FACTORS RESPONSIBLE FOR THE INCREASE IN FAMILY CONFLICTS AND THEIR RESOLUTION STRATEGIES

CASE STUDY: BWAMBARA SUB-COUNTY, RUKUNGIRI DISTRICT

BY

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DECLARATION

I Baluka Peace do thereby declare that, this is Original report and it has never been presented to any institution of learning for any academic award

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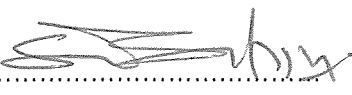
Baluka Peace

Date 23 Angr 2010

DEDICATION

I dedicate this report to my parents Mr. Rubare Steven and Mrs Lydia Rubare, brothers Obita Amos, Medadi and Ainomugisha Frank and sisters, and friends Hellen, Natamba Peace, Opio Moses and others.

APPROVAL

This is to certify that this report has been prepared under my supervision and is now ready for submission

Signature..

Dr. Salami , S. O.

Date.....23. Aug. 2010......

ACKNOWLEDGEMENT

I acknowledge the grateful work done by parents and my friends

I also give thanks to Dr. Salami my University supervisor, for the great work he has done to make this exercise successful.

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ABSTRACT

The purpose of the study was to determine the factors that are responsible for the increasing family conflicts and their resolutions. The study was carried out in Bwambara Sub-county, Rukungiri District in western Uganda. The researcher used cross sectional survey design to obtain opinions of the respondents in different families based on the following objectives. The study was set to determine the factors responsible for the increase in family conflicts and their resolution strategies in Bwambara Sub-county, Rukungiri District.

The study was done in accordance with the following research objectives;-

To find out the factors responsible for the increase in family conflicts

To find out the effects of family conflicts on the family conflicts

To find out the strategies used to resolve family conflicts

The study revealed 100 respondents from different families who were purposively selected for the study. The findings revealed that financial constraints, alcoholism, child indiscipline, infidelity, polygamy, disrespectfulness, traditional beliefs, unemployment, differing opinions, infectious diseases and cultural backgrounds are factors responsible for increasing family conflicts

The findings also revealed that loss of self esteem, immorality, divorce, lack of child care, child abuse, domestic violence and destruction of property, murder, abandoned homes, separation and drug abuse are the effects of family conflicts on the wellbeing of family members

The findings revealed that effective communication, sensitization and proper parental guidance are resolutions for family conflicts.

The stud recommended that family members should clearly identify and resolve different family conflicts arising in different families. The study also recommended that family members should seek guidance and counseling in order to solve their family conflicts.

CHAPTER ONE

1.0: INTRODUCTION

1.1: BACKGROUND TO THE STUDY

A family is where we all learn to love, care and to develop ethics, honestly, fairness, common sense, reason, peaceful, conflict resolution and respect for ourselves and others which are the vital, fundamental skills and family values necessary to live honorable and prosperous life is harmony in the world community (Maskanian, 2008). A family is the main building block of a community, family structure and up bringing determines the social character and personality of any given society even family experiences some level of family conflict. Disagreement is part of any relationship. They happen when people have differing needs, wants or beliefs. However if these conflict go unsolved, they can begin to harm relationship in home. Common cause of family include differing opinions on how to discipline children or teenager, disagreement over financial matters, needs of one or both parents that are not met.

Family conflicts are the struggles or disagreements between parents, parent and child or other members of the family (Landis, 2006). Living with others increase the opportunity for all types of interactions especially conflicts. Struggles between parents and their children are common manifestations of family life.

Infant families may have more conflicts than other social groups. Prior theory and research regarding western individuals cultures suggest that as such contract and interdependence between people increases conflicts become more likely and more frequent (Hafiz, 2007). However in Eastern collectivists' cultures, the increase in conflict may not resist in such situations due to preference for confrontations. Lwanga H. Damalie in the weakly observer, may 28-31, page 3 reported that there is an increase in family conflict due to unfaithfulness among partners. For example, where Mr. Hussein Akhbar Godi was finally being committed to high court to be tried allegedly murdered his wife Rehema in December 2008.

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Mwesigwa Sophie in the weekly observer 17-23 July 2008, also reported that family conflicts are as a result of adultery cases for example, the vice president of Uganda professor Gilbert Bukenya was to be taken to court for allegedly grabbing Mr. Emanuel Nyabayonga's wife

Emmy (1992) proposed that inter-parental conflict not separation may be the principle explanation for the association found between divorce and continuing childhood problems. As with marital relationships, an average amount of conflicts between parents and children is difficult to determine although there are estimates. The frequency of the conflict appears to be linked with child in development for example the highest number of conflicts mother-child interaction accrued with two year elders versus children who were eighteen months or three years old (Hafiz, 2007). Among adolescents, conflicts interactions tend to increase until about the age of fifteen and adolescents, conflicts interations tend to increase until fifteen and then subside in later adolescence. Parents' child conflict is probably related to parental development as well as through research which is correctly less definitive in this area (hafiz, 2007) beyond conflict frequency; one of the most rudimentary features of conflict management is whether an issue is engaged on avoided. Engagement involves verbal confrontation avoidance can take many forms including with holding complaints evading discussion of sensitive issues and defensively with drawing from a conflict discussion Eros. (Etal 2004) different families establish different norms regarding frequency with which conflict are engaged are avoided. Every time a conflict is resolved, the social system with in which the conflict arose is forever changed. In the study researcher determined these factors responsible for the increase in family conflicts, effects of such conflicts and their resolution strategies.

1.2: STATEMENT OF THE PROBLEM

Family conflicts seem to be on the increase in most families. These conflicts seem to have led to increased divorce cases and separation of parents and continued childhood problems. The necessity to seriously examine the problems of family conflicts was brought about by the increasing number of incidents of conflicts. Research has been carried out to investigate the factors responsible for increase in family conflicts, their effects on the wellbeing of family members and also to find out strategies that can be used to reduce on the increase of these family conflicts.

1.3: RESEARCH PURPOSE

The main purpose of the study was to find out factors, responsible for the family conflicts.

1.4: RESEARCH OBJECTIVE

The study was guided by the following objectives

1. To find out the factors responsible for the increase in family conflict
2. To find out the effects of the family conflict on well being of family members
3. To find out the effective strategies for these family conflict

1.5: RESEARCH QUESTIONS

The study was guided by the following questions

- What factors are responsible for the increase in the family conflicts?
- What are the effects of the family conflicts on the wellbeing of the family members?
- What strategies can be used to reduce family conflicts?

1.6 SCOPE OF THE STUDY

The study considered educated, married men and women and the aged who reside in Bwambara Sub-County, Rukingiri District. Is located in the western region of Rukingiri district boarding Kabale south West and Bushenyi District in the East. The sub-county consists of many residential areas from which the research selected the samples. The study considered the family background, family values, marital relationships and financial status of the different families in Bwambara Sub-county.

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1.7 CONCEPTUAL FRAMEWORK

Factors responsible for the increase in family conflicts	Effects of family conflicts on the well being of family members
- Alcoholism - Financial conflicts - Child indiscipline - Infidelity - Polygamy - Disrespect fullness - Traditional belief - Poverty - Unemployment - Differing opinions - Infectious disease - Cultural background	- Loss of self esteem of the child - Immorality of the children - Divorce - Lack of care or protection of the family members - Destruction of property - Domestic violence - Child abuse

Resolution strategies for family conflict	Out come
- Effective communication between family members - Sensitization of family member - Guidance and counseling - Seeking religious comfort - Parents to leave exemplary life	- Happy families - Constructive resolution - Improve standards of living - Development

The above shows the factors responsible for the increase in family conflicts such as alcoholism, financial conflicts and infidelity among others which these affects the wellbeing of family members leading to loss of self esteem, immorality and divorce among others. Also resolutions strategies such as effective communication sensitization and guidance and counseling were mentioned above. However, if these resolution strategies are successfully implemented, they may lead to happy family, improved standards of living and hence development.

1.8: SIGNIFICANCE OF THE STUDY

FAMILY MEMBERS

These individuals within different families would be able to use family conflict resolutions in this study and adjust to different family conflicts.

RESEARCHERS AND EMANUCIPATION ADVOCATES

These would use the results of this study to solve different family conflicts and advise the members of different families to adopt them.

COUNSELORS

The study would enable the counselors to identify which areas need to be tackled in as far as family counseling is concerned.

POLICY MAKERS AND PLANNERS

The result of the study would provide policy makers and planners with the necessary information for devising ways to enhance the use of family conflict resolutions and adjust to family conflicts in different families.

DEFINITIONS OF KEY TERMS USED

FAMILY	A group consisting of one or two parents and their children
CONFLICTS	A situation in which people or groups are involved in a serious
FAMILY CONFLICTS	Are struggles or disagreements between parents, parents and children or other members of the family
MARITAL STATUS	The fact of whether you are single or married
MARITAL	Connected with marriage or with the relationship between a man and wife
DIVORCE	A person whose marriage has been ended legally especially a woman or the legal ending of marriage
MARRIAGE	A legal union between man and woman
SENSITIZE	To make people aware of something especially a problem or something bad
COMMUNICATION	The activity or process of expressing ideas or feelings or giving people information.
COUNSELLING	A structure conversation dialogue or interaction between the therapist and client aimed at facilitating a client quality of life in face of adversity
POVERTY	The state of being poor or lack of something
RELATIONSHIP	The way in which two people or group behave towards each other
GUIDANCE	Means helping people make important choices that affect their lives
COHABIT	To live together and have a sexual relationship without being married

CHAPTER TWO

2.0 LITERATURE REVIEW

2.1 INTRODUCTION

In this chapter a review of related literature on the family conflicts and resolutions was discussed. The literature was discussed according to the objective of the study based on the following;-

- Factors responsible for the increase in family conflicts
- Effects of family conflicts on the well being of family members
- Resolution strategies for family conflicts

2.2: OBJECTIVE ONE: FACTORS RESPONSIBLE FOR INCREASE IN FAMILY CONFLICT

Conflicts are present in almost every family or another; it is part of relationship (Emmy, 1992). Hafiz (2007) says that conflicts arise in families because of different distribution financial power between family members particularly the resources available in the family he further contends that financial power leads to agreed of self interested members of the family. However, Flamagan (2001) emphasizes that one partner has a deep sense mistrust for their partner in general and he/she focuses on supposed financial interactions as an excuse for maintaining mistrust. In this case, there are financial conflicts responsible increasing family conflicts. In this study determined whether financial problems are responsible for increasing family conflicts.

Raasker (2008), contents that family conflicts are common in alcoholic homes and heavy use of alcohol is related to man's physical violence against woman. Indeed family conflicts are common in families with alcoholic parents and alcoholic children. The researcher also determines whether alcoholism is responsible for increasing family conflicts.

Flamagan (2001), emphasizes that alcoholism leads to high incidence of parent child aggression and domestic violence. This was confirmed by Eros and Handle (2001) who stated that parental alcoholism and child problems lead to family conflicts.

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Sillar and Wilnot (1994) advises that negative behavior of children and parents are responsible for increasing family conflicts. He emphasizes that negative behaviors are disagreeable, inflammatory and sometimes hostile to the wellbeing of the family members. He says that demand insults and defensiveness are negative behaviors that can lead to increase in family conflicts.

Emmy (1990) emphasizes that historical beliefs, traditional practices and oppression of women and children contribute to increased family conflicts. He emphasizes that such beliefs include what a man or woman is expected to do, how a member of the family is expected to behave and what role the society is expected to play at different times. All these factors are responsible for increasing conflicts in different families.

Berzellato (1998, 16), emphasizes that family conflicts can develop within different families because of the following factors; women empowerment, poor decision making among family members. Power of the family members at household level, limited autonomy, unfavorable reproductive roles and arbitrary norms which are unfavorable to family members particularly women. Counts (1999), further sources of conflicts within different families, in this study, the researcher will determine whether such social disagreements are responsible for increasing family conflicts.

Folsom (1945), emphasizes that many cultures hold that men have the right to control all the resources and the social structures of the family. In addition, Davies (1945), adds that social structures and the complex set of valves, traditions, customs, habits and beliefs which are related to gender inequality are responsible for increased family conflicts. The abuse of women can also be seen as a display of male power, the outcome of social relation in which women are kept in a position of inferiority to men responsible to them and in need of protection by them are source of family conflicts in different families.

Hafiz (2007) emphasizes that child displace, infidelity, poverty, unemployment and infectious diseases particularly sexually transmitted diseases are causes of family conflicts in particular families. Flamagan (2001), contends that one partner may be infected with a sexually transmitted diseases for example HIV/AIDS while the other partner will be blamed for infidelity.

In conclusion, therefore, financial power, alcoholism, Child indiscipline, infidelity, polygamy, disrespect fullness, traditional beliefs, poverty, unemployment, differing opinion infectious diseases cultural background are some of the factors responsible for increased family conflicts.

2.3 OBJECTIVE TWO: EFFECTS OF FAMILY CONFLICTS ON PEOPLES WELLBEING

Conflicts arise in a family for a number of reasons and can take place among children spouses and other family members. Family conflicts can lead to domestic violence and child abuse if they are not resolved. Dancy and Handel (2005), domestic violence and child abuse can arise in different families due to family conflicts. Unresolved family conflicts can lead to anger and aggression which can lead to domestic violence and child abuse. (Muksa 1996) in this study of researcher may determine whether domestic violence and child abuse are due to family conflicts.

According to Flamagan (2001), loss of self esteem of children and withdrawn nature of the family members are caused by family conflicts. He emphasizes that most adjustment problems exhibited by children who are exposed to higher levels of marital conflicts and adult-child aggression have affected the children's' self esteem and behavior in society. According to Nyeti (2008), adolescents from families that are prone to high marital conflict and adult-child conflict experience psychosomatic illness, delinquent behavior and psychological failures. This was further investigated by Landis (2006), who found out that marital conflict was more disturbing to children than divorce.

Raske (2004), in his study concluded that family conflicts can lead to infidelity and thus leading to increased infection of sexually transmitted diseases among family members. He emphasizes that increased infidelity of the family members was due to unsolved conflicts of the family members who seek refugee by developing other relationships. In the new vision August 17, 2009, it was reported that there is a high HIV prevalence in married couples than the unmarried. This can be attributed to unresolved marital conflicts in different families.

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Nelson etal (1993) emphasizes that abandoned homes divorce murder and separations are due to unresolved conflicts in different families. This view is also share by Eros, Slater and Haber (1984) who emphasized that marital conflicts are leading causes of divorce and separation in different families.

Farber et al (2002) conceptualizes that immorality and lack of care of protection of children in different families are due to parental conflicts .He emphasized that immorality and lack of child care arise when the family members disagree on how to raise children .One partner acts like a parent using power and control keep ones mate and control of children .The other partner rebels or justifies the negative behaviors of children .In the study the researcher can determine whether immorality and lack of care or protection of children are effects of family conflicts.

Erickson (1990) emphasizes that mistrust and destruction of property are the effects of the family conflicts. He adds that mistrust and destruction of property are core effects of conflicts when family members do not resolve them. This could be due to financial power of the different members. Nelson et al (1993) advises that if a member of the family has a deep sense of mistrust, he/she may use financial discretions as an excuse for maintaining and mistrust. In general, psychological effects, loss of self esteem, immorality, divorce, lack of care, and protection, child abuse, destruction of property, abandoned homes, drug abuse, over indulging in alcohol and domestic violence are the effects of family conflicts which can be investigated in this study.

2.4 OBJECTIVE THREE; STRATEGIES USES TO RESOLVE FAMILY CONFLICTS

Conflicts are part of life, disagreements with spouses, family members, friends, co-worker and neighbors can leave behind a trail of tears and misunderstandings if there is no attempt but any party to learn how to communicate effectively in a conflict. (Hafiz 2007)

Diance et al (2002), Advises that effective communication among family members should be ensured in order to resolve a family conflict. He adds that this encourages good listening skills, positive perspective and a calon approach when solving a conflict in a way that will please all family members. In addition Nelson et al (1993) emphasizes that adolescents experience severe family conflicts and adjust to them are usually able to cope with conflicts in societies.

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He further contends that these individuals tend to adopt the belief and commitments of others particularly parents without questioning their meaning. Therefore with effective communication children can develop good listening skills and learn how to resolve conflicts.

According to Flamagan (2007) A conflict can be resolved in the following ways, face the issue, take time out, developed greater self awareness know your bottom line, hold meetings and take advantage of outside resources.

Emmy (2001), emphasizes that family members should go for counseling sessions in order to manage family conflicts specifically counselor conflict interactions can contribute positively to resolving a family conflict and provide possible solutions to negative behaviors.

Baker et al (2001), states that resolving a conflict requires mutual respect and willingness of the family members to agree to a solution which can be done in the following ways; decide if the issue is worth up setting resolve the problem not win the argument, ways treat everyone involved with respect, find alternatives and let both parties agree to a situation that can live and seek professional help. According to baker et al (2001) a conflict can be solved through effective communication and counseling.

Naker and Michau (2004) emphasizes that seeking religious conforts can help resolve a family conflict. They also add that Christian counseling can help resolve a conflict and provide examples in the bible which can help diffuse arguments.

In conclusion therefore, family conflicts can be resolved through effective communication, counseling, seeking religious comfort and sensitization of the family members. In this study, the research can determine whether these resolutions exist in families in Bwambara Sub-county.

CHAPTER THREE

3.0: METHODOLOGY

3.1: INTRODUCTION

This chapter presents the methodology of the study it gives a detailed description of the research design, area of study, sample, sampling procedure, instruments, the producer of data collection and data analysis, limitations and delimitations.

3.2: RESEARCH DESIGN

Across sectional survey design was used during the study. The design sampled across section of respondents in different families in Bwambara sub-county, this design was used because it had an appropriate method of investigation in which data from different samples of predetermined interests can be obtained.

3.3: AREA OF STUDY

The study was carried out in different families in Bwambara Sub-county, Rukungiri District. This area was selected for the study because of the following reasons.

The area was with close reach of the research thus she would earn less costs on transport and accommodation since the area of the study being her home village.

Secondly, the area had a wide geographical coverage which could facilitate the generalization of results.

Finally the area was a residential place for most families, or workers of different regions who could be faced by family conflicts particularly those with extended families.

3.4: SAMPLE

The sample population consisted of different individuals from different households in Bwambara sub-county. The population consisted of different educated professionals who worked in different offices in and around Rukungiri District. These categories of people had different families and some had extended families thus they were believed to provide knowledge of families conflicts and their resolution strategies.

3.5: SAMPLE SIZE AND SAMPLE PROCEDURE

3.5.1: SELECTION OF RESPONDENTS

The participants were purposely selected randomly from different families that resided in Bwambara sub-county. The researcher purposely selected educated individuals from different families who were able to read and understand most of the respondents' questionnaires in the questionnaire study.

3.5.2: SAMPLE SIZE

The researcher selected 100 respondents who included different educated married men and women and the aged who could be able to respond to questions about the family conflicts and their resolutions. The sample consisted of 45 male and 55 female

3.6: RESEARCH INSTRUMENTS

The researcher used questionnaire to collect data from the respondents

3.6.1: QUESTIONNAIRES

These were self administered to the different respondents in this area. The questionnaire consisted of close ended questions and open ended questions. These questions addressed factors underlying the increase in family conflicts, their effects and their resolution strategies. The questionnaires allowed respondents to clarity their view in addition to being objective and clear to the respondents.

3.7: PROCEDURE OF DATA COLLECTION

The research first distributed questionnaires to different categories of respondents to fill in. Each questionnaire to different categories of respondents to fill in. each questionnaire distributed was collected after three days. On questionnaire guide, the study was fully explained and the respondents were politely requested to participate in the study promise of confidentiality was assured after all names of the respondents were not indicated on the questionnaire and appreciation was assured to the respondents after participation for ethical consideration.

3.8: DATA ANALYSIS

After the data was collected from the field, it was reduced, analyzed, tabulated and a set of conclusions of findings were reported .The following methods were employed

3.8.1: EDITING

After collecting the data, it was edited to correct errors and omissions, duplications and miss given information that was not related to the study. This was done during and after the study. The research checked for errors and omissions, spelling mistakes, recording errors, complete statement and sentences. This was done in order to ensure accuracy completeness and uniformity of the area.

3.8.2: TABULATING

The research tabulated the data obtained from questionnaires into frequency tables. She then calculated the percentages from the frequency obtained.

3.8.3 INTERPRETATION AND DISCUSSION

The research interpreted the data in score tables and then discussed it.

CHAPTER FOUR

4.0 PRESENTATION, ANALYSIS AND INTERPRESANTATION OF DATA

4.1: INTRODUCTION

This chapter was to present, analyze and interpret the data that was collected from the field. The study was guided by three research questions and presentation of data was done as per research question mentioned.

FROM THE OBJECTIVES OF THE STUDY, THE FOLLOWING QUESTIONS WERE DEVELOPED

1. What factors are responsible for the increase in family conflicts?
2. What are the effects of family conflicts on the wellbeing of family members?
3. what strategies can be used to reduce family conflicts

4.2: DEMOGRAPHIC DATA RESPONDENTS

The respondents were requested to indicate their age, sex, level of education, marital status, nature of their families and number of children. The data was presented in tables 1,2,3,4,5,6,7 and 8.

TABLE 1, AGE OF THE RESPONDENTS

AGE	FREQUENCY	PERCENTAGE
18-30	29	29
31-40	30	30
41-50	25	25
51-60	16	16
TOTAL	100	100

Results in the above table 1, shows that the inequality of the respondents (30%) were between 31-40 years of age, 29 % of the respondents were between 18-30, 16 % of respondents were between 51-60 years while 25% were between 41-50 years. These results show that the study was carried

out on respondents of different ages who were able to identify different family conflicts they experienced.

TABLE 2, LEVELS OF EDUCATION OF RESPONDENTS

LEVEL OF EDUCATION	FREQUENCY	PERCENTAGE
Primary	30	30
Secondary	18	18
Certificate	15	15
Diploma	13	13
Degree	24	24
Total	100	100%

Results in the table 2 show that majority of the respondents 24% revealed that they had a degree level of education, 13 of the respondents revealed that they had a diploma level of education, 18% also revealed that they secondary level of education while 15% had a certificate level of education and 30% revealed that they had a primary level of education. This shows that all respondents were educated which ensured that such individuals would read and understand the questions and give adequate responses.

TABLE 3, MARITAL STATUS OF THE RESPONDENTS

MARITAL STATUS	FREQUENCY	PERCENTAGE ((%)
Married	27	27
Separated/divorce	23	23
Single	34	34
Cohabiting	16	16
TOTAL	100	100%

Results in table 3 revealed that the majority of the respondents 27 % were married, 34% were separated or divorced, 16% were cohabiting and 34% were single, since the highest number of respondents was married, this would help the researcher to obtain data on how they would manage their family conflicts.

TABLE 4, NUMBER OF CHILDREN IN FAMILIES OF RESPONDENTS

NUMBER OF CHILDREN	FREEQUENCY	PERCENTAGE
1-2	32	32%
3_5	28	28%
5_8	10	10%
8_10	30	16%
TOTAL	100	100%

Result in table 4 show that the majority of the respondents 28% had children between the age of 3 and 5 years, 32% had children between the ages of 1-2 years while 10% had children between the age of 5-8years and 30% had children between the age of 8-10 years. The study revealed all the respondents had at least a child which would help the researcher to obtain data and conflict management in their families.

TABLE 5, NATURE OF THE FAMILY OF THE RESPONDENTS

NATURE OF THE FAMILY	FREQUENCY	PERCENTAGE
Polygamous	33	33%
Single parents	27	27%
Monogamous	15	15%
Step parents	15	15%
Blended	10	10%
TOTAL	100	100%

Results in table 5 revealed that 15% of the respondents were monogamous, 33% were polygamous, 27% of the respondents were single parents, 15% were step parents and 10% were blended families. Most of the respondents were from different families which helped the researcher to obtain information about different conflicts they experienced in their families.

The demography of the respondents revealed that most of the respondents were educated to a degree level between the ages of 31-40years, married and had children.

TABLE 6, FACTORS RESPONSIBLE FOR THE INCREASED FAMILY CONFLICTS

Factors responsible for the increased family conflicts	Frequency	Percentage
Financial conflicts		21%
Alcoholism		15%
Child indiscipline		34%
Infidelity		12%
Polygamy		8%
Disrespect fullness of family members		5%
Traditional culture beliefs		5%
TOTAL	**100**	**100%**

Table 6, shows that 21% of the respondents revealed that they experience financial disagreements in their families; the respondents revealed that poverty; unemployment and differences in the coining are factors responsible for increasing these financial disagreements. In addition other respondents revealed that disagreements on responsibilities in terms of finance and expenditures at home are responsible for increasing financial disagreements in families

In the same table, 15% of the respondents revealed that alcoholism is a cause of family conflicts experienced in their families. The respondents revealed that poverty, unemployment and peer pressure are the factors which increase the alcoholism conflicts in families.

In the same table, 34% of the respondents revealed that child indiscipline is a cause of conflicts in families. The respondents revealed that differing opinions, poor communication and behavior of the children are the factors that increase these conflicts in families.

Findings from the above table 6, indicate that infidelity also causes conflicts in families. These respondents revealed that poor communication between partners, disagreements in the homes, disrespectfulness, infectious diseases like HIV/AIDS syphilis and gonorrhea (sexual transmitted diseases) are factors that increase infidelity in families.

In the same table 8% of the respondents revealed that polygamy also causes conflicts in families. The respondents revealed that cultural background, high libido, religious beliefs and disagreements between the family members are factors that increase polygamy in homes.

In the same table 5% of the respondents revealed that disrespectfulness of family members, differing opinions drug abuse and behaviors of the children are the facts increase disrespectfulness in homes. 5% of the respondents revealed that traditional, culture beliefs also cause family conflicts.

TABLE 7, THE EFFECT OF FAMILY CONFLICT ON THE WELLBEING OF FAMILY MEMBERS

Effect of family conflict	Frequency	Percentage
Psychological effect on family members	18%	18%
loss of self esteem	5	5%
Immorality	10	10%
Divorce or separation	8	8%
Lack of care or protection	4	4%
Child abuse	12	12%
Destruction of property	15	15%
Abandoned homes	2	2%
Drug abuse	14	14%
Over indulging in alcoholism	12	12%
TOTAL	**100**	**100%**

Results in table 7, show that 18% of the respondents revealed that family conflicts affects the family members, psychologically while 5% revealed that family conflicts lead to loss of self esteem among family members.

In the same table, 10% of the respondents revealed that family conflicts lead to immorality of the family members while 8% of the respondents revealed that family conflicts lead to divorce or separation of family members in addition 4% of the respondents revealed that family conflicts lead to the lack of cure or protection of the family members.

In the same table 7, 15% of the respondents revealed that family conflicts bad to destruction of property while 12% of the respondents revealed that family conflicts leads to child abuse. While 2% of the respondents revealed that family conflicts leads to abandoning of homes.

In the same table 14% of the respondents revealed that family conflicts leads to drug abuse while 12% of the respondents revealed that family conflicts leads to over indulging in alcohol

TABLE 8, STRATEGIES THAT CAN BE USED TO REDUCE FAMILY CONFLICTS

STRATEGY	FREQUENCY	PERCENTAGE %
Communication among family members	20	20%
Sensitization of family members	30	30%
Counseling	18	18%
Seeking religious	16	16%
Parents	16	16%
TOTAL	**100**	**100%**

Table 8; revealed that 20% of the respondents responded that communication among family members can be used as a strategy to reduce family conflicts ,while 30%,of respondents revealed that sensitization of family members can be used as strategy to reduce family conflicts.

In the same table ,18% the respondents revealed that counseling can be used as a strategy to reduce on family conflicts while 16% revealed that seeking religious comfort can be used as a strategy to reduce family conflicts .In addition,16% of the respondents revealed that parents who live exemplary lives help in reducing on family conflicts in their families .

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The respondents suggested that family members should be united in order to reduce on family conflicts thus protecting the members of the family. They urged that parents are supposed to comfort and act as source of love which could instill in their families an idea that family conflicts are not destroying their families.

The respondents 30% also suggests that sensitization can equip people with skills and ideas which can make them aware of solving family conflicts and learn to reduce them within their lives

The respondents 18% also suggests that the church should take as active role in sensitizing the family members on the importance of equality in the families and decision making and decision making and forgiveness.

The respondents 16% suggested that counseling of the parents, children and other family members should be emphasized since if encourages unity and faithfulness among the family members.

CHAPTER FIVE

5.0: DISCUSSION, CONCLUSION AND RECOMMENDATION

5.1 INTRODUCTION

This chapter is a discussion of the research findings. The researcher discussed the results of each question, the conclusion and recommendations were made in accordance with the discussion and research questions.

5.2 DISCUSSION

5.2.1: OBJECTIVE ONE, FACTORS RESPONSIBLE FOR INCREASE IN FAMILY CONFLICTS

The research questions was answered and findings revealed that there are several factors which are responsible for the increase of family conflicts and they depend on the forms of family conflicts which include financial conflicts, alcoholism, child indiscipline, infidelity, polygamy, disrespectfulness and traditional cultural beliefs. This was ascertained by all the respondents. These findings show that several family conflicts exist in Bwambara sub-county. The findings are in agreement with Flamagan (2001) who contends that alcoholic homes and heavy use of alcohol is related to family conflicts. The findings are also in agreement with Raske (2008) who contends that financial risk factors are source of family conflicts

The research findings also revealed that poverty, unemployment and differences in coining are factors responsible for increasing financial conflicts

The research findings also revealed that differing opinions, poor communication and behavior of children indiscipline conflicts. This was ascertained by respondents who suggested that child indiscipline is a form of family conflicts.

In summary, poor communication among family members, disagreements in homes, differing opinions, disrespectfulness, cultural background, drug abuse and behavior of children are factors that increase family conflicts in families.

5.2.2: OBJECTIVE TWO; EFFECTS OF FAMILY CONFLICTS ON THE WELLBEING OF THE FAMILY MEMBERS.

The research question was answered and the findings revealed that loss of self esteem, immorality, divorce or separation, lack of care or protection, child abuse, destruction of property, abandoning of homes, drug abuse and over indulging in alcohol are the effects of family conflicts on the wellbeing of the family members.

Loss of self esteem was identified as the effect of family members, the respondents suggested that family conflicts can lead to suppression of the characters of the children and other family members which would affect their self-esteem.

Immorality, divorce and separation were also identified as the effect of the family conflicts on the wellbeing the family members. The respondents suggested that when most of the family conflicts are not resolved among the family members. They lead to immoral behaviors of some family members and lead separation of the members or even divorce.

5.2.3 OBJECTIVES THREE; STRATEGIES THAT CAN BE USED TO SOLVE FAMILY CONFLICTS

The research question was answered and results revealed that communication among family members, sensitization of the family members, seeking religious comfort and parents living exemplary lives are the strategies that can be used to reduce on the family conflicts. These findings are in agreement with Diana et al (2000) who consider family members, gathering information, sensitization and getting professional help. The findings is also in agreement with Braker and Kelly (2001)who suggested that resolving family conflicts requires natural respect and communication among family members.

5.3 CONCLUSION

From the findings and discussions the following conclusions were made in line with the study objectives:-

The study concluded that financial problem, alcoholism, child indiscipline, infidelity, polygamy, disrespectfulness, traditional beliefs, poverty, unemployment, cultural background are the factors responsible for increasing family conflicts.

The study also concluded that psychological effects, loss of self esteem, immorality, divorce, lack of child care, child abuse and domestic violence, destruction of property, murder, abandoned homes and separation and over influence in alcohol are the effects of family conflicts on the wellbeing of family members.

The study also concluded that effective communication among family members, sensitization of family members, seeking guidance and counseling and proper parental guidance are resolutions that can be used to resolve family conflicts.

Implication of the study

1. Diance etal (2002) emphasizes effective communication among family members in order to resolve a family conflict. The research examing parent- adolescent conflict during the transitional years of early adolescence has identified characteristics of negatively changed interactions. Therefore it is important to elucidate that conflict in parent-adolescent relationships serve an important developmental function. Engaging in reciprocal exchanges that involve divergent and opposing points of view provide adolescents with opportunities to enhance interpersonal negotiation skills, think logically, abstracting and critically and thus consider alternative. Research that parent-adolescent conflict increases during middle school years and involves.

2. Baker etal (2001) states that resolving a conflict requires mutual respect and willingness of the family members to agree to a solution. The complication is that family conflict is normal but needs to be handled correctly to minimize conflict which is caused by individualism among family members, unstructured decision making, lack of clear vision and

commitment. This emphasizes developing trust and open communication in the family business to minimize the causes of conflict.

3. Understanding conflict and communication helping families deal with conflict that is establishing boundaries, structures and policies, establishing succession in leadership and ownership. This would help to manage inherited wealth and do estate planning and striving for professionalism.

Implications of increase family conflict and their resolution strategies.

4. Research indicates that parent adolescent conflict increase during the middle school years and involves everyday events of family life. During this period, conflict has been found to be the most evident in interactions between adolescents and their mothers. The prevalence of parent-adolescent conflict during the early adolescent years has direct implications for middle school programmes, presenting opportunity for family and consumer science teachers to address the real-life problems and concerns of students. By incorporating a practical problem-solving approach, teachers can empower young adolescents to resolve conflicts with parents in more effective ways and thereby enhance family relationships.

The research examining parent-adolescent conflict during the transitional years of early adolescence has identified a number of important characteristics of these negatively charged interactions. First and foremost it is important to elucidate that conflict in parent – adolescent relationships serves an important development function. Engaging in reciprocal exchanges that involve divergent and opposing points to view provides adolescents with opportunities to enhance interpersonal negotiation skills, think logically, abstracting and consider alternative.

5. Conflict triggers strong emotions and can lead to hurt feelings, disappointment and discomfort. When handled in an unhealthy manner it can cause irreparable rifts, resentments and break-ups. But when conflict is resolved in a healthy way, it increases our understanding of one another, builds trust and strengthens our relationship bons.

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5.4: RECOMMENDATIONS

From the discussion and conclusion the following recommendations were made

1. Policy makers should set strict laws to govern people with families thus reducing on conflicts among family members for example women emancipation laws and property management.

2. Family members should seek guidance and counseling from church leaders incase they happen to have misunderstandings in their families hence reducing on family conflicts.

3. Religious leaders should educate members on how important is to have organized families by giving example of Marry and Joseph who lived happily in their families

4. The government should put policies that govern family settings which would help in treating members equally without discriminating the other.

5. Love should be emphasized by religious leaders among partners and other family members in order to avoid disorganization among their families.

6. Constructive criticisms and tolerance should be ensured by partners and other families in case of a family conflict arise.

7. Togetherness should be developed among people in homes which would help in overcoming violence in families

8. Public lectures should be put into place in order to teach people how to manage their families without conflicting with each other for example the mother union members should always hold meetings with different families and guide them how to live in a peaceful environment.

9. Collaboration, there is need for family members to work together to find out mutually beneficial solution to a problem. However collaboration to work efficiently there should be enough trust, respect and good communication.

10. There is a need for family members to practice avoidance where by one can avoid a conflict by ignoring it or changing the subject which is the best method for dealing with minor or non recurring conflict.

11. Need for compromise also plays a role in conflict management. There is a need to find a middle ground in which each party is partially satisfied if one partner likes going for over night clubs, an agreement is reached compromise.

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APPENDIX I, QUESTIONNAIRE

TOPIC: FACTORS RESPONSIBLE FOR THE INCREASE IN FAMILY CONFLICTS AND THEIR RESOLUTION STRATEGIES

Dear respondents,

You have been selected to participate in this study.

The study is pure for academic purposes, the information you give will be treated with utmost confidentiality. Respond to the questions as honestly as possible by either filling in the space or with a tick where applicable.

SECTION A: BACKGROUND

1. Sex

Male ☐

Female ☐

2. Age

18-30 ☐

31-40 ☐

41-50 ☐

51-60 ☐

3. Marital status

Married ☐

Cohabiting ☐

Single ☐

Divorce or separated ☐

4. Nature of the family

Polygamous   ☐

Single parent   ☐

Monogamous   ☐

Step parent   ☐

Blended family   ☐

5. Do you have any children?

Yes   ☐   No   ☐

a) If yes, how many? ....

SECTION B

a) What factors are responsible for the increase in family conflicts?

....

....

....

b) What are the effects of these family conflicts on the wellbeing of family members ?

....

....

....

c) What strategies do you use to solve these family conflicts?

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....

....

Thank you