

Internal Family Conflicition in Bangladesh: Causes, Effects and Solutions

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Abstract

Conflict can happen when family members have different views or beliefs that clash. Sometimes conflict can occur when people misunderstand each other and jump to the wrong conclusion. Issues of conflict that are not resolved peacefully can lead to arguments and resentment. It is normal to disagree with each other from time to time. Occasional conflict is part of family life. However, ongoing conflict can be stressful and damaging to relationships. Some people find it difficult to manage their feelings and become intentionally hurtful, aggressive or even violent. Communication in a positive way can help reduce conflict so that family members can reach a peaceful resolution.

Keywords: Family, Disagreement, Argument, Misunderstanding, conflicition, Bangladesh.

Introduction

A family is a group of two or more persons related by birth, marriage, or adoption who live together; all such related persons are considered as members of one family. For instance, if an older married couple, their daughter and her husband and two children, and the older couple's nephew all lived in the same house or apartment; they would all be considered members of a single family. At its most basic, then, a family consists of an adult and his or her offspring. Most commonly, it consists of two married adults, usually a man and a woman (almost always from different lineages and not related by blood) along with their offspring, usually living in a private and separate dwelling. This type of unit, more specifically known as a nuclear family, is believed to be the oldest of the various types of families in existence. Sometimes the family includes not only the parents and their unmarried children living at home but also children that have married, their spouses, and their offspring, and possibly elderly dependents as well; such an arrangement is called an extended family. Family conflict, it remains stressful and this is an ongoing problem. Family conflict occurs when there are strong opposing views. Arguments act up in the presence of a misunderstanding that soon leads to an inaccurate conclusion. Ongoing family conflict causes hurt and aggression, especially when there is a lack of communication. One of the most difficult things about maintaining a mutual understanding with parents, children and siblings are getting everyone to support a single conclusion. There won't always be similar compromises or viewpoints and that can separate family members, causing them to take sides. If there are strong power imbalances it can also be difficult to resolve a family consensus. Counseling aims

toward all of these issues and studies the differences between each family member. It's the job of the therapist to look beneath the surface and identify what might be causing in differences and leading to conflict.

Materials and methods:

The methodology in this paper has been based on qualitative research mainly relies on the family confliction case facts in Bangladesh. In addition, relevant statutes, law journals, legal articles, authoritative books, relevant theses and various news reports have been utilized in conducting this research work. In brief, this study concerns about the family members like parents, children, married and unmarried persons both of males and females in Bangladesh. Moreover this work addresses the Family Laws Ordinance and Family Court Ordinance in Bangladesh context.

What is Family Conflict?

A mother comes home to her young children. Strapped for cash as a single income household, all the children pitch in making macaroni and cheese and frozen green beans for dinner. The mother is overworked and snaps at her children. Her children feel ashamed at school and unsure of how to help their family. Now, picture another scenario. A wealthy family in the suburbs waits up for their youngest daughter to get in. At 16, she stumbles in after staying out hours too late with friends. An argument ensues and her father throws a lamp. The mother is crying and the girl locks herself in the bathroom. In a house down the street, a banker arrives home drunk from a work function and screams at his wife, hitting her as their toddler hides under the stairs.

Family conflict affects all races and wealth brackets. No family is exempt from strife at some point in their relationship. Family conflict can be short lived, such as arguments at the dinner table. However, continuous family conflict, such as abuse, poverty, or mental instability can cause problems that ripple through the entire family unit.

Work-life family conflict is a related concept to work-family conflict. Work-life conflict describes the conflict between work and other aspects of a person's life. Work circumstances can affect various parts of an employee's life. The parts of a person's life that can be affected include relationships with friends, health, volunteerism, and religion.

There are various causes of work-family conflict. Some of the causes are:

- ✓ Family stress and overload
- ✓ Work hours
- ✓ Limited autonomy and flexibility at work
- ✓ Self-employment and entrepreneurship
- ✓ Higher job status and responsibility
- ✓ Job burnout
- ✓ Parental stress
- ✓ Caretaking of aging parents
- ✓ Economic downturn

The impact of work and family roles on each other can arise from several types of circumstances. Family role circumstances that can affect work are family stress and overload, parental stress, and taking care of one's aging parents. Work roles requiring long hours and offering low autonomy and

flexibility can contribute to work-family conflict. Additionally, self-employment, high job status and responsibility, and job burnout can be causes of work-family conflict.

Types of Family Conflict:

The conflicts family mediators and therapists most often deal with are: Extramarital Affairs, Financial Difficulties, Family Business, Communication Failure, In-Law Related Conflict, Sibling Conflict Over Care of Elderly Parent, Stepparent-Stepchild Conflict, Divorced Parents Conflict Over Care & Discipline of Children, power struggles, Clash of inferiority Complex, Generation gap. Recently, many adult children have been going to mediators to deal with conflicts related to their elderly parents. Mediators can help families decide living arrangements for the older and often ailing parents. They can also help disputing siblings decide care-taking responsibilities or how their parents' property is to be divided.

Generation Gap:

There is a generation gap between the parties, parents and grandparents and it is a very rare side to see a child or youth rebelling over his opinion and how they do not match with the opinion of his elders that live in the same family. The generation gap because our parents brought up in time which is very different from that the time we are living today. The culture that they were brought up in, the socialization process that very different from the kind of upbringing we had. What happened as result is there are clashes because there is no agreement when two people brought up in different environment they will have different notions and opinion about different things. That is why family becomes to get disorganized relationships this start breakdown, there is not in harmony, there is also a role conflict.

Family Business:

Several families are engaged in a family-run business, often started by a single family couple and then passed down to the couple's children who must find ways to work together. Also, siblings tend to go into business together. And why not? It's difficult to trust people these days, and we should be able to trust our siblings, right? Unfortunately, there ends up being all types of conflict in family business. Partnerships are hard, regardless of whether the partners are related or not. But when partners are family members, the business conflicts often spill over into extended family conflict. Non-invested siblings can get pulled in to the ordeal; cousins can build animosity toward each other; even elderly parents may be brought in to take sides with brother-business partners.

In-Law Related Conflict:

In-law related conflict; however, the stress is all too real and relentless. From mother-in-law conflicts with daughters-in-law to mother-in-law son-in-law conflict, personality clashes in families are rampant when taking on a new set of parents or a new adult as part of the family. Sure, the couple is in love but couples must remember they are not only marrying their spouse; they are marrying his or her family as well. So each partner better be sure they know what they are marrying into, because people don't change very easily. That means the mothers-, fathers-, sons-, and daughters-in-law are known on the day of the marriage will likely be the ones that stick around for good. If it is hoping they will change, it is probably in for a rude awakening. Typical arguments in wife and mother-in-law conflict, for instance, might revolve around: how to treat her husband, how to raise the children, how to spend money more responsibly, and so on. Jokes and movies abound regarding conflict with in-laws (especially mothers-in-law); however, when they actually become involved in disagreements with their in-laws or extended family, it is no laughing matter. While it is preferable to respect to elders-parents and grandparents on both sides equally-this can prove to be challenging. If relatives routinely

interfere in family's decisions and lifestyle, conflict frequently results.

Finances and Jobs:

One major source of family conflict is within the area of finances specifically, the lack of enough money to pay bills, maintain the mortgage or rent, buy sufficient food and other necessities and have any remaining money for recreation. Job or career may contribute to conflict within a family. If a parent's job keeps him away from home most of the time, the spouse at home with the children often feels neglected or overwhelmed. Conversely, if the parent becomes unemployed, this causes its own form of stress and conflict, as finances dwindle and uncertainty sets in about the future.

Sibling Rivalry:

Another cause of family conflict is the inevitable rivalry that occurs between siblings. Children typically seek their parents' attention and approval, even if this requires tattling on, or sometimes causing harm to, a sibling. Whether a child expresses jealousy of her sibling, competes with him or teases him non-stop, it is destined to cause conflict. Each child deserves an equal amount of parental love and acceptance, yet sometimes a parent may favor one child over another. This merely intensifies the conflict.

Sibling Conflict over Care of Elderly Parent:

As parents age, siblings are typically responsible for how to care for their elderly parents. Some people feel the best place for their parents will be in one of the children's homes or in an assisted living facility, while others feel they should remain in the family house or in a retirement community. There are no easy answers as to what should be done about caring for elderly parents, and so sibling conflict over the care of an elderly parent can foster stubbornness and deeply felt anger between siblings or any other parties responsible for an aging loved one.

Stepparent-Stepchild Conflict:

Adopting a stepchild is a serious and emotional endeavor; but accepting a stepparent is probably even more serious and more difficult. Certainly, when minor children live in a household with a stepparent they do not like and/or who doesn't much like them, the family unit is set-up for strife and resentment. Even grown children of a parent who remarries can find themselves at odds over their parent's choice in a new partner. And when children are affected, especially small children, other members of the family may be drawn into the stepparent-stepchild conflict. If the problems are obvious and worsening, grandparents, uncles, and aunts may throw in their two cents, which can create further conflict between them and the new step-parent or even the biological parent. Of all types of family conflicts, stepparent-stepchild conflict may be the most difficult to witness, since it can directly involve young children.

Divorced Parents Conflict Over Care & Discipline of Children:

Putting aside financial matters for a moment, the proper care and discipline of shared children is a central point of contention for many divorcees. One parent may have a more rigid style, for example, while the other is more lenient. Each parent then feels much of their effort is being dissolved as soon as the child leaves to go to the other parent's home. This can be frustrating and sometimes enraging. Co-parents that work together amicably are a blessing to see. Co-parents who are regularly arguing are often extremely stressed by the conflict with their former spouse. Sometimes it is better for the ex-partners simply not to communicate, or at least to communicate as little as possible and only then about very logistical matters related to the child (i.e. the schedule, a field trip, etc.).

Constant absence of a spouse:

When a spouse is constantly away from home either for work or other purposes, the other spouse might not be comfortable with staying alone. No doubt, they might decide to stay connected through phone calls and the internet but that can never be used to replace the closeness felt when they are together. There are many individuals who have filed for divorce because their spouse was always away. If for any reason a spouse has to stay far away from home, it should be mutually agreed upon. Also, the couple must always create time to meet up. Frequent, intense and poorly resolved conflict between parents can place children at risk of mental health issues, and behaviors, social and academic problems. It can also have a significant effect on a child's long-term outcomes.

Extramarital Affairs:

Infidelity causes some of the most serious family conflicts and can lead to separation or divorce. Lack of emotional support, intimacy, respect or admiration is common causes of infidelity. According to MaritalHealing.com, other reasons include loneliness, selfishness and feeling unfulfilled by parenthood. Cheating typically leads to deep pain and distrust. A partner who learns her spouse has been unfaithful usually feels betrayed, angry and even embarrassed. The legal ramifications of extramarital affairs can significantly impact children in the family, especially if a custody battle ensues. Extended family members who offer support may also be affected.

Financial Difficulties:

Financial problems are one of the leading causes of divorce. A couple may feel overwhelmed by the amount of money they owe, which affects how much they can afford to do or buy for the family. Financial stress can also occur when a husband and wife disagree about how, where or when money is spent. Other family conflicts arise as a result of unemployment. When someone is out of work for a long period of time, she might feel anxious, depressed or ashamed, and such negative emotions can fuel arguments with her spouse.

Communication Failure:

The Huffington Post article "Divorce Causes: Communication Habits That Lead To Divorce " describes several communication issues that can cause conflict, such as saying something you don't mean, doing the opposite of what you say, interrupting and focusing on the negative. When couples or families fail to communicate effectively, arguments erupt more quickly and easily. Mixed messages and lack of understanding between couples or parents and children causes tension.

Parenting Issues:

The decision to have children is important and changes a person's life forever. While usually rewarding, parenting can also be complicated, stressful and tiring. Parental choices are critical, long-lasting and can lead to arguments. Conflict can occur when a couple is unable to conceive or when a man and woman disagree about whether to have children. Some conflicts happen because a couple conceives unexpectedly and is not prepared to have a family. Other problems related to parenting arise when a mother and father have conflicting parenting styles. They might disagree about how to discipline their children or how to handle a physical, mental, emotional or learning disability in a child. In such situations, counseling can help resolve conflicts.

Effects of Family Conflicts**Emotional Development in Children:**

Family conflict is damaging to young children who are still developing physically and emotionally. Children need to feel safe to develop appropriate attachment and emotional responses. If the caregiver

does not provide a safe environment, the child's brain develops differently, causing the child to constantly be on alert. This can result in post-traumatic stress syndrome, anxiety, or depression.

Households with high levels of family conflict often neglect young children, either showing negative behavior or limiting their interactions and play. This can create deficits in cognitive development leading to learning disabilities or children starting school behind grade level. Children that go through neglect due to family conflict, such as an alcoholic or mentally ill parent, also have more behavioral problems that can lead to problems at school.

Children may blame themselves for conflict:

Another pathway involves the thoughts children may have during inter parental conflicts. Some children blame themselves, thinking: “I’ve made Mother and Father fight. I’m responsible.” These feelings of self-blame can fester and break down children’s self-worth. Children who cannot stop their parents’ fighting may feel they have failed, which can lead to depression.

The implications of poorly managed parental conflict do not stop there. This type of conflict is correlated with parental depression and the quality of the parent-child relationship. Some parents imagine they can compartmentalize conflict with their partner. However, if anyone are angry with spouse, it may unintentionally take it out on the children, snapping at them and parenting in a harsher manner. Or may feel exhausted and withdraw, lacking the energy to engage with the children in a meaningful way. There may also be “compensatory” spillover, where a parent turns to a child for comfort, placing undue pressure on the child to make up for the loss of an unfulfilling relationship with the partner.

Infidelity:

This is one of the most crucial and important factors that make a family to be unstable. It is generally believed that the only basis of seeking divorce is when one of the partners is involved in extra-marital affairs. It shatters family when not sorted out properly. In the case the innocent one is afraid of the unknown and not comfortable again around the guilty, he/she feels betrayed, rejected and worthless. He/she thinks of a way to handle the situation which sometimes is a blow to the family.

Anxiety and Depression

Family conflict can have long lasting effects, even if children are older. Family dysfunction, including marital stress, negative parenting strategies such as violence and psychological manipulation, are predictors of anxiety disorders later in life. Imagine a family with a high level of conflict. Father is always mad at mother. To him, she's constantly doing something wrong, such as not having dinner ready on time, or not keeping the house clean during the day.

There is a strong body of evidence to show how damaging inter-parental conflict can: Harm children’s outcomes, even when parents manage to sustain positive parent-child relationships put children at more risk of: having problems with school and learning negative peer relationships physical health problems smoking and substance misuse mental health and well being challenges. The risks can also have an effect on long-term life outcomes such as: poor future relationship chances reduced academic attainment lower employ-ability heightened interpersonal violence depression and anxiety. The wish of all children is that their parents do not argue or fight with each other. Unresolved, chronic conflict between parents, whether living together or separated, can have an extremely negative impact on the current and future mental health of their children.

Negative Impact on Children’s Mental Health

Research indicates that children are generally very resilient and can usually cope with difficult

situations such as separation and divorce. What does damage children is bitter, long-lasting, ongoing conflict between parents, whether the parents live together or not. This can lead to emotional and behaviors problems, anxiety, depression, sleep problems, low self-esteem, and problems at school.

Poor Role-Modeling for Children:

Children learn lessons about how to get along with others from how their parents get along with each other. If parents only model unhealthy ways to communicate and resolve problems, most likely that is how their children will communicate and solve problems as they grow up

Parent-Child Relationships May Suffer: Children need to be allowed to develop a relationship with both parents regardless of how the parents feel about each other. If a child constantly hears bad things about one parent from another parent, the parent-child relationship of the criticized parent may become damaged. Children's exposure to conflict between their parents - whether parents are together or separated - can put children's mental health and long-term life chances at risk, new research warns today (Tuesday 22 March). A review carried out by the Early Intervention Foundation (EIF) and Professor Gordon Harold, of the University of Sussex, for the Department for Work and Pensions found that children's wellbeing can be affected by the quality of the parental relationship. Specifically, unresolved inter-parental conflict can affect children's long-term mental health and wellbeing while also adversely affecting wider aspects of family functioning, including parenting quality.

The charity warns improving support aimed at promoting positive inter-parental relationships remains a neglected area for early intervention services with little attention paid to it by maternity, children's and family services. The EIF identified 15 interventions designed to enhance inter-parental relationships and improve outcomes for children available in the UK as part of its review. It found that overall there is limited evidence available and more work is required to build up the evidence base of the effectiveness of these programs. Evidence from internationally-run programs, however, does suggest they have the potential to help improve aspects of couple relationships and parenting practices. This led to more positive outcomes for children. It is calling for greater national investment in developing and evaluating which services work best to support relationships between parents in different circumstances. Key findings of the EIF review published include: Parents embroiled in hostile and distressed relationships are typically more hostile and aggressive toward their children and are less responsive to their children's needs. Children who witness severe, ongoing and unresolved inter-parental conflict can be aggressive, hostile and violent. Others can develop low self-esteem, anxiety, depression and, in extreme cases, be suicidal. It also reduces their academic performance and limits the development of their social and emotional skills and ability to form positive relationships themselves, all of which will affect the long term life chances of children. Inter-parental conflict can adversely affect both the mother-child and father-child relationships, with evidence suggesting that the association between inter-parental conflict and negative parenting practices may be stronger for the father-child relationship compared to the mother-child relationship.

Interventions which seek to improve parenting skills in the presence of frequent, severe and unresolved inter-parental conflict - without addressing that conflict - are unlikely to be successful in improving child outcomes. Carey Oppenheim, EIF Chief Executive, said: "Our new research shows that quality inter-parental relationships - regardless of whether the couple is together or not - and the ability to resolve conflict have a huge influence on the long-term life chances of children. Yet, improving the relationships between parents is not taken account of in many children's, maternity and family services. "Children of all ages can be affected by inter-parental conflict. "More needs to be done to encourage couples to seek support and make services available to them. We urgently need to develop our knowledge of what types of services and interventions works to support inter-parental relationships in different contexts. "This is vital to ensure we avoid missing a crucial piece of the

jigsaw in improving children's mental health and future life chances." Professor Gordon Harold, from the School of Psychology at the University of Sussex, said: "Accumulating evidence points to a substantive message for parents, practitioners and policy makers - how parents relate to each other, whether parents are separated or together, represents one of the strongest influences on children's long-term mental health, wellbeing and future life chances." This message is highlighted by very recent UK and international research which shows that even when parenting practices are considered, conflict between parents affects an array of negative mental health and poor outcomes for children, including reduced academic attainment. "Failing to support the inter-parental relationship where the objective is to promote positive child and adolescent outcomes linked to family experiences, may mean a key influence is substantively missed out. This will not only affect today's generation of children, but tomorrow's generation of parents. "This report provides an evidence-based platform aimed at promoting real world opportunities through effective policy making that really can facilitate meaningful impacts on the long-term life chances of children, parents and future families."

Solutions:

The aim is to effectively manage the disputes so that there is no serious adverse impact on family relationships. When prevention has not worked and a conflict is developing, the Sooner it's managed the easier it is to resolve. Early communication is highly effective in avoiding and minimizing conflicts. Most of the conflicts start with misunderstanding over small issues and differing viewpoints. Before becoming more problematic, it is better to talk about them for resolving the issues. Communication is more powerful. Because communication serves to build trust, reduce misunderstanding and strengthen relationships in general. Parties should keep in touch always counseling. A formal resolution process should outline responsibilities for detention and identify what steps should be taken. Families must create personalized systems that are based on their values, meet their unique needs and have widespread support among stakeholders.

There are many issues which family members cannot resolve. Then bring in experts to mediate major conflicts. Some issues simply cannot be resolved internally. When family members became entrenched and constructive dialogue is not possible, an objective expert who is trained to help resolve conflict can help cut through the emotions and focus on issues. A mediator can help them to reach final resolution. Muslim Family Laws Ordinance 1961 and Muslim Family Court Ordinance 1985 play a great role for resolving family disputes. Alternative Dispute Resolution plays very important role for resolving family issues. At present this ADR system is becoming more popular day by day. These family laws play role family dispute like divorce, inheritance, maintenance to wife, aged parents and so on. If these ADR system fails then parties go to the court and court finally resolve the conflicts between the parties.

The 8 Keys to Resolving Family Conflict:

1. Be hard on the problem, not the people.
2. Understand that acknowledging and listening are not the same as obeying.
3. Use "I" statements.
4. Give the benefit of the doubt.
5. Have awkward conversations in real time.
6. Keeps the conversation going? Life is a dialogue.
7. Ask own self "Would I rather be happy or right?"
8. Be easy to talk to.

Be hard on the problem, not the people. Change the nature of the fight and we can change the dynamic. Stop throwing stones in arguments. Using blame, shame, or guilt to get the spouse to do something will become less effective as the relationship ends, because each of them stop making the little concessions that once made for each other in the relationship. Instead, address the problem rather than laying blame on the spouse.

Bite own tongue. Think before responding. Those few seconds of tongue biting can save a lot of trouble in the long run. Remember that the problem is mutual. The spouse needs in order to solve this problem—and to reach an agreement. It takes two to have an argument. If anyone refuses to take the bait for a fight, the fight can't happen. Reframe that the problem is a mutual problem and use "we" language. "We need to decide what to do with the credit card debt" gets a different reception than "You need to deal with your credit card debt or we'll never have an agreement." Though many of these points are common sense, when the relationship gets tangled up in the problem, things can get volatile fast—and common sense gets lost. The party ends up with a problem plus an argument to solve. When the spouse knows he is safe from automatically being blamed for a situation, party will be able to think strategically rather than defensively. They will be able to work cooperatively and collaboratively rather than at odds with each other.

Conclusion:

It can be said that internal family conflict problem is not only in our country but also all over the world. It's a worldwide problem. Family members have to be dedicated to resolve the problems. Understanding of the family members play great role to resolve the conflict. Communication is necessary each of the family members. In every steps of life conflict may create. It may be in family or in out of family like work place. From the very beginning of starting family life parents can play vital roles. They can teach their children to be very polite and gentle and not to involve any negative activities. Every person follows a religion. They should obey the religious duties. Rigid patterns of behavior are not beneficial to the resolution of stressful situation. Both male and female should keep in mind their relationship and have to respect each other. In Bangladesh context it's a great problem. For good civilization familial education should enrich. For civilized developed nations internal family conflict has to resolve.

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