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## Family Conflict Resolution: Its Measurement and Relationship with Family Conflict and Psychological Adjustment

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### Author(s)

P. Tyler Roskos, Paul J. Handal, Megan E. Ubinger

### ABSTRACT

Based on family conflict literature, there is a need for the development of a measure of family conflict resolution. This study aimed to develop items based on established instruments and rationally construct new items in order to pilot a measure of family conflict resolution. Preliminary reliability and validity data were obtained using a sample of young adults. Results indicate that the proposed measure of conflict resolution produced valid factor analytic solutions, adequate internal consistency, and construct validity. The results of this study also revealed avoidance of conflict as a factor that is related to adjustment. Future research into conflict avoidance as a salient contributor to psychological adjustment appears warranted.

### KEYWORDS

Family Conflict, Conflict Resolution, Adjustment

### Cite this paper

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