

Conflict resolution behaviors among addict adolescents in Egypt

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Abstract

Conflict resolution behaviors are essential to solve the problems raised by conflict and to overcome the negative impacts of it. Addict adolescents can get more advantage, if they know how to handle conflict in a proper way. This study aimed to assess Conflict resolution behaviors among addict adolescent in Egypt. A descriptive design was utilized in the current study. A Sample of convenience of 150 addicts adolescents who were attending to the outpatient clinic in Kasr Al Ain psychiatric and addiction hospital. Two tools were utilized in the current study including Sociodemographic characteristics and medical data, conflict resolution behaviors questioner developed by the investigator. The result showed that, more than half of the studied addict adolescents were males. More than three quarter of the studied addict adolescents were aged between 17 -19 .the majority of the studied addict adolescents were read and write and secondary education. The majority of the studied addict adolescent abused tramadol. The Findings also revealed that, slightly more than three quarter of the studied addict adolescent sometimes and always use competitive behavior, smoothing behavior, and avoidance behavior in resolving their conflict. And the minority of the studied addicts adolescents sometimes and always used compromising and problem solving behavior in resolving their conflicts. The finding highlights the importance of further studies about conflict resolution behaviours among addict adolescents in large sample and from different areas and the essential to educate the public that teen substance use is a public health problem. This study supports a role for conflict resolution styles in studies of adolescents problem behavior.

Key words: Conflict, conflict resolution behaviors, addict adolescent.

Introduction

Adolescence is a time when a person is torn by conflicting feelings. On one hand, the adolescent is eager to be free, and on the other hand, the adolescent wants that there is always someone behind him who supports and takes care of him. Or he can strive for making decisions by himself, but consequences of his erroneous actions should be corrected by someone else. As a result, adolescents' strained necessities of autonomy and self-determination usually lead to various conflicts in the family (Saxena, Srivastava, and Naithani, 2011).

In response to the physical changes of puberty, adolescents experience heightened periods of excitement and tension. They use defenses against these feelings that were helpful in childhood and experiment with new, more adult – like attempts at mastery. Thus in their attempt to cope, adolescents sometimes act like adults and at other times behave like children (stuart, 2013).

Adolescents who are addicted to the substances also usually suffer from problems in their daily routine, school performance, family relationships, and mood (Ryu, Choi, Seo, 2004). It is important, therefore, for mental health professionals to develop interventional strategies for preventing addiction among adolescents. There is a need to resolve these conflicting findings and better understand the social forces that may influence the development of adolescent drug use. This is an important issue because many drug prevention programs are school-based and focus on peer influences (Gorman, 1996).

Conflict resolution behavior is essential to solve the problems raised by conflict and to overcome the negative impacts of conflict (Ahmed et al .2010). Adolescents can get more advantage, if they know how to handle conflict in a proper way. The choice of proper conflict handling technique varies from individual to individual (Anwar , Shahzad and Rehman2012). The adolescent's need for cognitive consistency and socially validated knowledge about oneself and the immediate surroundings are a conflict source (De Dreu and Gelf.2008).

empirical studies show a different pattern. For instance, the use of an aggressive conflict resolution style has been found to be higher for middle adolescents than for early adolescents (Tucker, McHale, & Crouter, 2003).empirical studies showed that conflict intensity increased from early to middle adolescence and then decline (De Goede, Branje, & Meeus, 2009) which might be an indication that conflict resolution of adolescents is temporarily characterized by more fighting and arguing from early to middle adolescence.

As conflicts are part of adolescents' everyday life, appropriately managing these conflicts is essential in maintaining constructive relationships. Research showed that adolescents who used higher levels of aggressive or avoidant conflict resolution with their parents reported higher levels of problem behaviors, whereas adolescents who handled conflicts with their parents by compromise reported lower levels of problem behaviors (Branje, Doorn,& Goede 2011). Furthermore, adolescents who lack the ability to resolve conflicts constructively with peers and parents are found to be at risk for maladjustment and social rejection (Newcomb, Bukowski, & Pattee,

1993). So that, utilizing effective conflict resolution styles in relationships with parents and peers is important

Subject and methods

Research Design

A descriptive design was utilized in the current study to assess conflict resolution behaviors among addict adolescents.

Research Question

Q 1: What are the conflict resolution behaviors used by addict adolescents?

Sitting:

This study conducted at Kasr – El-Aini psychiatric and addiction hospital.

Subject:

A sample of convenient of 150 addicts adolescents. Adolescents were selected within 10 months from May3013 to February 2014. Criteria of inclusion: Both sex of addict adolescents, aged (12-19) years, Criteria of exclusion: Co morbid psychiatric condition, addict adolescents with chronic diseases

Tools of data collection

To achieve the purpose of this study, two different tools were utilized

1-Socio-Demographic / Medical Data Sheet

It was developed by the investigator to assess all the related demographic data of the addict adolescents such as age, gender, education level, social status, type of drugs, amount of drugs, date &age of starting, and pattern of use.

2-Conflict resolution behaviors Questionnaire

It was developed by the investigator after reviewing the related literature (Goldstein, 1999 & Truths, 2006 etc.....). The scale consists of 46 items and used to assess the conflict resolution behaviors among adolescents. The scale rated on a 3-point likert scale format, ranged from rarely (1) to always (3). The scale was divided in to five subscales. The first subscale was Problem solving behavior and consists of 10 items. The second subscale was Competitive behavior and consists of 11 items. The third subscale was Compromising behavior and consists of 7 items. The forth subscale was Smoothing behavior and consists of 9 items. The fifth subscale was avoiding behavior and consists of 9 items. The scoring system was rarely (76- 92) Reliability was tested by the investigator (0.78).the content validity done by 5 experts in the field of psychiatry and they made some changes in form of scale.

Result

Table (1) revealed that, the studied sample consisted of 150 addict adolescents with a mean age of 17.75 ± 1.33 , slightly more than three quarter of them (84.7%) were aged between 17 -19. The table also showed that (61.3%, 18.7%) and (8%) of the studied addict adolescents were read and write, secondary, and university education respectively. As regards gender and residency (89%) of the studied addict adolescents were males, (84%) of the studied addict adolescents were from urban area.

Table (1) socio-demographic characteristics of the studied addict adolescents (n=150)

Socio- demographic characteristics	No.	%
Age (in years)		
13-	23	15.3
17-19	127	84.7
M±SD	17.75± 1.33	
Sex		

Male	134	89.33
Female	16	10.67
Residency		
Urban	125	83.33
Rural	25	16.67
Education		
university	12	8
secondary	28	18.7
read and write	92	61.3
Illiterate	18	12

As shown in Figure (1), 82.6% of the studied addict adolescents used tramadol followed by (25.3% and 7.3%) of them reported that, they use hashish and heroin respectively.

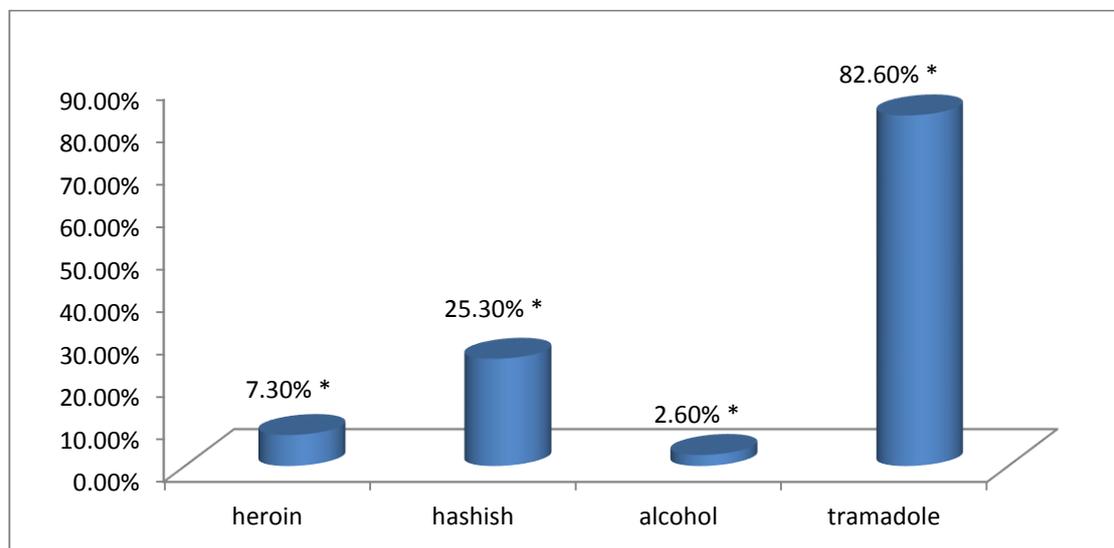


Figure 4. Types of substance use as reported by studied addict adolescents.

*Numbers are not mutually exclusive.

As regards total problem solving behavior subscale figure (5) showed that, 52.7%, 27.3%, and 20% of the studied addict adolescents reported that they rarely, sometimes, and always use problem solving behavior in their conflict resolution respectively.

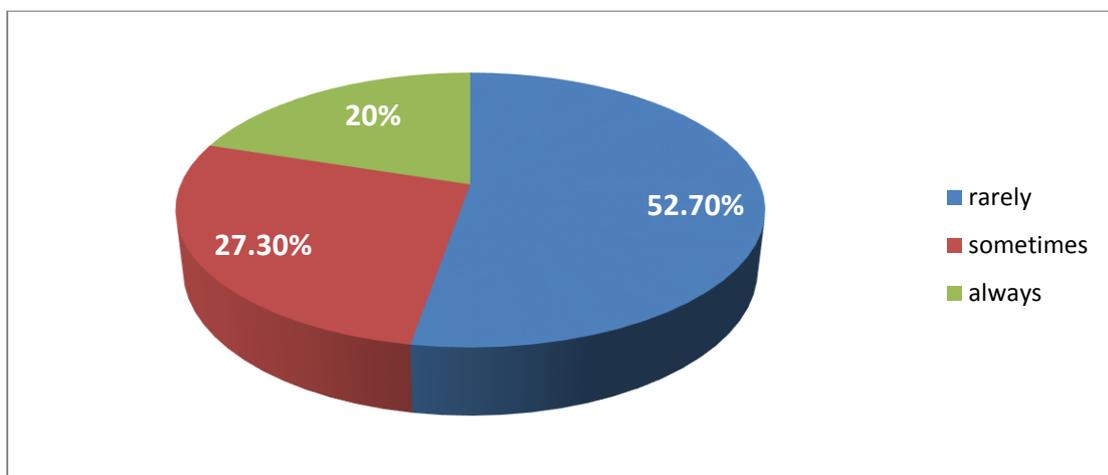


Figure 5. Conflict resolution behaviors (total problem solving behavior subscale)as reported by the studied addict adolescents

As regards total Competitive behavior subscale figure(6) showed that,77.3%, 22%, 0.7% of the studied addict adolescents reported that, they always, sometimes, and rarely use Competitive behavior in their conflict resolution respectively.

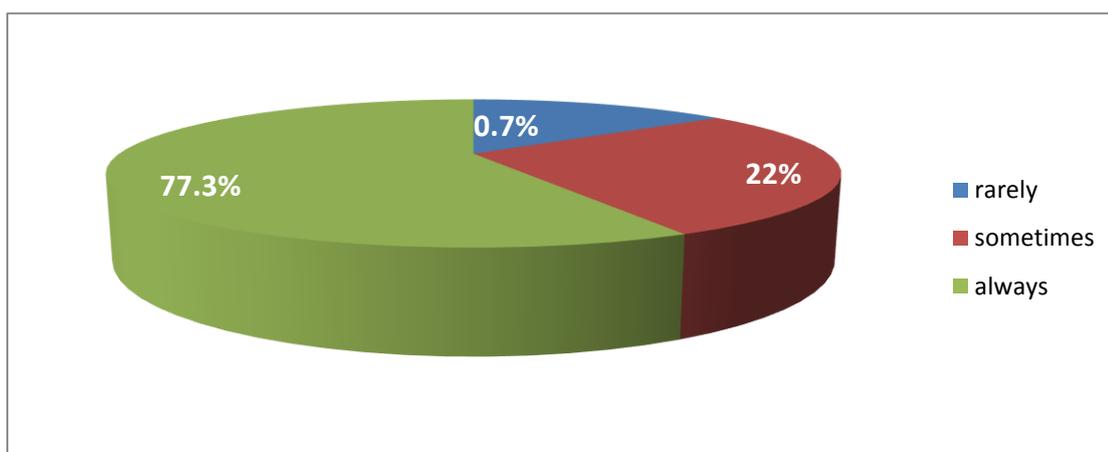


Figure6.Conflict resolution behaviours (total Competitive behavior subscale) as perceived by studied addict adolescents

As regards total Compromising behavior score figure(7) showed that, 50.7%, 34.7%, and 14.6% of the studied addict adolescents reported that, they rarely, sometimes, and always use Compromising behavior in their conflict resolution respectively.

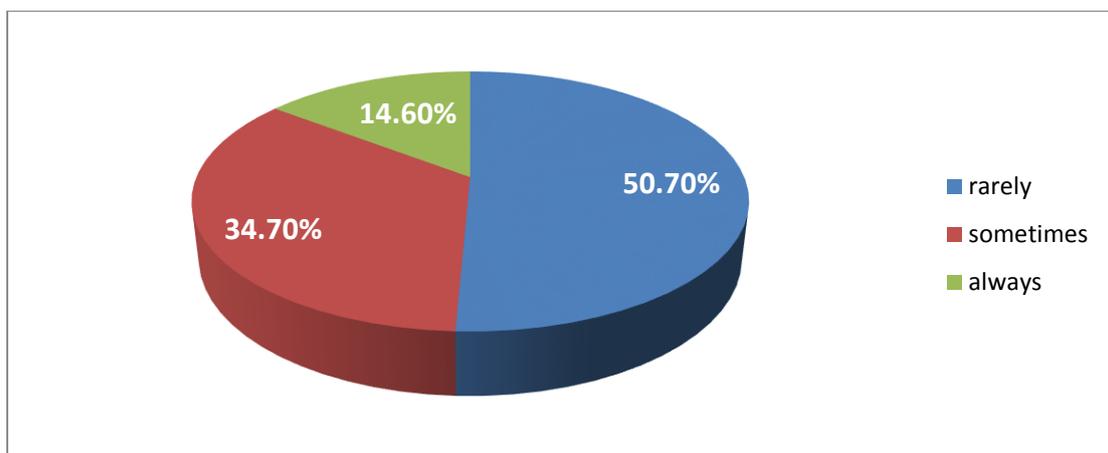


Figure7. Conflict resolution behaviors (total Compromising behavior score) as perceived by studied addict adolescents

As regards total smoothing behavior subscale figure(8) showed that, 43.3%, 34.7%, and 22% of the studied addict adolescents reported that, they sometimes, rarely, and always use Smoothing behavior in their conflict resolution respectively.

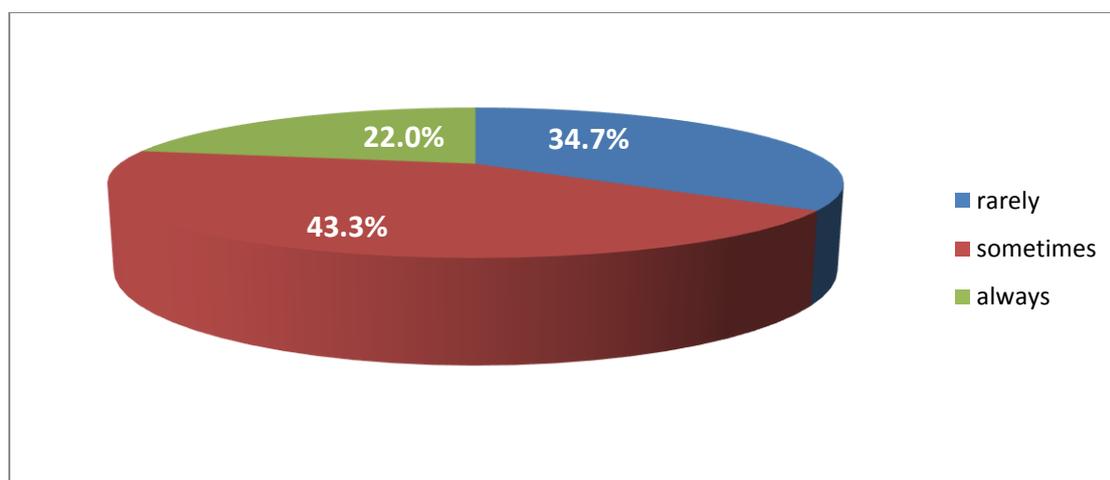


Figure8. Conflict resolution behaviors (Smoothing behavior subscale) as perceived by studied addict adolescents

As regards total avoiding behavior subscale figure(9) showed that, 43.3%, 38%, and 18.7% of the studied addict adolescents reported that, they rarely, sometimes, and always use avoiding behavior in their conflict resolution respectively.

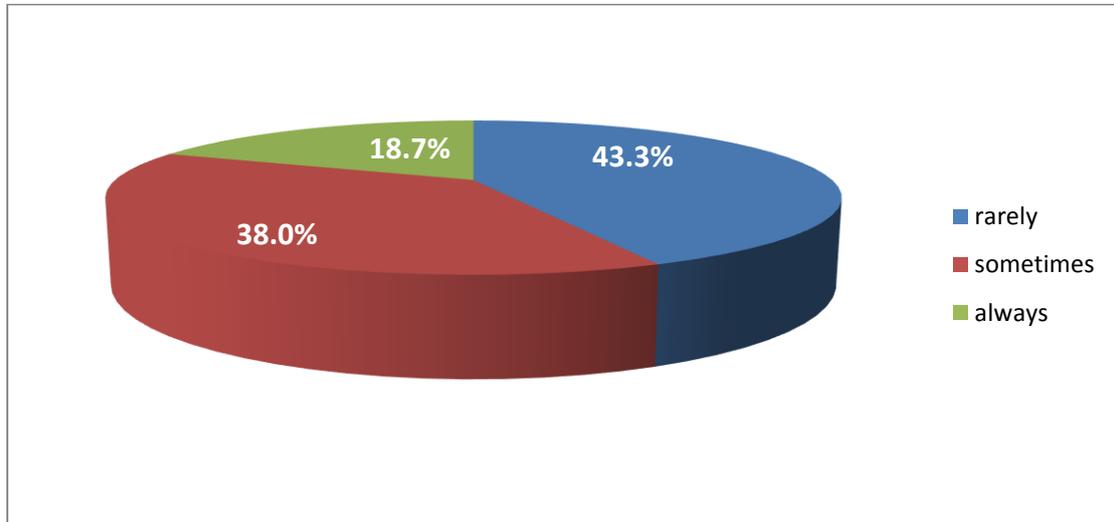


Figure 9. Conflict resolution behaviours (total avoiding behavior subscale) as perceived by studied addict adolescents.

Table (2) revealed that, more than half of the studied addict adolescents (58.7%) sometimes used conflict resolution behaviors. while (41.3) of the studied addict adolescents rarely used conflict resolution behaviors.

Table (2) level of conflict resolution behavior among studied addict adolescents (n=150).

Item	No	%
Conflict resolution behaviors		
Rarely (46-92)	62	41.3
Sometimes (93-139)	88	58.7
always (140-186)	0	0

Discussion

The aim of the current study was to assess conflict resolution behaviors used by addict adolescents in Egypt.

The Result of the present study revealed that the majority of studied addict adolescents their age was between seventeen to nineteen years old, and the minority of them, their age ranged from thirteen to sixteen years old. In agreement with Egypt's National Council for Battling Addiction (2013), reported that in Cairo, children as young as eleven are using drugs and the use among people over 15 has jumped from 6.4% to 30%. Similarly, Morrison (2000) found that, the average age of first use is between eleven and twelve years.

According to a survey done by Fergusson &Horwood (2000) revealed that, addicts from 15 to 16 year- olds almost half had tried illicit drugs at some time. From the investigator point of view result indicate that, young age are more easily influenced, half of all young Egyptians are living in poverty with no future to look forward to, and the continued failure of the state pushes adolescents to addiction. Moreover, during adolescence period a young try to transition towards independence from the family by interaction and identification with peers. This independence can be constructive, resulting in increased self-confidence and autonomy. It can, however, also be destructive, promoting for example use of illicit drugs.

The current study shows that more than three quarter of the studied sample were male. This finding supported by Fawzi (2010) who found that, the male sex prevalence of substance abuse was the higher percentage while the minor percentage

cases for female . In agreement with El-Sawy , Abdel Hay, and Badawy, (2010) who found that males abuse drugs more commonly than females. Also shaheen, (2014) found that 96.7% of the studied addict adolescents were male while 3.3% of them were female. These result may be related to Egyptian culture, males have more opportunity to abuse drugs than females at earlier age due earlier work career and more freedom.

The current study reported that, the highest percentage of addicts in this study was read and write and secondary school education. Similarly, El-Sawy , Abdel Hay, and Badawy, (2010) found that the highest percentage of addicts was that of secondary school education while the lowest percentage was that of illiteracy. In the same line a survey carried out by Hamdi, et al (2009) who found that the majority of the studied sample were illiterates and secondary school education. These may be most persons who can read and write their occupations was skilled workers or unemployed and they take these substances to increase their tolerance for hard work. Regarding secondary education it may relate to peer pressures, seeking pleasure, to improve mood, and curiosity.

The current study showed that the majority of the studied sample was abused tramadol. The current study result supported by Viney, (2011) who found that, Drug addiction remains an ongoing serious problem in Egypt today, especially in Cairo, where an estimated 1.4 million are drug addicted, most commonly to tramadol. In the same line the study that done by shaheen(2014) in her study about comparing personality traits, stress, & psychiatric co-morbidity adolescents depression and addiction ,she found that 93.3% of her studied sample were abuse tramadol.

Also a survey by Hammami,et, (2009) who found that, Gaza resident's increases in their risk taking behavior, including a significant rise in cases of drug addiction, One drug associated with this trend is Tramadol. This indicated that, Tramadol is relatively easy to obtain in Egypt, either with fake prescriptions from pharmacies or on the black market and it is very cheap drug. Also after the revaluation of 25 January and the absent of the restrictive measures, it helps in increase availability of this substances.

The current study also showed that more than three quarter of the studied sample was live in urban areas. The current study result supported by the Report of national research for addictiont done by Hamdi, et, (2009) who found that the majority of the studied addicts were from urban areas. This is related to high population live in the urban areas in Egypt. also because of how easily accessible drugs appear to be in urban communities. In the other hand the rural areas in Egypt present far in isolated areas. These make difficulties in availability of substances abused in these areas.

The finding of the current study showed that more than half of the studied addict adolescents rarely used problem solving behavior in their conflict. This finding supported by the study done by William & Thomas, (2003) about adolescent problem solving, parent problem solving, and externalizing behavior in adolescents who found that the problem solving ability was low among adolescents also found that problem-solving dimensions were found to be related to aggression and/or delinquency and this dimensions might also be linked to substance use. This is indicates lack of problem

solving skills in adolescents may be because problem solving abilities continue to develop and cognitive processes are still immature in adolescence period.

The finding of the current study revealed that, the majority of the studied addict adolescents always used Competitive behavior in their conflict resolution. Similarly, Esin and Ayhan (2001) found that in handling conflicts females have often time rated males as less co-operative and more competitive, and males have rated females as more co-operative and less competitive

The finding of the current study revealed that, around one third of the studied addict adolescents rarely used Compromising behavior in resolving their conflict. Also one third sometimes used compromising behavior in resolving their conflict. Then less than one quarter of them always used compromising behavior in resolving their conflict. Their findings consisted with the study carried out by Gbadamosi , Ghanbari, & Al – Mabrouk (2014) who founded that, there are a significant differences in the use of compromising behavior among male and female adolescents. Also study done by Fakhry & Abou El Hassan, (2011) revealed that only seventeen present of her studied student used Compromising behavior in resolving their conflict

The current study revealed that more than half of the studied addict adolescents, always and sometimes use Smoothing behavior in their conflict resolution. While less than one quarter of the studied addict adolescents always use avoiding behavior in their conflict resolution. This findings supported by Gbadamosi, Ghanbari, & Al – Mabrouk (2014) who found that the young age used

accommodating style more than avoiding style in resolving their conflict. In the same context the study done by Fakhry & Abou El Hassan, (2011) who found that, one third of her studied sample use accommodating style and only ten percent of them use avoiding style in resolving their conflict.

Conclusion:

This study clearly concludes that it is important to consider different conflict resolution behaviors used by addict adolescent during time of conflict. Moreover the study finding revealed that the majority of the studied addict adolescents use competitive behavior in resolving their conflict. Followed by smoothing behavior and avoidance behavior. While the minority of them use compromising behavior followed by problem solving behavior in resolving their conflicts

Recommendations:

- Health systems must work to prevent or delay the onset of substance use through effective public health measures.
- Routine screenings should be conducted by health care providers to identify at-risk teens.
- School-based prevention programs must be developed about addiction and health conflict resolution behaviors among addict adolescents.
- Adolescents must be trained on how to use problem solving skills in daily life situation
- In- service training should be applied for psychiatric and mental health nursing staff to be able to deal with adolescence period.

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