



The role of counselling centers in resolving conflict among adolescents

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Abstract

In the present investigation an attempt has been made to study the role of counselling centers in resolving conflict among adolescents. Sample size for the study consists of 20 cases of adolescents registered in Institute of Mental Health And Neurosciences Kashmir Srinagar and SMHS Hospital De-Addiction Center Srinagar. The method of case study was employed as a tool for data collection. The results revealed that there is a significant impact of counselling in conflict resolution.

Keywords: conflict, conflict resolution, counselling & counselling centers

Introduction

Adolescence is the challenging stage of life which passes through a unique set of experiences. In this stage children may experience difficulties related to identity, school, relationships, and authority as they begin to define themselves as adults. Adolescence marks the beginning of significant emotional, social, biological, and intellectual changes. With all these changes taking place, it is normal for teenagers to try on different roles or masks to see what fits them. These different roles can include experimentation with morals and values, clothing styles, social groups, music preferences, religion, and sexuality. Adolescence is a time of significant development that is considered to be second only to infancy in the magnitude of challenges (Lerner & Vilarruel, 1994) ^[11]. Adolescents experience numerous developmental challenges at varying pace, including: increasing need for independence, transitioning through education and commencing employment, consolidating advanced cognitive abilities and negotiating challenging relationship with family, peers and broader social connections (Cameron & Kanabarrow, 2003) ^[4]. As we enter the new millennium, promoting sound mental health and positive behaviour of adolescents has undeniably taken on greater significance than ever before. When the child moves outside his family circle, he establishes contact with other children of his own age. When he takes admission in the school, the peer group expands because now the child is free to choose his own friends and associates.

Adolescence is the stage of development which produces a number of problems for the person. These problems arise out of the adolescent's adjustment with social groups like family, school, associates of one's own sex, and associates of the other sex. This stage is also marked by increased involvement in risk behaviour that may predispose young people to poor long term outcomes. There is increasing evidence of significant level of emotional behavioural difficulties like depression, anxiety, conduct disorder, substance misuse, and suicidal thoughts that are experienced by some adolescents (Sawyer, 2001) ^[17]. One of the issues with adolescents is

conflict which is the root cause of all the above mentioned problems. Conflicts among teenagers are often framed unwittingly as struggles between the desires of the teenager for autonomy etc. and the parent's desire for obedience, achievement at school, or help around the house. If this occurs and push comes to shove, many adolescents will pay whatever price they need to pay to fulfill the need that is more important to them, and to hold on to their autonomy, connection with peers, self-respect, or sense of a separate identity at any cost. Some adolescents are more stressful than others when confronting and dealing with the conflicts associated with the challenges of adolescents life; they are more resilient and have better coping strategies (Baumrind, 1991a, 1991b; Chassin & Barrera, 1993; Frydenberg & Lewis, 2002; Schoon & Bynner, 2003) ^[2, 5, 7, 18].

The interpersonal conflict or conflict of any type is inevitable at adolescent stage of life. It is common to find adolescent experiencing conflict with their peers (Wheeler, 1994) ^[20]. Conflict among adolescents is very rampant (Latipun, 2005) ^[10]. It is normal for adolescents to conflict with family members, especially parents. In fact, this transition from obedient, caring, and emotionally attached child to sometimes distant, moody, and rebellious teenager is often seen as a normal stage of development. Adolescents begin to find their own identities, their own sets of friends, and their own interests during the teen years. During this exploratory period, they begin to pull away from the safety of family and assert their own independence as they start their foray into adulthood. But even though moderate conflict is viewed as relatively normal, researchers have raised questions about the effects of conflict on social functioning. In a recent study, Katherine B. Ehrlich of the Department of Psychology at the University of Maryland took this question one step further. Using a sample of 189 adolescents, Ehrlich assessed how parental conflict and peer conflict affected social functioning independently and collectively. It has been suggested that conflict is a catalyst for social development and that adolescents need to experience disagreements in order to learn

how to engage in problem solving and adaptive stress coping strategies. However, Ehrlich believes that when there is too much conflict present in teens' lives, their resources may become quickly depleted, thus impairing their ability to function socially.

Atwater (1992) ^[1] argues that the adolescent stage of life is marked by emotional development that includes mood swings, tenderness, cruelty, curiosity and apathy. They are not mature enough to critically evaluate baffling situations they are continuously facing with. They need somebody to help in the solution of problems and thus avoid tensions and conflicts. The adolescents must know their capabilities and potentialities, especially in areas that are crucial for the realization of objectives in life. Their goals and aspirations and expectations are to be shaped accordingly. Conflicts remain unresolved and each leaves a mark upon the adolescent and upon society. These impressions may be found to be considerably at variance with those of others, once he interacts with adults other than his parents and with peers. Sometimes adolescents may exhibit alienation which is a syndrome comprising attitudes of ego-centricity, distrust, pessimism, anxiety, meaninglessness, powerlessness and normlessness. In order to reduce this health morbidity, everyone goes through their own ways such as listening to music, spending time with pets, talking to close friends, travelling to favourite places and some may just asleep etc. Counselling is another way to get escape from problems. Counselling is a psychological assistance offered to an individual who wants to grow into full self-realization and personal maturity. In other words, counselling is defined "as an encounter through which the counselor offers the counsellee a qualified professional assistance in growing into personal maturity" (Giardini, 1993) ^[8]. Counselling is a process that enables a person to sort out issues and reach decisions affecting life. Counselling ensures the development of adaptive and positive behaviour that enables the adolescents to deal effectively with the demands and challenges of everyday life. Often counselling is sought out at times of crises or change but counselling can also help us at any time of our life. It involves talking with a person in a way that helps that person solve a problem and helps to create conditions that will cause the person to understand and to improve his behaviour, character, values or life circumstances. Counselling is often performed face to face in confidential sessions between the counsellor and client. It can and may take many different formats to bring a person to a better understanding of themselves or others. Counselling helps the adolescents to reach a stage of mental development and social competence adaptive to the challenges both personal and interpersonal. Therefore, counselling is considered to be an integral part of life. It can be of benefit to a person experiencing problem in finding and maintaining relationships. It helps in preservation of good mental health and securing desirable behavioural changes (Blocher 1966) ^[3]. The counselling services have always played a leading role in terms of child's development and improvement. According to Modo; Sanni; Uwah; and Mogbo (2013) ^[14] guidance and counselling services promotes the effectiveness of the educational system. These services are presented by Nwachukwu (2007) ^[15] as information services, placement services, appraisal services, vocational guidance

services, counselling services, referral services, evaluation, follow-up, consultancy and research services. As a vital component of any type and any level of education the absence of non-utilization of these services in the present day school system has led to the unprecedented rise in the crime wave, violence among students, severe value erosion, wrong career choice, and wrong subject combination among other issues.

Teens' relationship with their parents is strongly associated with teens' healthy social development. For example the parent-child relationship is associated with the development of social skills (Engels, R.C., Finkernawer, C., Meeus, W., & Dekovic, M. 2001) ^[6]. Good parent-child relationships appear to influence the development of social relationships with friends and also affect adolescents' psychological and psychosocial development (Madsen, S.D., Patterson, L.E., & Hennighausen K, H. 2001) ^[13]. Divorce rates continue to increase so does the likelihood that children of divorced parents may have a greater risk adjusting in areas of social relationship, educational achievement, psychological adjustment, self concept and behaviour conduct (cited in Vander Valk *et al*, 2005) ^[19]. Children of divorced parents may have lower sense of psychological well being than children who grew up with intact families (VaderValk *et al*; 2005) ^[19]. Research also confirms that children of divorced parents may experience emotional problems such as loneliness and depression (Asetline & Vandervalk 2005) ^[19]. Thus parents play a vital role in counselling services because parents know their child best. The benefits of parental monitoring and limit setting have positive outcomes (Luthar, 2006) ^[12], with poor parental monitoring clearly linked to negative outcomes in adolescence, such as antisocial behaviour, substance use and sexual risk taking (Hayes, Smart, Toumbourou, & Sanson, 2004) ^[9]. The limits set by parental monitoring, however, may provoke tension as the adolescent negotiates the struggle between developing autonomy and continuing close bonds with parents (Luthar, 2006) ^[12]. A growing body of literature indicates that many family related protective factors such as providing a secure base caring, connectedness, support and belonging are linked to positive outcomes (Luthar, 2006, Rayner & Montague, 2000) ^[12, 16]. Counselling help problem adolescents as well as for the gifted children. Telling lies, indulging in antisocial acts, having fascinated by heterosexual relationships and trying to dodge the adults in family and also indiscipline behaviour in school can be avoided by counselling. Through the counseling and teaching abilities, career counselors can additionally support people in gaining a better understanding of what really matters for them personally, how they can plan their careers autonomously, or help them in making tough decisions and getting through times of crisis.

Thus it appears that counselling is an important area which contributes to the resolution of issues among adolescent. The studies suggest the role of counselling centers as indicators of satisfaction among youth. Therefore, the investigator has explored to assess the role of counselling centers in helping the adolescents to get their conflicts resolved. The present investigator made an attempt to evaluate the role of counselling centers in helping an adolescent to overcome the issues which arises due to psychological stress, identity crisis, generation gap etc. This study may also encourage the

facilitators of adolescents to consider having counselling centers available to them for their assistance which can be a helping measure for the parents, school teachers and administrators for resolving conflicts among adolescents.

1. Conflict

Conflict is the disagreement of thoughts between the adolescents and their significant others. It occurs when they disagree over their values, motivations, perceptions, ideas, or desires. Sometimes these differences look trivial, but when a conflict triggers strong feelings, a deep personal and relational need is at the core of the problem—a need to feel safe and secure, a need to feel respected and valued, or a need for greater closeness and intimacy. In personal relationships, a lack of understanding about differing needs resulted in distance, arguments, and breakups. Adolescents engulfed by conflict and post-conflict situations face circumstances that substantially alter their lives and prospects. Adolescents also experience more negative feelings about themselves after conflicts, and these feelings may also contribute to more vengeful responses. That occurs even by a minor incident-like being ignored or teased—can be loaded with emotional significance. In an entity framework, such conflicts are not small events that will soon pass; they are diagnostic, lasting symptoms of one's own permanent failings as a person. Under these circumstances, peer conflicts—especially those involving victimization or rejection—can be highly charged events, resulting in strong negative emotions. Indeed, previous studies have shown that those who hold more of an entity theory blame uncontrollable and stable characteristics about themselves after social conflicts. When they recognize the legitimacy of conflicting needs and became willing to examine them in an environment of compassionate understanding, it opened pathways to creative problem solving, team building, and improved relationships. When adolescents were made to resolve conflict and disagreement quickly and painlessly, mutual trust flourished. The capacity to remain relaxed and focused in tense situations is a vital aspect of conflict resolution. Although knowing their own feelings may seem simple, many adolescents ignored or try to sedate strong emotions like anger, sadness, and fear. But their ability to handle conflict depends on being connected to these feelings.

2. Counselling

Adolescence can be a difficult life stage from an interpersonal perspective. They are developing their own identities while navigating the social subcultures of middle school, high school or college. Many adolescents at some point feel that they struggle to fit in, experience bullying or turbulent friendships, or problems with dating and intimate relationships. For parents, these issues can be particularly troubling and scary because the adolescents often pull away from close parental bonds and stops sharing their concerns within the family. Parents may see their child struggling emotionally, academically or socially and feel unable to help. Worse still, efforts by parents to reach out are often rebuffed

by the child. Often an adolescent will agree to reach out to a mental health professional and share their concerns and feelings. The achievement of a meaningful answer to the identity issue is the greatest challenge of adolescents. The adolescent gains a sense of control by knowing who they are that allows them to navigate through the rest of life. Without identities, awkward adolescents carry a “How am I doing?” attitude that is always focused on their concern about the impression they are making on others. Without self-identities, they will be or do whatever they think others want. Counseling helps the adolescent feel better about them and learns to deal directly with the challenges of growing up. On the other hand, some adolescents may be angry and rebellious. They can bully other kids or create conflicts within the family. Signs of dating violence may also be a concern. Counseling helps them to express anger more appropriately and learn to treat others with kindness and respect.

Objectives of the Study

The study was designed to achieve the following objectives:

- 1 To identify the different government recognized counselling centers in district Srinagar.
- 2 To identify the cases of conflict among adolescents registered in these centers since last three years.
- 3 To assess the effectivity of counselling provided at these counselling centers for the resolution of the conflict among these adolescents.

Operational definition of Variables

Conflict: Conflict for the present study shall refer to the disagreement of thoughts between the adolescents and their significant others.

Conflict Resolution: Conflict resolution for the present study shall refer to the development of an approach among the adolescents through counselling with the help of which they can resolve their conflicting issues.

Counselling: Counselling for the present study shall refer to a helping approach provided by the counselling centers to the adolescents to resolve their conflicts.

Counselling Centers: The counselling centers for the present study shall be: The Institute of Mental Health and Neurosciences Kashmir and Shri Maharaja Hari Singh (SMHS) Hospital De-Addiction Center

Sample

The present study was conducted on a sample of 20 cases of adolescents registered in Institute Of Mental Health And Neurosciences Kashmir Srinagar and SMHS Hospital De-Addiction Center Srinagar

Tools used

The method of case study was employed for the purpose of data collection.

Statistical Design

Percentage statistics was employed to analyze the data.

Analysis

Case 1

Name	Diagnosis	Reason	Intervention	Recovery
Masrat Majeed	lack of self confidence, feary attitude, inferiority complex, health diagnosis, slow writer, social anxiety and insulting behavior	conflict with teacher	Counseling, psychotherapy and cognitive behavior therapy (CBT).	70%

This table shows the significant impact of counselling on the conflict of the adolescent.

Case 2

Name	Diagnosis	Reason	Intervention	Recovery
Samillah Akhtar	Depression, hatred towards parents, disguised, confused, future worries, intrapersonal conflict, conversion inferiority complex and stagnation in studies.	Conflict with parents	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy and MBT (Multi Behavior Therapy)	100%

The table shows the significant impact of counseling on conflict resolution.

Case 3

Name	Diagnosis	Reason	Intervention	Recovery
Toyiba	Depression, hatred towards parents, disobedient behavior, unstable relationship with parents during childhood, deterioration in academic performance, suspiciousness, anger outburst and disturbed sleep.	Conflict with parents.	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy and MBT (Multi Behavior Therapy)	80%

The table shows the significant impact of counseling on conflict resolution.

Case 4

Name	Diagnosis	Reason	Intervention	Recovery
Bilkees	Depression, hatred towards parents, isolated, annoyed towards work, aggressive, attention seeker, conversions and stagnation in studies	Conflict with parents and siblings	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy and MBT (Multi Behavior Therapy)	70%

The table shows the significant impact of counseling on conflict resolution.

Case 5

Name	Diagnosis	Reason	Intervention	Recovery
Irshad hussain	Depression, isolated, conversions, pressure of being a topper, internal conflict, wants to be favourite among siblings and mood swings.	Internal conflict and identity crisis	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy and MBT (Multi Behavior Therapy)	100%

The table shows the significant impact of counseling on conflict resolution.

Case 6

Name	Diagnosis	Reason	Intervention	Recovery
Uzma Bashir	Depression, isolated, annoyed towards work, conversions, maladjustment, inferiority complex and academic decline.	Internal conflict and identity crisis	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy and MBT (Multi Behavior Therapy)	70%

The table shows the significant impact of counseling on conflict resolution.

Case 7

Name	Diagnosis	Reason	Intervention	Recovery
Hanan	Depression, isolated, annoyed towards work, fear of loneliness, maladjustment, lack of self confidence, hatred towards parents, anxiety, inferiority complex and academic decline	Conflict with parents and identity crisis	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy, MET (Motivational Enhance Therapy) and group sessions.	80%

The table shows the significant impact of counseling on conflict resolution.

Case 8

Name	Diagnosis	Reason	Intervention	Recovery
Zaid Ahmad	Depression, isolated, disobedient behavior, irritability, anxiety, drug addiction F-19 (Poly substance Abuser), guilty feeling and hatred towards parents.	Conflict with parents, identity crisis. and peer group.	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy, MET (Motivational Enhance Therapy), RPT (Relapse Prevention Therapy) and group sessions.	75%

The table shows the significant impact of counseling on conflict resolution.

Case 9

Name	Diagnosis	Reason	Intervention	Recovery
Farkhanda Azad	Depression, isolated, annoyed towards work, fear of loneliness, maladjustment, lack of self confidence, hatred towards parents, anxiety, hatred towards life and academic decline	Conflict with sister and parents	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy, MET (Motivational Enhance Therapy), dialectical behavioral therapy and group sessions	50% recovery

The table shows the significant impact of counseling on conflict resolution.

Case 10

Name	Diagnosis	Reason	Intervention	Recovery
Aman Ahmad Sofi	Depression, isolated, annoyed towards work, fear of loneliness, maladjustment, lack of self confidence, anxiety, inferiority complex, disobedient behavior, irritability, drug addiction F-10 (Alcoholic), guilty feeling, and hatred towards parents.	Conflict with parents.	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy, MET (Motivational Enhance Therapy), dialectical behavioral therapy and group sessions.	80%

The table shows the significant impact of counseling on conflict resolution.

Case 11

Name	Diagnosis	Reason	Intervention	Recovery
Umar Nazir Mir	Depression, isolated, annoyed towards work, fear of loneliness, maladjustment, lack of self confidence, anxiety, inferiority complex, disobedient behavior, irritability, drug addiction F-19 (multiple substance abuser), guilty feeling, and hatred towards family.	Relationship conflict.	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy, MET (Motivational Enhance Therapy), dialectical behavioral therapy and group sessions.	75% recovery

The table shows the significant impact of counseling on conflict resolution.

Case 12

Name	Diagnosis	Reason	Intervention	Recovery
Touseef Ahmad	Depression, isolated, annoyed towards work, fear of loneliness, maladjustment, lack of self confidence, anxiety, inferiority complex, disobedient behavior, irritability, drug addiction F-19 (multiple substance abuser), guilty feeling, and hatred towards family.	Internal conflict and conduct behavior	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy, MET (Motivational Enhance Therapy), dialectical behavioral therapy and group sessions.	75%

The table shows the significant impact of counseling on conflict resolution.

Case 13

Name	Diagnosis	Reason	Intervention	Recovery
Muzamil	Depression, hatred towards parents, disguised, confused, future worries, intrapersonal conflict, conversion inferiority complex, and stagnation in studies.	Family conflict and conduct behavior	Counseling Cognitive behavior therapy (CBT) sessions, psychotherapy, MBT (Multi Behavior Therapy)	70%

The table shows the significant impact of counseling on conflict resolution.

Case 14

Name	Diagnosis	Reason	Intervention	Recovery
Anzar	Depression, hatred towards parents, disguised, confused, future worries, intrapersonal conflict, conversion inferiority complex, and stagnation of studies.	Family conflict	Counseling Cognitive behavior therapy (CBT) sessions, psychotherapy, MBT (Multi Behavior Therapy).	70%

The table shows the significant impact of counseling on conflict resolution

Case 15

Name	Diagnosis	Reason	Intervention	Recovery
Safiya Ashraf	Depression, hatred towards parents, disguised, confused, loss of menstration cycle, intrapersonal conflict, parents more divergent towards other children, and stagnation in studies	Parental and sibling conflict	Counseling Cognitive behavior therapy (CBT) sessions, psychotherapy and MBT (Multi Behavior Therapy).	60 %

The table shows the significant impact of counseling on conflict resolution.

Case 16

Name	Diagnosis	Reason	Intervention	Recovery
Arif Ahmad	Depression, impulsivity, inattention, hyperactivity, conduct diagnosis, opposing defiant behavior, general anxiety,	Significant impact on earning, conflict with	Counseling Cognitive behavior therapy (CBT) sessions, psycho education,	75%

Dar	social anxiety, phobias, violence, co-dependence, reduced access to resources (food, education, clothes etc) and drug addiction F19 (multiple substance abuser)	parents and siblings, family tension is significant.	MET (Motivational Enhance Therapy), dialectical behavioral therapy and group sessions.	
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The table shows the significant impact of counseling on conflict resolution.

Case 17

Name	Diagnosis	Reason	Intervention	Recovery
Fahed Qadir	Depression, hatred towards parents, isolated, annoyed towards work, aggressive, identity crisis, conduct behaviour and stagnation in studies.	Conflict with parents and internal conflict	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy, MBT (Multi Behavior Therapy)	50%

The table shows the significant impact of counseling on conflict resolution.

Case 18

Name	Diagnosis	Reason	Intervention	Recovery
Syed Sarwar	Isolated, annoyed towards work, fear of loneliness, lack of self confidence, anxiety, inferiority complex, disobedient behavior, irritability and Cannabis abuser	Conflict with parents and sister	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy, MBT (Multi Behavior Therapy)	75%

The table shows the significant impact of counseling on conflict resolution.

Case 19

Name	Diagnosis	Reason	Intervention	Recovery
Khatija	Isolated, irritability, appetite fearfulness, anger outburst, intolerant and involuntary convulsions.	Conflict with parents due to favouritism.	Counseling, Cognitive behavior therapy (CBT) sessions, psychotherapy, MBT (Multi Behavior Therapy).	80%

The table shows the significant impact of counseling on conflict resolution.

Case 20

Name	Diagnosis	Reason	Intervention	Recovery
Yaseer Ahmad Khosa	Lying, Stealing, picking up fights, self harming behaviour, bullying, fidgety in school performance.	Conflict with parents	Counseling, CBT (cognitive Behaviour Therapy).	70%

The table shows the significant impact of counseling on conflict resolution.

Adolescents with conflicts after counselling

Adolescence is not only periods of maturation and transition to adult life but also critical times in human development. Adolescents can be oppositional particularly when tired, hungry, stressed or upset. All children will at one time or another argues, talk back, disobey, and defy parents, teachers, and other adults. Oppositional behavior is a normal part of development for children and early adolescents. However oppositional behavior becomes a serious concern when it is frequent and consistent compared with other children and when it affects the child's social, family, and academic life. It may be tough at times to recognize the difference between a strong-willed or emotional child. The cases in the present study had different forms of behaviours such as risk taking, experimentation, and anxiousness. Counselling assisted the adolescents in making the transition to adulthood in a healthy, responsible and productive manner. The counselor promoted and demonstrated healthy and risk reduction behaviours, inspire, and encouraged them to acquire healthy behaviours through sharing experiences among their peers, parents, and significant others. The counselling sessions linked to broader strategies for change as it provided strong benefits to the adolescents themselves. The counselor used methods like role play, group discussions, case studies, monitoring and evaluation etc to relieve the cases from their conflicts. The counselling sessions were given to the cases weekly. The severe cases were tackled with two sessions a week. The counselling helped them to relieve from ongoing feelings of distress (sadness, anger, worry, frustration) and problem

behaviours were reduced or eliminated. For adolescents making sense of the reasons underlying poor choices helped them to learn new ways to cope with stressful situations. It helped them to discover existing strengths from which improved self-esteem can build upon. It helped them in improving school performance and peer relationships. Reduction of stressful interactions with parents and siblings were also handled with the help of counselling. It gave adolescents an opportunity for strengthening of the parent-child relationship. The overall Reduction of stress in family communication and interactions were also solved with the help of counselling.

Conclusion

The various conclusions drawn from this study are listed as follows:

- There is a significant impact of counseling on conflict resolution of adolescents.
- Counselling interventions have a substantial impact on the drug abuser adolescents.
- Counselling has helped the adolescents to improve the academic performance.
- Counselling is necessary for all adolescents for resolving various issues.
- Counselling has relieved the adolescents from ongoing feelings of distress, teaches them to identify and express feelings in healthy ways.
- Counselling is important in improving school performance and peer relationships.

- Counselling has given them the opportunity for strengthening of the parent-adolescent relationship.
- Counselling has helped the parents to tackle with the situations of oppositional behaviour.
- It was concluded that parents are to a large extent reason of conflict among adolescents.

Suggestions

On the basis of the results of the study, it is suggested that:

- Counselling unit should be created in all the schools and colleges.
- There should be Provision of a systemic approach which analyzes issues of adolescents within a broader social system.
- Counselling is important in improving school performance and peer relationships.
- Parents need counselling so that they must be aware about the needs of the adolescents for their healthy growth and development.

Educational Implications

- Internal conflict and identity crisis in adolescents leads to depression, isolation, maladjustment, lack of self confidence and academic decline. Counselling helps them to improve their academic performance and relieved them from ongoing distress, teaches them to identify and express feelings in healthy way.
- Understanding the effects of conflict on the academic achievement of high school students helps the educationists and school counselors to improve their academics and development in a proper direction.
- Parents who display high levels of acceptance in parent-child relationships are providing some level of protection for exposure to inter-parental conflict and help to ensure that children succeed in their matters despite stress from home or school environment.
- Discipline, parenting style, family conflict and marital discord are related to academic achievement. Academics and educationists have a seminal role to play in the resolution of these conflicts.
- There is a need for school counselors, family psychologists and other professionals working with adolescents for lower academic achievement to teach adolescents more adaptive coping mechanisms against inter-parental conflict exposure.

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