

**CONFLICT AND CONFLICT RESOLUTION PATTERNS OF
MARRIED COUPLES TOWARDS THE DEVELOPMENT
OF A PSYCHO – SPIRITUAL PROGRAM
FOR MARITAL HARMONY**

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FR. ELMER B. ILAO

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ABSTRACT

Title of the Research : **CONFLICT AND CONFLICT RESOLUTION PATTERNS OF MARRIED COUPLES TOWARDS THE DEVELOPMENT OF A PSYCHO-SPIRITUAL PROGRAM FOR MARITAL HARMONY**

Author : **FR. ELMER B. ILAO**
Degree : **Master of Arts in Education**
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This research was conducted to study marital conflict of couples – its potential factors, its effects, and the couples' patterns for preventing and resolving conflict. Research findings served as inputs into a psycho-spiritual program for marital harmony developed for married couples.

Data were sourced from questionnaire responses of 155 married couples or 310 individual respondents all belonging to the Manila Doctors Village, Almanza II, Las Piñas. Respondents profile generally characterizes them as well educated, married between 16-25 years, mostly engaged in business or working in offices, and belonging to middle to high income levels.

Research findings indicated that household tasks (total mean=3.41), matters of recreation (total mean=3.35), leisure time interests and activities (total mean=3.34), sex relations (total mean=3.31), being too tired for sex (43%), not showing love (16%) pose as potential factors predictive of marital conflict. Further, respondents' monthly income in relation to not showing love to each other was found to be significant.

Findings also reported positive conflict prevention ways were highly used by the respondents (100%) as well as positive conflict resolution patterns (48%), but an alarming number (52%) admitted resorting to negative resolution patterns such as compliance, concealment, withdrawal, and engagement with personal attacks. Most revealed being very happy in their marriage relationship (total mean=3.69), with a strong desire for their relationship to succeed and the willingness expressed to do all they can to see that it does (total mean=3.68).

The study concluded that whether 1, 5, or 155 couples report the use of positive or negative conflict resolution patterns, conflict is inevitably present in a marital relationship which always has a destructive potential. Therefore, there is fervent need for married couples to strengthen their skills in preventing and managing conflict, as well as to enhance their positive conflict resolution responses when faced with conflict towards marital harmony through their committed participation in a recommended

program, the psycho-spiritual program that is aimed at addressing their psychological and spiritual needs.



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