kami, tig aano mi ito kung, tano siya arog kaito, kayan. Garo tig aapot mi ang kada saro arog katuyo para maayos. Tapos paano mi ito ma improve arog kaan."* (We talk about why he is like that. We ask each other so that we can resolve the problem and improve it.) Addressing the problem in the right way can really help in resolving it and talking about how the action can be improved. As stated by Informant H2, *"Iyo, ta ako permi akong nagsusuyo saeya. "Ano minsan pig kukugos ko siya. (Yes, because I'm always wooing her. Sometimes I hug her.) Physical touch can ease the tension that can help the couples to calm down in resolving conflict. Informant I1, stated, "Iyo man minsan sorry. Tas iyo nayan. Madalion sana man kaya kami magbati. Dae man itong pirang semanang dae matinuhan. Pakaiwal, di iyo na, bati na giraray. Garo tigluluwas lang ang kulog boot. Pakatapos, iyo na."* (Yes, sometimes I apologize. It's easy to get along with us. It's not that it takes a few weeks for us to ignore it. We fight, but we resolve it right away. It's like letting out the bad feelings, and then we resolve it by saying sorry right away.) The longer the conflict continues, the more likely it is to worsen and prolong the conflict. Apologizing and releasing negative emotions might lead to an immediate resolution of the conflict.

Based on the gathered data, Giving Gifts is one of the communication styles that the young parents do to resolve conflicts. Giving gifts is a way for young parents to connect, so the gifts are a reflection of the relationship between the giver and the recipient as well. As stated by Informant A1, *"Iyo po, nagsosorry sya tapos iyo ngani po ito, may pampa lubag loob, nagbabakal siyang siomai hali sa trabaho. Tapos iyo na to magkakaayos na kami."* (Yes, and he says sorry. He buys me siomai after work and everything is okay.) Giving gifts to resolve conflict shows that each parent cares about their relationship and allows them to communicate their feelings and appreciation to each other. Additionally, give gifts to express your attention, love, and affection. It also brings pleasure or happiness.

Helping, supporting and expressing a physical and meaningful gesture to their partner or also called as act of service is another communication style that the researcher has gathered. Based on the statement of Informant E1: *"Nakakabawi ako saiya pag maghapon ako ang nagbabantay kang aki. Dae ko siya tigpapabantay tanganing mapahingaloan man siya."* (I can make up for him when I keep an eye on our child all day so he can rest.) The young parents take initiative to relieve some of their responsibilities and obligations that make them feel cared for, safe, and loved which eventually resolved their conflict in communication. Informant F2 was non-verbal when it came to resolving conflict. To resolve conflict, the style that Informant F2 uses is to make up for it by doing housework. In accordance with Informant F2, *"Malinig-linig, mahugas, masapna, maasikaso sa laog kang harong tanganing maging dawa dae nya ko tigpapansin mahiling nya na nagbabawi ako."* (Clean the house, wash the dishes, do the laundry, and take care of the house so that even if she does not pay attention to me, she can see that I am making up for the things I did wrong.) Even non-verbal actions, such as doing the housework, can help resolve conflicts. One of the styles the young parents have that will help them live in harmony together is their initiative in handling conflicts.

Passive to Assertive. The findings reveal that one pair of informants falls into the passive communication to assertive communication style in resolving conflict. Passive means that in resolving conflict, they are not expressing their feelings or needs. Assertive, which means that in resolving conflict, they clearly state their opinions, feelings, and needs appropriately and respectfully. In accordance with Informant G1, *"Dae lang muna magirong tapos pag may time na kaming duwa na lang ang yaon, pig uulayan mi man lang para dae na mag lawig pa ang iwal."* (We don't talk to each other first, and then when we have time together, we talk about the problem so that it doesn't last longer.) Conflict between the couple may be resolved by discussing the conflict with just the young parent and getting to know what the problem really is. Ignoring one another at first can help the informants calm down and consider potential resolutions on how to resolve the conflict. Understanding the true nature of the conflict can also be helpful in resolving it. Leaving the issue unresolved might lead to miscommunication and other issues for the couple. One of the numerous processes to build and develop trust in a relationship is to resolve conflict through communicating with one another.

According to the findings of the study conducted by Vazhappily and Reyes (2016), couples who engage in effective communication are open to honest disclosure, willing to actively listen to one another, and patiently accommodate differences, and have healthier and more successful marriages. The informants were more open about their problems with

their partner, and when they encountered conflict, they discussed it, which strengthened and improved their relationship. The best way to resolve conflict is through clear communication. It is possible to discuss the misunderstanding before escalating into conflicts. Both parties should be calm and clear-headed before discussing the conflict and a clear and open communication about the concerns in a way the other person can relate to.

Passive. The findings reveal that one pair of Informants falls into passive communication. In resolving conflict, Informant J1 stated that, “*Ano lang garong sarong aldaw lang, pag ka aga, okay na. Matinohan na kami garo mayo lang.*” (It is like just one day, and then in the morning we are okay. We'll carry on as if nothing has happened.) Ignoring conflict may help to calm the situation at present to avoid making it broader.” *Dae na ta garo dae man. Lingaw na mayo nang iwal.*” (It is like nothing, and it is forgotten that there is a problem.) However, the hard feelings may stock in the inner and may explode when another conflict happens. Future misunderstandings and miscommunications may be caused by lack of communication about the conflict.

In terms of communication styles, most of the informants fall into the category of assertive communication, which means that in resolving conflict, they clearly state their opinions, feelings, and needs appropriately and respectfully. Setting aside the conflict and not resolving it in the right way can harm the relationship. Informant F1 and Informant J1 and J2 fall into passive communication, which means that in resolving conflict, they are not expressing their feelings or what they need. Informants G1 and G2 fall from being passive to being assertive, which means that at first, they are not expressing their feelings and what they need, but when they have the chance to talk about the conflict, they resolve it and clearly state their feelings, needs, and opinions about the conflict. But when the conflict is handled in a respectful, positive way and with open communication, it provides an opportunity for growth, strengthening the bond between the couple.

CONCLUSIONS

Based on the results of this study, the researchers hereby conclude that young parents perceive the conflict in communication comparably, which is a normal part of a relationship that cannot be avoided. Conflict is inevitable, but it strengthens the relationship if it is managed well. Each couple encountered different conflicts in communication. The young parents sensed that there was a conflict when their partners gave them the silent treatment. It is also concluded that online games, opposing attitudes, vices, household chores, jealousy, and financial constraints were the primary causes of conflict in communication among young parents. Additionally, most informants had assertive communication styles, which indicates that while resolving conflict, they explicitly communicated their thoughts, feelings, and desires in an acceptable and courteous manner. However, there are informants which had a passive communication style to being assertive, which means at first, they are not expressing their feelings and what they need, but when they have the chance to talk about the conflict, they resolve it and clearly state their feelings, needs, and opinions about the conflict. Giving gifts, respecting opinions, talking

and communicating occasionally, showing affection, apologizing, engaging in activities to strengthen personalities, understanding the situation, and performing acts of service were the communication styles described by the informants.

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