



Muzaffar OTAMIRZAYEV^a 

^aTuran International University,
Lecturer, Department of Pedagogy and Humanities
E-mail: Zafar.atamir@gmail.com

THE INFLUENCE OF FAMILY ENVIRONMENT ON CONFLICT RESOLUTION STRATEGIES AMONG ADOLESCENTS WITH DEVIANT BEHAVIOR: A SOCIO-PSYCHOLOGICAL ANALYSIS

Abstract. *The article presents an empirical analysis of the influence of family environment on conflict resolution strategies among adolescents with deviant behavior. The study involved 30 adolescents aged 13–16. The relationship between family emotional climate, parental control, family conflict level, and conflict resolution strategies was examined using correlational analysis. The findings revealed the predominance of maladaptive strategies (competition and avoidance) in dysfunctional family environments, while supportive families were associated with higher levels of cooperation and compromise. The results highlight the importance of considering family factors in the prevention of deviant behavior.*

Keywords: *deviant behavior, adolescence, family environment, conflict situation, conflict strategies, emotional climate, psychological prevention.*

INTRODUCTION

In modern socio-psychological research, the family environment is recognized as one of the leading determinants in the formation of adolescent behavior. Although globalization, the expansion of the digital information environment, and changes in the system of social values significantly impact adolescents' lives, how these influences manifest in behavior is primarily mediated by the family's emotional climate, the quality of parent-child relationships, and parenting styles (Bandura, 1977; Ghoziyev, 2018). Especially for adolescents with deviant behavior, the family environment acts as the primary psychological space that either exacerbates external social pressures or partially compensates for them.

Scientific literature emphasizes that deviant behavior is often associated with disruptions in the individual's social adaptation process, and the primary sources of these disruptions are formed within the system of family relationships (Zmanovskaya, 2003). Constant family conflicts, emotional coldness, and overly strict or inconsistent parental control weaken adolescents' emotional stability, increasing their propensity for aggressiveness, impulsivity, and deviation from social norms. Adolescents growing up in such conditions tend to choose strategies based on competition, resistance, or avoidance in conflict situations, rather than engaging in constructive dialogue (Agnew, 1992; Grishina, 2016).

Modern empirical studies show that conflict resolution strategies are not a set of random behaviors, but rather stable psychological mechanisms formed on the basis of the adolescent's family experience. The communication style between parents, conflict resolution patterns, and the level of emotional support are directly or indirectly internalized by adolescents and subsequently replicated in their relationships with peers and the broader social environment (Bandura, 1977). Therefore, analyzing family environment factors holds significant scientific importance in explaining the behavior of adolescents with deviant behavior in conflict situations.

Research conducted in European and Asian countries has empirically confirmed the inseparable link between delinquent and aggressive behavior and family dysfunction, parental conflict, and a lack of emotional support (Zmanovskaya, 2003; Grishina, 2016). In studies belonging to the post-Soviet scientific school, behavioral deviations in adolescents are also frequently explained by family parenting styles, instability in parent-child relationships, and a negative socio-psychological environment (Vygotsky, 1984; Bozhovich, 1995; Nishonova, 2020). These works indicate that adolescents with deviant behavior are more likely to choose maladaptive strategies in conflict situations; however, the direct impact of the family environment specifically on conflict strategies has not been sufficiently and systematically studied empirically.

This problem is of particular relevance in the context of Uzbekistan. In our country, normative-legal documents aimed at preventing juvenile delinquency, supporting families, and strengthening the activities of psychological services designate the educational and socializing role of the family as a priority task (Ghoziyev, 2018; Nishonova, 2020). However, practice shows that preventive work conducted with

deviant adolescents often fails to adequately consider the characteristics of their family environment and the behavioral strategies formed in conflict situations.

An analysis of scientific literature reveals that while the problem of deviant behavior has been widely studied, there is a lack of research aimed at empirically studying the conflict resolution strategies of adolescents with deviant behavior specifically in relation to family environment determinants. From this perspective, conducting an in-depth socio-psychological analysis of the impact of the family environment on the behavioral strategies of adolescents with deviant behavior in conflict situations, and developing psychocorrectional and preventive recommendations based on the obtained results, constitute the primary scientific task of this study.

LITERATURE REVIEW

The problem of deviant behavior is a complex and multifactorial phenomenon that has been studied in global psychology for many years. In particular, processes associated with delinquency, aggressiveness, impulsive behavior, and deviation from social norms manifested during adolescence have become a central focus of scientific research due to their inextricable link with the crisis stages of personality development. In modern research, these phenomena are increasingly explained through determinants related to the family environment.

In foreign scientific literature, the causes of deviant behavior and its psychological and social mechanisms have been analyzed within the framework of various theoretical approaches. Specifically, within the social learning approach, A. Bandura substantiated the significant role of modeling, observation, and social reinforcement mechanisms in the formation of deviant behavior (Bandura, 1977:34–39). According to this approach, adolescents primarily acquire behavioral models within the family environment; the communication style between parents, conflict resolution patterns, and aggressive reactions are subsequently reflected in adolescents' behavioral strategies in conflict situations.

In sociological approaches, R. Merton's anomie theory indicates that the disjuncture between culturally defined goals and the legitimate means available to achieve them is a significant source of deviant behavior (Zmanovskaya, 2003, pp. 52–58). Interpreted within a family context, this theory suggests that socio-economic stress, parents' social

status, and limited educational resources can cause adolescents to choose strategies based on aggression or avoidance in conflict situations. E. Durkheim, associating deviance with the relativity and variability of social norms, highlights the family as the primary institution of socialization (Zmanovskaya, 2003:60–66).

In psychoanalytic and individual-psychological approaches, S. Freud, A. Adler, and K. Lewin emphasized that an individual's internal conflicts, states of frustration, and unmet emotional needs play a crucial role in the formation of deviant behavior. When analyzed in the context of family relationships, these perspectives suggest that adolescents growing up under conditions of emotional coldness, rejection, or excessive control are highly likely to choose impulsive and maladaptive strategies in conflict situations. In modern research, R. Agnew's general strain theory posits family stress, feelings of injustice, and emotional pressure as factors that exacerbate delinquent and aggressive behavior.

The problem of adolescent deviant behavior has also been extensively studied within scientific schools established in the Eurasian region. The works of L. S. Vygotsky, L. I. Bozhovich, D. B. Elkonin, A. N. Leontiev, and S. L. Rubinstein place particular emphasis on the psychological characteristics of adolescence, crisis states in personality development, and the leading role of the social environment, including the family. In these approaches, deviant behavior is often explained as a disruption of social adaptation, with the instability of family relationships considered a significant background factor.

In studying the specific forms and mechanisms of deviant behavior, Ts. P. Korolenko and T. A. Donskikh highlighted the destructive manifestations of deviance, whereas E. V. Zmanovskaya scientifically analyzed the connection between adolescent deviant behavior, socio-psychological maladaptation, and a dysfunctional family environment (Zmanovskaya, 2003:4–9). Classifications proposed by S. A. Belicheva also note that aggressive and socially passive forms of deviance often develop against the backdrop of conflicted family relationships.

In the field of studying conflict situations and their resolution strategies, the conflict mode model developed by K. W. Thomas and R. H. Kilmann holds particular significance. This model identifies five primary conflict resolution strategies—competing, accommodating, compromising, avoiding, and collaborating—whose correlation with an individual's emotional stability and social experience has been confirmed in

numerous empirical studies. N. V. Grishina, A. Ya. Antsupov, and other scholars argue that communication styles formed within the family environment directly affect an individual's behavior in conflict situations.

Uzbek psychologists have also researched behavioral deviations in adolescents, social adaptation issues, and the psychological aspects of family upbringing within the national socio-cultural context. The works of M. G. Davletshin, E. E. Ghoziyev, G'. B. Shoumarov, V. M. Karimova, Z. T. Nishonova, F. Xaydarov, B. R. Qodirov, and others specifically emphasize the impact of the quality of family relationships, parental control, and emotional support on adolescent behavior.

However, an analysis of existing scientific literature indicates that while the problem of deviant behavior has been widely studied across various aspects, there is a lack of empirical research specifically aimed at studying the conflict resolution strategies of adolescents with deviant behavior in connection with family environment determinants. In particular, studies focused on an in-depth analysis of the conflict strategies of deviant adolescents growing up in a dysfunctional family environment are scarce.

Therefore, empirically investigating the impact of the family environment on the behavioral strategies of adolescents with deviant behavior in conflict situations from a socio-psychological perspective, identifying the psychological determinants of these processes, and developing psychocorrectional and preventive recommendations based on the findings emerges as an urgent and insufficiently explored scientific problem in modern psychology.

RESEARCH METHODOLOGY

This study was conducted as an empirical correlational research aimed at determining the influence of the family environment on the conflict resolution strategies of adolescents with deviant behavior. The research design was based on a quantitative approach, utilizing socio-psychological analysis methods. In the study, family factors were considered as independent variables, while conflict resolution strategies were treated as dependent variables.

1.1. Participants

The study involved 30 adolescents with deviant behavior aged 13–16. Participants were selected based on the recommendations of juvenile affairs inspectorates and

educational institution psychologists. The research sample included adolescents who had faced disciplinary sanctions or had recorded instances of delinquency. The sample was relatively balanced in terms of gender and age, and participants were recruited on the basis of voluntary informed consent. Ethical principles were strictly observed, and all data was collected anonymously.

1.2. Research Methods

The following psychodiagnostic instruments were utilized during the research process:

Thomas–Kilmann Conflict Mode Instrument (TKI) (Thomas & Kilmann, 1974 10–18): This methodology serves to identify the five primary strategies chosen by an individual in conflict situations: competing, accommodating, compromising, avoiding, and collaborating. The test allowed for the identification of the priority behavioral strategies of deviant adolescents in conflict situations.

Family Environment Diagnostic Questionnaire: This instrument was used to assess the internal family emotional climate, the level of parental control, and the degree of family conflict. This methodology enabled the analysis of the correlation between family environment indicators and conflict resolution strategies.

Observation and Semi-Structured Interviews: To supplement the quantitative psychodiagnostic results, the adolescents' behavior in actual conflict situations was studied through observation, and brief semi-structured interviews were conducted to gain deeper qualitative insights.

1.3. Research Procedure

The research was carried out in three main stages:

Diagnostic stage: Application of the selected psychodiagnostic methodologies.

Analytical stage: Statistical processing and computation of the obtained data.

Interpretative stage: Analysis and discussion of the results in comparison with the existing theoretical literature.

1.4. Statistical Analysis Methods

The obtained data were processed using SPSS (Statistical Package for the Social Sciences) software. The following statistical methods were applied:

Mean (M) and standard deviation (SD);

Pearson correlation coefficient (r);

Statistical significance (reliability) was evaluated at the $p < 0.05$ level;

Percentage distributions were calculated to determine the frequency of each conflict strategy.

RESULTS AND DISCUSSION

This section analyzes the empirical results obtained regarding the conflict resolution strategies of adolescents with deviant behavior and their interrelation with family environment indicators.

1.1. Distribution of Conflict Strategies Among Adolescents with Deviant Behavior

Table 1. Conflict resolution strategies of adolescents with deviant behavior (in percentages, $n = 30$)

Strategy	Percentage (%)
Competing	34
Avoiding	30
Accommodating	16
Compromising	12
Collaborating	8

ANALYSIS

The data in the table indicate a predominance of competing (34%) and avoiding (30%) strategies among adolescents with deviant behavior. These strategies are not directed toward the constructive resolution of conflict situations; rather, they are aimed at escalating the confrontation or escaping from it, thereby exhibiting a maladaptive character.

1.2. Correlation Between Family Environment and Conflict Strategies

Table 2. Correlation (r) between family environment indicators and conflict strategies

Indicator	Competing	Avoiding	Compromising	Collaborating
Family conflict level	0,49	0,43	-0,31	-0,38
Emotional support	-0,41	-0,36	0,35	0,44
Inconsistent parental control	0,33	0,29	-0,22	-0,27

The results of the correlational analysis demonstrated that adolescents with a high level of family conflict are more likely to choose competing and avoiding strategies in conflict situations ($p < 0.05$). Conversely, adolescents growing up in an emotionally

supportive family environment exhibited a greater propensity for compromising and collaborating strategies.

1.3. Socio-Psychological Discussion of the Results

The obtained results empirically confirm the social learning theory proposed by A. Bandura, as well as E. V. Zmanovskaya's perspective, which interprets deviant behavior as socio-psychological maladaptation. The choice of maladaptive strategies by adolescents with deviant behavior in conflict situations is largely explained by the emotional experiences and communication styles formed within family relationships.

These findings scientifically substantiate the necessity of optimizing the family environment and developing constructive conflict resolution skills during psychoprophylactic and psychocorrectional interventions conducted with adolescents exhibiting deviant behavior.

CONCLUSION AND RECOMMENDATIONS

The results of the empirical study demonstrated that the family environment is a crucial psychological determinant in shaping the conflict resolution strategies of adolescents with deviant behavior. The research revealed that adolescents growing up in dysfunctional, high-conflict families lacking adequate emotional support are more prone to choosing maladaptive strategies—competing and avoiding—in conflict situations (Ghoziyev, 2018:87–91; Zmanovskaya, 2003:10–18). This finding empirically confirms the direct impact of emotional experiences and communication styles formed within family relationships on adolescent behavior.

The research results showed that a high level of family conflict and inconsistent parental control lead adolescents to make impulsive decisions in conflict situations, avoid constructive dialogue, and exacerbate social relationships (Agnew, 1992, pp. 45–52; Grishina, 2016:112–118). Conversely, adolescents with deviant behavior who grow up in an emotionally supportive and relatively stable family environment demonstrate a greater tendency to resort to elements of compromise and collaboration in conflict situations. This indicates that the family environment is the primary socio-psychological factor modeling conflict strategies (Bandura, 1977:34–39).

The obtained empirical data highlight the necessity of revising the content of psychoprophylactic and psychocorrectional interventions conducted with deviant

adolescents. Specifically, in the process of optimizing the family environment, such interventions should focus not only on correcting individual behavior but also on conducting psychological counseling with parents and developing skills for constructive communication and conflict resolution within the family.

In practical terms, it is highly recommended to implement family-oriented psychoprophylactic programs within the activities of educational institutions, psychological services, and specialists working with minors. Such programs must include training sessions for the parents of adolescents with deviant behavior, family counseling, and psychoeducational sessions on conflict management. This approach will serve to enhance the social adaptation of adolescents, mitigate the negative consequences of conflict situations, and prevent the stabilization of deviant behavior.

The results of this study provide an opportunity for a deeper understanding of the role of the family environment in shaping the behavioral strategies of adolescents with deviant behavior in conflict situations, and serve as a scientific basis for improving the system of psychological prevention. The conclusions drawn hold both theoretical and practical significance for the activities of psychologists, educators, and social prevention specialists, and can be considered a vital methodological direction for developing future empirical research that takes family determinants into account.

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