WAYS TO PREVENT ADOLESCENT CONFLICTS

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ABSTRACT

This article contains information about the concepts of conflict and conflict situation, the psychological characteristics of adolescence, the causes of conflicts between adolescents and their parents, as well as recommendations to parents on ways to prevent them.

Keywords: Teenager, age period, child's personality, parents, conflict prevention, recommendation

INTRODUCTION

When people hear the word conflict, they often associate it with aggression, threat, conflict, animosity, and other similar negative perceptions, resulting in the idea that conflict is always an unwanted state. But in many cases, conflicts can help identify different perspectives, provide more information, help identify more alternatives or problems.

The main content of adolescence is its transition from childhood to adulthood. All aspects of development undergo qualitative restructuring, new psychological formations arise and are formed. This process of transformation determines all the main features of the personality of adolescent children, and therefore the specifics of working with them.

MATERIALS AND METHODS

In psychological dictionaries, conflict is defined as a difficult-to-resolve contradiction associated with acute emotional experiences.

According to K. K. Platonov and V. G. Kazakov, conflict is a conscious contradiction between communicating individuals, which is accompanied by attempts to resolve it against the background of emotional relationships.

A. A. Yershov defines conflict as the action of opposite motives, interests, and types of behavior that are incompatible in this situation. N. V. Grishina considers conflict as a deliberate obstacle to achieving the goals of joint activity, as a reaction based on incompatibility of characters, dissimilarity of cultural foundations and needs.

D. P. Kaidalov and E. I. Suimenko call the conflict a clash of interests, views, attitudes, and aspirations of the individual .

A. G. Kovalev believes that conflict is a phenomenon of interpersonal and group relations, it is a manifestation of confrontation, an active clash of assessments, principles, opinions, characters, standards of behavior. Conflict is the destruction of these relationships on an

emotional, cognitive, or behavioral level. From the point of view of the mental state of the opposing parties, the conflict acts both as a defensive reaction and as an emotionally colored response. Based on this, the conflict is a mechanism for the development of human activity, personality. The condition for effective resolution of a conflict contradiction is that the subject has the appropriate competence - the ability to self-educational activities .

To prevent conflict, it is necessary to develop conflict competence in children, starting from an early age.

The causes of conflict between adolescents and their parents are age-specific and are not the same in young children and older adolescents: in young children, conflicts with their parents are more likely to be related to learning activities, and in older adolescents - to communication.

A parent's relationship, built on disrespect and distrust of the child's personality, the use of force against him or her, leads to conflict between the adolescent and the parent. Small and big conflicts in the family, disputes between teenagers and adults are a constant source of nervousness and stress for both parties. Conflicts in the family grow, expand, and find a way out of it.

It is well known that conflict does not arise spontaneously. There is always a reason for its appearance. The following are the main reasons for the conflict on behalf of the teenager:
• crisis of adolescence;
• striving for independence;
• The need for autonomy is observed in everything: from the choice of clothes, personal space in the room, etc .;
• Conflict habits brought up as a result of adult behavior;
• Boasting or demonstrating courage in front of peers or respectable people.
 Now, on behalf of the parents, let's identify the causes of the conflict:
• unwillingness to acknowledge that the child is older;
• at the age of the child - imagine how he will behave;
• Struggle for self-respect and control of the child;
• misunderstandings between parents on child rearing;
• Parents do not live up to the expectations (dreams, hopes) of the child.

You need to be able to listen and understand each other to avoid conflicts in the family. Parents need to learn to accept their child as an individual, to consult with him, to make decisions together. And children need to know that their parents are not their enemies. By following these simple truths, people can build a friendly and strong family.

Despite all the clear signs of adolescent-specific independence-seeking behaviors, children are so vulnerable at this age that they have difficulty coping with conflicts between peers, teachers, or parents.

RESULTS AND DISCUSSION

Conflict competence is one of the leading characteristics of a person, almost any person has some conflict competence. Being an integral part of the general communicative competence, it represents the level of development of awareness of the range of possible strategies for behavior in the conflict and the ability to adequately implement these strategies in a specific life situation. In other words, conflict competence is the ability to hold a contradiction in a productive conflict form that helps to resolve it.

The most important characteristic of conflicting competence is the subjective position of the participant. It involves a more or less adequate vision of the dynamics of the plot of the conflict, its possible consequences. Thus, the subjective position in the conflict as an indicator of competence is primarily a reflective culture, which suggests that a person is able to become a kind of mediator to himself in the conflict. A kind of bifurcation of the participant occurs: on the one hand, he is directly involved in the conflict, and on the other, he tracks himself in the conflict, thus participating in it indirectly. And tracking all the components of the conflict is by no means a simple matter.

Reflective culture in a conflict includes, along with the willingness and ability to turn to the study of one's own psychological potential, the ability to reconstruct the components of the psychological exchange of one's partners and the conflict situation. It is the reflexive - empathic position that ensures decentralization in relations, allowing you to look at the conflict situation not only from "your own bell tower."

The development of reflective culture, the development of partnership positions, cooperation develops creative potential, because it is not possible to program and anticipate the whole variety of real situations.

CONCLUSION

In order for the result of the work of the school psychologist or social educator with adolescents prone to conflicts to be successful, it is necessary to develop conflict competence in the main areas:

-conduct consultation work with parents and teachers aimed at removing the provoking factors of conflict behavior in adolescents;

- in order for a teenager to learn how to constructively resolve their conflict situations, it is necessary to develop conflicting competence in him, that is, the ability to hold a contradiction in a productive conflict form that contributes to its resolution.

Forming conflict competence, he must take into account the age and individual characteristics of the adolescent.

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