THE ROLE OF THE FATHER - DAUGHTER RELATIONSHIP IN SHAPING CONSTRUCTIVE CONFLICT RESOLUTION STYLES IN ADOLESCENT GIRLS

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Abstract. *Conflict is an inevitable part of adolescence. This article examines the pivotal role of the father-daughter relationship in shaping constructive conflict resolution strategies among girls aged 10–19. A positive emotional bond—characterized by warmth, respect, and support for autonomy—enables girls to resolve disagreements through dialogue, empathy, and assertiveness, while avoiding aggression or withdrawal. Emotionally engaged fathers help boost their daughters' self-esteem, protect them from destructive relationships, and foster peer communication skills. Notably, the quality of the interaction is more important than the father's physical presence; in his absence, other significant adults can fulfill a compensatory role.*

Keywords: *father-daughter relationship, adolescent girls, conflict resolution, emotional regulation, assertiveness, interpersonal communication.*

Annotatsiya. *Nizolar — o‘smirlik davrining muqarrar qismidir. Maqolada 10–19 yoshli qizlarda nizolarni konstruktiv hal qilish usullarini shakllantirishda ota va qiz o‘rtasidagi munosabatlarning hal qiluvchi ro‘li ko‘rib chiqiladi. Samimiyat, hurmat va avtonomiyani qo‘llab-quvvatlashga asoslangan ijobiy emotsional bog‘liqlik qizlarga tajovuzkorlik yoki muammolardan qochish o‘rniga, muloqot, empatiya va assertivlik (o‘zini ishonchli tutish) orqali kelishmovchiliklarni hal qilishga yordam beradi. Emotsional jihatdan e’tiborli otalar qizlarning o‘zini baholashini oshirishga, ularni salbiy munosabatlardan ҳimoya qilishga va tengdoshlari bilan muloqot qilish ko‘nikmalarini rivojlantirishga ko‘maklashadi. Shu bilan birga, muloqot sifati otaning jismoniy mavjudligidan muhimroqdir; ota bo‘lmagan holatlarda boshqa muhim kattalar kompensatorlik ro‘lini bajarishi mumkin.*

Kalit so‘zlar: *ota va qiz munosabatlari, o‘smir qizlar, nizolarni hal qilish, emotsional tartibga solish, assertivlik, shaxslararo muloqot.*

Аннотация. *Конфликты — неизбежная часть взросления подростков. В статье рассматривается ключевая роль отношений между отцом и дочерью в формировании конструктивных способов разрешения споров у девочек 10–19 лет. Положительная эмоциональная связь, основанная на теплоте, уважении и поддержке автономии, помогает девочкам решать разногласия с помощью диалога, эмпатии и ассертивности, избегая агрессии или ухода от проблем. Эмоционально вовлеченные отцы способствуют укреплению самооценки дочерей, их защите от деструктивных отношений и развитию навыков общения со сверстниками. При этом качество взаимодействия важнее фактического присутствия отца; при его отсутствии компенсаторную функцию могут выполнять другие значимые взрослые.*

Ключевые слова: *отношения отца и дочери, девочки-подростки, разрешение конфликтов, эмоциональная регуляция, ассертивность, межличностная коммуникация.*

Conflicts occurs during almost any interaction. Disagreements with parents, teachers, and other authority figures, with friends, peers, classmates, etc are inevitable. As young people experience various conflicts, they need to learn how to cope with them and find solutions rather than continue arguing. The ability to manage conflicts constructively means handling disagreements by means of dialogue, empathy, negotiations, compromise, and collaboration instead of aggression and confrontation immediately.

First, families should be considered as the main places where adolescents learn such skills as communication, coping strategies, and managing feelings. Both parents serve as the examples of appropriate behaviors and communication practices. They demonstrate how to interact with others, express disagreement, and find mutually beneficial solutions during conflict situations.

Traditionally, mothers have been the subject of research. However, recently, many studies showed that fathers also played an important role in forming personality traits, emotional control, and social skills. Specifically, the impact of father-daughter relationship on the development of positive conflict resolution skills are currently being explored. Therefore, this work discusses the psychological theories, mechanisms of influence, emotional development, and consequences for adolescents in terms of maintaining healthy relationships and finding adequate solutions to disagreements or conflicts in general.

Adolescence usually represents the phase in development from child to adult, usually lasting from about ages 10 to 19. This stage includes a significant amount of growth physically, mentally, emotionally, and socially. Adolescents become more independent, develop their own individuality, and value being accepted by their peers and forming romantic relationships.

Arguments with parents in hope of desire, arguments with friends because of trust issues and misunderstandings, and hardships in school environments are all good examples of where teens need more in depth communication skills to find a resolution to these problems. Conflicts that are encountered by girls are usually verbal rather than physical, hence it is more emotional, and mostly involves misunderstandings or miscommunication. The success of resolving these issues will lead to better mental health, friendship, academic success, and ultimately healthy romantic relationships.

The historical perspective of a father used to be focused on his role as a provider and enforcer of discipline. Modern developmental psychology demonstrates that the roles of fathers extend beyond this and include provision of emotional safety, social skills development, cognitive skills development, and psychological resilience.

Characteristics of an ideal father-daughter bond involve:

- Warmth and affection
- Consistency and reliability
- Respectful and honest communication
- Promotion of autonomy
- Constructive discipline
- Active involvement in education and life
- Recognition of accomplishments and emotional needs
- It creates mutual trust and provides for the open discussion of issues

Importantly, the positive effect of a father's presence derives from the quality of this connection rather than from mere presence. It is highly likely that teenage girls will experience various emotional fluctuations caused by neurological changes, hormones, stress from studying, and relationships with peers. Emotional intelligence and self-regulation become important aspects of managing those experiences.

To help their daughters develop emotionally, fathers should acknowledge their emotions and encourage thinking about them rather than reacting immediately. Instead of rejecting the feelings of sadness and anger, the emotionally

attuned father teaches his daughter how to think about those and, thus how to cope with them.

The development of skills of self-regulation makes it possible for the girl to discuss those issues rationally rather than arguing or simply closing herself off. Self-respect and self-responsibility play important roles in people's behavior during arguments. Those young people whose views are respected are better able to express themselves assertively without being too aggressive or passive. Constructive communications between the father and the daughter usually result in a sense of confidence because of praise, encouragement, and support even when things go wrong. As a result of such treatment, the girl learns to express herself confidently and constructively

It also aids her in simply resisting the pressure from her friends and classmates, and also aids in avoiding toxic or generally bad relationships.

There is a variety of theories concerning psychological determinants of fathers' involvement into the process of their daughter's development, yet they are only one small part of this entire developmental process. Communication, emotional coaching, behavioral modeling, and experience sharing between a father and his daughter on a day-to-day basis result in developing conflict resolution strategies.

The most important thing about conflict resolution that fathers do with their adolescents daughters is communication. Discussions about some things happening at school or at home help girls to express their opinions and feelings. Fathers who are ready to listen to their daughters and do not judge make them understand that conflicts should not be perceived as something threatening. To the contrary, this process allows both sides to state their points of view and work out a way to cope with a problem.

For instance, questions like "Why do you think it happened?" and "How did you think your friend felt about it?" help teenage girls to become more reflective about their behavior.

Another communication style, which includes yelling, making derogatory statements to one another, or being emotionally distant from the issue, can hinder a teenager from expressing her feelings openly. In a household where a girl is exposed to the latter style, there will always be difficulties for her to share her thoughts; hence, she will be faced with either the choice of avoidance or aggression.

In conflict management, aside from knowing how to communicate, it also includes teaching the adolescent how to control emotions effectively. When an adolescent undergoes strong emotions, it can be attributed to different factors. A

father who supports the girl will teach her how to identify and acknowledge her emotions, rather than being overwhelmed by it.

For example, when the girl encounters a disagreement with one of her classmates, a father who counsels her on taking time to think about her emotions teaches her to deal with conflict in a mature manner. Rather than allowing herself to become irritable or hostile towards the person, she ponders about the situation and how it can be resolved.

In emotional coaching, the adolescent is made to realize that feeling an emotion is not necessarily controlling her actions with it. Females who are able to gain experience in such situations halve it easier handled in future disagreements.

Furthermore, empathy is an indispensable element of constructive conflict resolution, which is defined as the ability to comprehend the emotions and opinions of another person despite differences between the two people. When fathers encourage their daughters to take into account the perspectives of brothers, schoolmates, and peers, they help their daughters become empathic and refrain from aggression that is unnecessary.

If there is a misunderstanding in the class, a father can tell his daughter to consider what feelings the girl might have had. Such actions can help teenagers learn to be empathic and make conclusions about the motivations of another person without being too impulsive.

Empathic teenagers tend to be more inclined to find mutually beneficial solutions to their problems and forgive each other. They understand that most of their disputes happen due to misunderstanding, not hostility toward each other.

The presence of a healthy relationship between the father and daughter promotes better self-respect among teenagers and affects the way of resolving disagreements between them. Teenage girls who are respected and appreciated at home will not have problems communicating about what they want and where they draw the line while doing so without aggression.

Self-assertion can be described as the balance between self-confidence and respecting one's opponent. Girls who are proud of themselves do not hesitate to refuse something, argue and negotiate without trying to hide their point of view out of fear of a quarrel. Supportive fathers raise such girls by showing appreciation for their efforts and giving them opportunities to think independently as well as appreciate their points of view. For instance, asking one's point of view on certain issues at home means making discussions useful and beneficial.

As the duration spent among peer groups increases, it becomes evident that conflict resolution skills in home environments manifest in peer group interactions.

Girls who have been engaged in healthy father-daughter relations show better developed communication skills, emotional self-regulation abilities, and an inclination towards collaborating to resolve peer conflicts.

Therefore, instead of participating in rumor-spreading, they choose to settle issues related to rumors or misunderstandings through discussion. Before making any assumptions about another individual, they strive to understand that individual and attempt to solve conflicts arising in their friendships. This leads to healthy and trusting relationships among friends and more social support in general.

Adolescence is only one phase in the life of a girl; how she deals with the interactions within herself at this phase may shape her expectations of intimate interactions in the future. For example, if she has seen respectful communication with her dad, she might be expecting that behavior from potential romantic relationships in the future.

Childhood experience in handling conflicts constructively will mean that she will not be expecting manipulation, violence, and disagreements within an intimate relationship but will actually expect cooperative, communicative, and respectful behavior from her intimate relationships. Nonetheless, we should note that any single relationship does not determine the future; there are other factors as well that play an important role in shaping one's future relationships.

It should be noted that not all father-daughter relations involve closeness and openness. Work pressures, family problems, divorce, disease, distance between father and daughter, or conflicts between the two people might lead to fewer chances of communicating.

This does not necessarily mean that there will be negative consequences. Many teenage girls are able to resolve disputes effectively thanks to support from their mothers, grandmothers, sisters, educators, counselors, or coaches. Positive examples might be found elsewhere to compensate for difficulties in relationships with a father. The importance of taking into account other sources of influence results from the fact that human development depends on numerous interrelated elements.

In summary, father-daughter relationships play a really important role in developing how conflicts are handled and what resolution strategies are used by adolescent girls. Secure attachment, behavioral modeling, emotional coaching, communication, and support in developing self-confidence and independence all enable fathers to foster constructive attitudes towards disagreements within families.

However, many other factors such as mother-daughter bonds, peer and teacher relationships, mentorship, and social environment play equally important roles in the development of young adults. However, a strong and positive father-daughter connection can help girls become emotionally resilient and socially competent.

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