

TRANSGENERATIONAL TRAUMA AND CONFLICT RESOLUTION STYLES AMONG ADOLESCENTS: A MIXED METHODS STUDY

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ABSTRACT

Introduction: The objective of this study was to examine the relationship between transgenerational trauma and conflict resolution style among teenagers and to determine how family histories have a long-lasting impact on child development and how teenagers cope up with such traumas by adopting various conflict management styles.

Methods: The present study followed the convergent parallel mixed method research design. The sample consisted of 728 participants recruited through convenient sampling technique, from both government and private sectors of Gujrat and, Mandi Bhauddin, Pakistan. The Historical Intergenerational Trauma Transmission Questionnaire (HITT-Q) and Conflict Management Style Inventory are the self-report questionnaire used for the study.

Results: Results of this found a significant link between historical trauma transmission and conflict management styles. Positive correlation was observed among the HITT-Q scores with all five conflict management styles, however the strongest one was among family vulnerability, accommodating style, historical moral injury and competing style. Qualitative findings supported three main themes: experienced torture, displacement, denial of religious rights. The overall results suggest that trauma transmission influence the behavior and social interaction of future generations.

Conclusion: The findings highlight the traumatic events and losses of ancestors shape present day generation social and relational patterns. Quantitative findings supported the significant association traumatic transmission and specific conflict management styles. Qualitative findings further emphasized the emotional burden, self-identity struggles passed through generations. The highlight a need for trauma informed intervention programs that will consider both historical context and interpersonal dynamics in psychological and conflict resolution strategies.

Keywords: Transgenerational Trauma, Conflict Resolution Style, Adolescents.

Introduction

Studying transgenerational trauma and conflict resolution style among teenagers is helpful for several reasons particularly, in understanding how previous experiences affect youth development and how they handle interpersonal challenges. It highlights how inherited trauma can affect teen behavior and emotional health. It also reveals how teenagers manage conflict and how conflict resolution skills are related to empathy, communication, self-esteem vice versa. Understanding all these harmful aspects help teenagers to develop healthier emotional responses, manage conflict easily and break the harmful cycles of trauma.

Parents life experiences make them who they are and in turn they make us who we are. Transgenerational trauma refers to how traumatic experiences of one generation affects the psychological well-being of their children and even their grandchildren. The concept was initially explored in some immigrant families, who had experience torture and depressive trauma symptoms (Daud & Rydelius,2005). Later, a longitudinal study spanning nearly four decades focusing on examining the war captivity implicated on the second generation (Solomon & Zerach, 2020). From the biological perspective the two brain regions; hippocampus and amygdala are explosively intertwining in the transmission of trauma related experience from generation to generation. The hippocampus governs the area of learning and memory while amygdala is responsible for emotional processes, particularly fear and stress. Trauma can lead to epigenetic variations, which alter the genes expression without modifying DNA sequence itself. Ozturk and Sar (2006), noted that both genetic and psychological factor are responsible for transmission of trauma across families. Fry (2003), examine the investigation of intergenerational transfer of family violence. Ehrensaft et al. (2003) investigated how partner violence impact their children development. Lyenger et al. (2014) and Levendosky et al. (2003) describe how trauma compromises the mother sensitivity to her child, impacting secure attachment. Kostova and Matanova, (2024) explain through study that every family has such events that affect the fate of upcoming generation.

Conflict Resolution refers to colorful approaches an individual use to handle disagreement or conflict. According to Rahim and Bonoma (2002) five recognized style of managing conflict include avoidance, yielding, competition, conciliation, and cooperation. These styles differentiated between two dimensions, one is the concern for self and the other one is concern for others. Mayer (2010) defined conflict resolution as the use of peaceful resistance measures by equivocal parties in an attempt to promote affective resolution. The binary -concern model explain how people balance personal goals with consideration of others in conflict situations

The present study focus on identifying the generational trauma that passed down from generation to generation and can develop the unresolved conflict resolution styles among children of such parents even grandchildren. Teenagers are more prone to such experiences; this study basically helps in breaking the cycle of silent suffering that passed down from generation. It also helps to uncover the hidden roots of behavioral patterns that are originate from unresolved family trauma not just from their personal experience. It also helps in improving the family dynamics and also help in

understanding how conflict styles are learned from parents and how it helps in improving the intergenerational trauma. The current study consists of two research questions. The first research questions are; (1) Do teenagers experiencing transgenerational trauma also have a generational shift in their conflict management style? And the second question explore that; (2) Can the intensity of transgenerational trauma experience be a predictor for conflict management style?

Methods

Research Design

The present study employed the mixed-method research design specifically the convergent parallel research design to examine the impact of transgenerational trauma on conflict resolution style among teenagers. The Study-I is qualitative explanation of phenomenon and the Study-II describes the quantitative part of the study. This chapter provide information about the research design, ethical consideration, mechanism used to ensure the reliability and validity of the instrument and statistical analysis applied in the current study.

Research Setting and Study Population

This research study was conducted among college students. The representative sample was divided into four groups; male and female students from both public and private institutes. The sample consists of 269 male and 457 female students. A population is the entire group researcher wants to study (Bhandari, 2023), the convenience sampling technique was used to collect data, which is often employed in qualitative research when the researcher has limited access to population (MacNealy,1999). The private colleges used in this study included Punjab College for Boys and Punjab College for Girls which are situated in Mandi Bhauddin. Likewise, the public colleges in Gujrat were served by Government Degree College for Boys and Government Degree College for Girls.

Data Collection and Instruments

In order to collect data from the selected sample there was an informed consent form, demographics questionnaire and two standardized questionnaires were used. A questionnaire is a data collection instrument consisting of a series of questions designed to gather information from respondents about attitudes, behaviors, or characteristics.” (Creswell & Creswell, 2018). Written Informed consent was obtained from participants. the both questionnaire was in English. The demographic questionnaire consisted of basic question about age, Gender, mother and father occupation, socioeconomic status and about their family (nuclear or joint).

The first instrument was the Historical Intergenerational Trauma Transmission Questionnaire (HITT-Q; Bekes & Stars, 2020) a structured self-report measuring instrument was used after taking permission from author and the second instrument was Conflict management style Inventory (Adkins, 2013), which is freely available online. The data was collected through in-person administrations of the questionnaire. The HITT-Q is a self-report questionnaire designed to assess the strength of historical trauma across generations The HITT-Q model further consist of five dimensions; family vulnerability, offspring vulnerability, family resiliency, offspring resiliency,

historical moral injury.

The Adkins-conflict Management style was used to assess individual preferred conflict. It measures five styles, collaborating, avoiding, competing, compromising and accommodating.

Ethical Considerations

The authors followed all the ethical guidelines of American Psychological Association (APA), also approved from Departmental Research Committee of Department of XXX, University of XXX. Participants were given detailed and clear explanation about the research topic, its purpose, procedure, risk and benefits. Participation was voluntary and their responses will be kept confidential and anonymous.

Study-I

Qualitative Study

The qualitative method was solely based on participant's responses gathered at the start of a questionnaire. As the questionnaire Historical Intergenerational Trauma Transmission Questionnaire (HITT-Q; Békés & Starrs, 2024) had a portion at the start comprised of a list of events and losses people had experienced themselves or had their family experienced them. That list was then categorized into a similar set of themes comprising items that were similar (i.e., torture, subjected to violence, sexual assault). After sorting out similarity of statements and making them under a theme (i.e., direct violence) and then assigning these themes codes. However, the codes and themes were generated upon the discussion with a supervisor. The codes were given simply as (i.e., code1 as a major) and then having sub codes with the original statement numbering including statement 1 as code 1.1 and statement 6 as code 1.6. Similar themes and codes were generated for losses participants had experienced.

Table 1 Thematic Analysis Table

Events				Losses			
Codes	Global themes	Focused themes	Responses	Codes	Global themes	Focused themes	Responses
1	Direct physical and sexual violence	1.1, 1.6, 1.7	Positive	1	Loss of land and economic roots	1.1	Positive
2	Forced displacement/migration	2.2, 2.4, 2.8, 2.10	Positive	2	Loss of cultural practices or tradition	2.2, 2.3, 2.6, 2.7, 2.9, 2.12	Positive
3	Cultural/Institutional oppression	3.3, 3.9, 3.11, 3.12, 3.13,		3	Loss of family ties and kinship structure	3.4, 3.5	Positive

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		3.15					
4	Threat and concealment	4.5, 4.14	Positive	4	Loss of identity and psychological anchors	4.10, 4.11, 4.13, 4.14, 4.15	
5	Religious suppression	5.16	Positive	5	Loss of self-respect and social identity	5.8	
6	Intergenerational silence	6.17	Positive	6	Unawareness or silencing of family history	6.16	Positive

According to the guide individual's responses are gathered and are further analyzed revealing the results that how certain events were more prominent and what were the losses caused by them.

The thematic analysis of these responses that include the traumatic events and the losses accompanied by them showed that participants who reported the loss of family members have experienced a fractured familial structure, emotional detachment and lack of intergenerational bonding. Similarly, the loss of land and traditional values have resulted in participants weakened cultural identity that leaves the descendants of a generation with a fragmented or suppressed self-concept. Moreover, ones denied right to practice their religion or tradition have created a legacy of silence, shame, disconnection. These are the findings that help reflect the core elements of transgenerational trauma transmission where the unresolved traumas, grief, fears and the disrupted identities pass on from generation to generation. These are passed not only by biological mechanisms but also by family narratives, parenting behaviors. This help illustrate how historical suffering continues to shape psychological well-being and identity across generations.

Thematic model

This model help gets a clearer explanation of how the event result in a loss and what possible patterns of personality will be transmitted in to the next generation.

Model

Event > loss > psychological effect > transmission mechanism > outcome in next generation

Torture or threats > loss of family members > PTSD symptoms > emotional unavailability > emotional disconnection

Flee to save life > loss of land or community belonging > instability and a fear of loss > overprotective parents > hyper-vigilance and anxiety

Denied right for religion/tradition practice > loss of traditional values > identity confusion > silencing > spiritual void

There was one more that included participants who didn't know about what events or losses their families had experienced. This could be due to the use of silencing, loss of

historical knowledge or ancestral narrative that resulted in creating an identity gap, longing for meaning and emotional disconnection in the next new generation.

Qualitative Results and Discussion

The results of this analysis had that these themes of events and losses were closely related to emotional regulation and interpersonal behaviors that shapes teenager's way to manage conflicts. For example, teenagers who reported a trauma experience of forced displacement have endorsed avoiding and accommodating styles reflecting inherited coping strategy of withdrawal or compliance. These findings help provide contextual support to quantitative results highlighting how ancestral historical trauma influence teenagers present day self-identity and social behaviors.

The qualitative findings guided by the thematic analysis of responses suggests us that people who had reported the experiences of traumatic events and the losses accompanied by them did had different conflict management styles than the ones who never had any such experiences. A study conducted by Betancourt et al. (2010) on former child soldiers in Sierra Leone who had experienced loss of their family and education even a bright future while being exposed to war suggests that offspring resilience and vulnerability arise from complex trauma exposure and loss. A similar study Miller and Rasmussen (2010) conducted on children who have been exposed to war and are facing daily life stressors validates our studies themes of loss of home, or of their self. Teenagers reported experiences related to intergenerational threats of safety, had to migrate to other country, had problems practicing their religion which in turn resulted in the loss of their cultural values that influence the emotional responses and overall social interactions. In Summerfield (1999) study conducted in war affected areas emphasized the loss of cultures and a collective identity that suggests how people interpret their trauma and loss through cultural and spiritual meanings that validates our religious and ancestral loss responses. Another similar study conducted by Kienzler (2008) covered the live experiences of war survivors also emphasized the loss of their families their safety. A study conducted on how families transmit trauma their values and resilience across generations through story telling Denham S.A (2008) supports our idea of how historical and emotional trauma transmits thorough generations. A study conducted by Folkman and Moskowitz (2004) focuses on different coping styles using problem focused and emotion focused. Their study themes align with the differences in conflict management style s reflecting both an internalized feared responses or learned interpersonal strategies.

Study-II

Quantitative Study

The quantitative data collected through questionnaires was then analyzed through statistical techniques. These statistical methods included two types of data analysis using two different software. The one is performed using SPSS version 24.0 that helped with both descriptive and inferential statistics to ensure the relationship between variables and to confirm the hypothesis. Secondly path analysis was done using AMOS version 26.0. this method allowed both direct and indirect examination of effects among variables as how the transgenerational trauma impacts the conflict management styles. The data was analyzed completely by computing the sub-scales of

historical intergenerational trauma questionnaire (i.e., family vulnerability, family resilience, offspring vulnerability, offspring resilience. Historical moral injury) and identifying five conflict management styles (i.e., collaborating, competing, avoiding, accommodating, compromising).

Quantitative Results

The historical intergenerational trauma as a whole in participants reports low to moderate transmission of trauma ($M=1.64$, $S.D = 0.52$ for a scale of 0 to 4) with more scores clustering toward the lower end making the data slightly negatively skewed means that more participants scored toward the higher end. The conflict management style had a separate score for each style on a scale of 1 to 4. For collaborating ($M= 2.30$, $S.D = 0.74$) making it moderately focused on mutual problem solving rather than dominance. Then second style competing ($M= 2.34$, $S.D =0.71$) in participants makes them moderately assertive of their opinions and standing ones ground firmly. The moderate avoiding style ($M= 2.30$, $S.D =0.73$) indicates that participants avoid engaging in conflict and withdraw from situations. The accommodating style ($M= 2.52$, $S.D =0.73$) that was most commonly used by participants indicate that among teenagers it is a tendency to give in others opinions or prioritize others need during conflicts. The last style compromising ($M= 2.25$, $S.D =0.66$) shows that it was least used style among teenagers which suggests that they might struggle with their own or others need during conflicts.

Table 2 Spearman Correlation between HITT-Q and Conflict Management Styles

Variables	1	2	3	4	5	6	7	8	9	10	11
Family vulnerability	-	.126**	.463**	.184**	.364**	.572**	.104**	.192**	.201**	.230**	.107**
Family resilience	-	-	.161**	.562**	.209**	.663**	.185**	.265**	.207**	.193**	.176**
Offspring vulnerability	-	-	-	.317**	.260**	.614**	.190**	.188**	.215**	.266**	.236**
Offspring resilience	-	-	-	-	.198**	.684**	.249**	.320**	.120**	.268**	.250**
Historical moral injury	-	-	-	-	-	.640**	0.06	.239**	.156**	.228**	.186**
HITT-Q_SOM	-	-	-	-	-	-	.217**	.353**	.255**	.340**	.262**
Collaborating	-	-	-	-	-	-	-	.406**	.269**	.406**	.445**
Competing	-	-	-	-	-	-	-	-	.301**	.442**	.427**
Avoiding	-	-	-	-	-	-	-	-	-	.312**	.407**
Accommodating	-	-	-	-	-	-	-	-	-	-	.382**
Compromising	-	-	-	-	-	-	-	-	-	-	-

Note: *** $p<.001$, $n=725$; HITT_Q_SOM; Historical Intergenerational Trauma Transmission Questionnaire_Sum of Means

The HITT-Q is the overall representation of transgenerational trauma score. Table 1 shows the Spearman correlation coefficient was used to find relationship between the transgenerational trauma including sub-scales with the five conflict management styles. There was a statistically significant positive relation between the transgenerational trauma and conflict management styles accommodating ($r=.340^{**}$, $n=725$, $p<.001$), competing ($r=.353^{**}$, $n=725$, $p<.001$), avoiding ($r=.255^{**}$, $n=725$, $p<.001$), compromising ($r=.262^{**}$, $n=725$, $p<.001$) and collaborating ($r=.217^{**}$, $n=725$, $p<.001$), this indicates that the higher the transgenerational trauma will be the more conflict management styles use will be.

Moreover, a stronger correlation was found between family vulnerability and accommodating style ($r=.230^{**}$, $n=725$, $p<.001$). Also a strong correlation was between historical moral injury and competing ($r=.239^{**}$, $n=725$, $p<.001$). Moreover, a significant correlation was between offspring resilience and collaborating ($r=.249^{**}$, $n=725$, $p<.001$). this indicates that family vulnerability and even offspring vulnerability with historical moral injury often results in teenagers adopting the negative conflict management styles as self-sacrificing or being assertive and forceful in their opinions. While on the other hand the resilience of both family and offspring would result in adoption of positive styles as mutual problem solving.

Additionally, each of the conflict management styles were also positively correlated with each other and among them a stronger correlation was between compromising and collaborating ($r=.445^{**}$, $n=725$, $p<.001$). these findings suggest that teenagers experiencing high level of transgenerational trauma could rely on different and multiple conflict management styles.

Table 3

Regression Coefficient of Transgenerational Trauma on Conflict Management Styles

Variables	b	SE	β	R^2	Adjusted R^2	F (df)	P
Collaborating	.363	.051	.256	.066	.064	50.775(1,723)	<.001
Competing	.508	.046	.377	.142	.141	119.729(1,723)	<.001
Avoiding	.389	.049	.280	.079	.077	61.651(1,723)	<.001
Accommodating	.496	.048	.357	.127	.126	105.460(1,723)	<.001
Compromising	.398	.045	.315	.100	.098	79.898(1,723)	<.001

Note: B=unstandardized regression coefficient; SE=standard error; β =standardized coefficient; R^2 =coefficient of determination; F (df)= F-statistic with degree of freedom; all models significant at $p<.001$

Table 2 shows a simple linear regression was used to investigate the predictive ability of transgenerational trauma to predict one's use of conflict management styles. A significant model emerged showing a strongest relation with competing style ($\beta=.377$) explained by 14.2% variance. Similarly accommodating style ($\beta=.357$) explained by 12.7% variance. However, avoiding style ($\beta=.280$) was explained with smaller variance of 7.9% and also the collaborating style ($\beta=.256$) is explained with smaller variance of 6.6%. moreover, the compromising style ($\beta=.315$) is explained by 10% variance.

These five simple linear regressions were conducted to assess the effects of

transgenerational trauma the HITT-Q sum of means on the five different conflict management styles (collaborating, competing, avoiding, accommodating, and compromising). However, the results shown that the strongest association was found between trauma and the competing style which suggests us that teenagers who have faced trauma are more likely to adopt the assertive style rather than being cooperative.

Table 4

Comparison of Transgenerational Trauma and Conflict Management Styles for Family Structure

	Nuclear		Joint		Extended		
Variables	N	M Ranks	N	M Ranks	N	M Ranks	H
Family vulnerability	354	375.56	285	362.18	86	314.03	5.98
Family resilience	354	356.40	285	366.51	86	378.51	.910
Offspring vulnerability	354	362.03	285	370.58	86	341.85	1.26
Offspring resilience	354	358.69	285	365.26	86	373.27	.390
Historical moral injury	354	337.98	285	387.58	86	384.53	9.93
HITT-Q_SOM	354	350.21	285	378.88	86	363.00	2.95
Collaborating	354	384.99	285	352.39	86	307.66	10.82
Competing	354	354.36	285	374.02	86	362.03	1.42
Avoiding	354	348.53	285	379.40	86	368.21	3.55
Accommodating	354	357.82	285	382.74	86	318.89	6.69
Compromising	354	366.32	285	359.75	86	360.12	.178

Note: n=725; HITTQ_SOM; Historical Intergenerational Trauma Transmission Questionnaire_Sum of Means

One way between subject's analysis of variance was used to compare the effects of transgenerational trauma and conflict management styles across three family structures: nuclear, joint, extended. There were significant group differences, family vulnerability differed significantly for family structures $\chi^2 (2, n=725) = 5.98, p=.050$. teenagers from nuclear family reported highest family vulnerability (Mean Rank=375.56) while teenagers from extended family had the lowest (Mean Rank=314.03)

The historical moral injury scored significantly for family structures $\chi^2 (2, n=725) = 9.93, p=.007$. teenagers from joint family had shown highest historical moral injury (Mean Rank=387.58) while teenagers from nuclear family had reported lowest (Mean

Rank=337.98).

The collaborating conflict management style scored a significant difference $\chi^2 (2, n=725) = 10.82, p=.004$. teenagers from nuclear family report highest use of

collaborating style (Mean Rank=384.99) while teenagers extended family had the lowest use of collaborating style (Mean Rank=307.66)

The accommodating conflict management style differed significantly for family structures χ^2 (2, n=725) =6.70, p=.035. teenagers from joint family had reported the highest use of accommodating style (Mean Rank=382.74) while teenagers from extended family report the lowest use (Mean Rank=318.89).

However, there were no significant differences among family structures for family resilience (p=.635), offspring vulnerability (p=.533), offspring resilience (p=.823), HITT-Q_SOM (p=.228), competing (p=.491), avoiding (p=.169), compromising (p=.915).

These Kruskal-Wallis results show that nuclear families have high vulnerability because of the isolation and less emotional support providence while the extended family offers less vulnerability due to the support often provided by grandparents. Moreover, the historical trauma injury has shown among extended families because of the narratives passed down or discussions that are not so open in nuclear families.

Similarly, the collaborating style is encouraged among nuclear families by providing a space to express opinions more openly and freely while on the other hand extended families will have set hierarchies that have to be followed and open expression will be discouraged. In this regard the accommodating style is more observed in joint families because they prefer respect for elders, self-sacrificing behaviors.

Discussion

The previous literature suggests that trauma when inherited across generations will shape their cognitive appraisals as well as behavioral strategies in interpersonal contexts (Danieli, 1998; Kellermann, 2001). Teenagers who get affected by parental trauma or the ones that been passed through ancestors may internalize specific coping mechanisms, leading to the adoption of more reactive and compliant mechanisms whenever faced with a conflict. This present study is aimed on exploring the relationship between transgenerational trauma and conflict management styles among teenagers, using a mixed method approach. In particular, this study reveals the teenagers who had experienced trauma transmission across generations may more inclined towards various conflict resolution behaviors.

This study was comprised of a mixed research approach the quantitative findings suggest the results of regression and path analysis to be inclined of the hypothesis that transgenerational trauma is the significant predictor of conflict management styles. These findings suggest that trauma exposure may lead to heightened interpersonal conflict sensitivity, prompting teenagers to adopt different conflict strategies such as both assertive and avoidance. In line with the current study findings of positive correlation between trauma scores and conflict strategies In a recent study, Chou et al. (2023) highlights that adolescents who have experienced more trauma are more likely to have a greater likelihood of employing competing and avoidance strategies. One of the mediating factors in their study was difficulty in emotion regulation. This indicates that trauma may hamper a teenager's ability to manage their emotional

arousal during conflict, resulting in conflict responses that are more rigid and reactive. Studies conducted by Rieder and Elbert in 2013 have, however, challenged the

concept of purely linear or biological inheritance, despite numerous investigations proposing direct transmission of trauma. In their study of Rwandan families, they found no direct intergenerational transmission of maternal PTSD symptoms and child psychopathology. Instead, the harshest and most enduring forms of psychological suffering in children were found to stem from the parenting bereft of empathetic atonement characterized by harsh control, conflict, and trauma. In addition to the concern of trauma symptoms solely determining the conflict resolution styles among teenagers, this demonstrates that their conflict resolution styles may be more the result of learned behaviors. Haladjian (2023) found that familial silence was the most important and critical element affecting psychological distress across generations in successors of Armenian Genocide survivors, supporting the importance of family communication directions. Her research involved with attachment theory to disclose that inadequate conversation related to trauma resulted in emotional detachment and flawed attachment styles, which later escalated identity issues and persisting anxiety. This suggests that adolescents who are exposed to equivalent silence or accidental trauma signs may scuffle with conflict resolution due to emotional modeling in family dynamics that are lacking in communication and have a trauma framework.

Among the styles competing and accommodating had the highest standardized regression, indicating a stronger association between both variables. This could be a suggestion for a point that individuals affected by ancestral trauma may fluctuate between assertiveness and compliance review an underlying emotional dysregulation or a pattern learned though family directions shaped by trauma. According to Kostova and Matanova, (2003) the unresolved traumas in guardian impair the firm attachment development in their children. The emotional coping mechanism and social interaction strategies among individuals are usually shaped by these unconfined models, often showed up as hostile, self-sacrificing behaviour, in these circumstances teen may use competing styles or accommodating styles as learnt reaction to generational pattern of confine parenting.

Further, the Kruskal-Wallis test results showed notable group differences based on demographic variables. These results suggest that individuals from joint or extended family showed higher scores on historical moral injury that highlighted the role of family structures to lessen the impacts of trauma.

The results overall reveal that there is a need to understand the significance of modifying trauma informed perspective in teenagers counselling or conflict resolution programs. This confirms the findings of a route model established by Falb et al. (2023) in research involving Karen refugee families, explaining that experiences of parental torture affected youth adjustment both directly and indirectly, mediated by parental health and family directions. Their results highlighted the systemic nature of trauma by showing how unresolved parental experiences or trauma affects young people's emotional and behavioral reactions by family-level processes. Consistent with their results, the present study suggests that teenagers might develop conflict styles as emotional adjustments, learned responses, or behavioral disclosure of family

distress in traumatized surroundings.

Understanding the legacy of trauma help in implementing such strategies through psychologists, educators to help teenagers in school or college better manage their

peer or family conflicts more effectively. This usually corresponds with the research conducted previously by Karaca and Yildiz (2023), who emphasized that more effective parenting techniques can act as barrier against the transmission of trauma and mental health issues across generations to generation. Administering trauma-informed parental and educational strategies may use in disrupting negative emotional behaviors and in promoting healthier conflict resolution among adolescents.

This present study is being justified from previous both qualitative and quantitative studies. The qualitative themes were focused on patterns of intergenerational trauma, loss and coping strategies that are explained clearly by previous researches; Folkman and Moskowitz (2004) explained the use of problem focused and emotion focused coping styles that align with our participants use of different conflict resolution styles. Also a previous qualitative work on historical trauma and family structures have shown similar patterns of trauma inheritance and resilience (Bombay et al., 2009). The quantitative study show relationships found between historical trauma and conflict management styles that correspond with a previous research of transgenerational stress effects and conflict behaviors (Levendosky et al., 2002). Both approaches are compatible and provide understanding on how unhealed historical patterns can get transfer on to next generations and can shape their interpersonal behaviors, social life, conflict management styles.

Limitations

This study expanded the knowledge about how events and losses that the older generations had experienced later on in life impacts the younger generations present life affecting their both emotional and social lifestyles. This study helped cover up the relation with how such teenagers with a traumatic background have varieties in their conflict management. The study has some limitations that will further be used to overcome future challenges and get clearer understanding. As the data collected in this research was solely based on questionnaires (HITTQ and Conflict Management Style) because the qualitative was self-description of participant's responses, so it can contain social desirability or response biasness. Participants may have under or over reported their experienced or behaviors. So for future it is recommended that qualitative should be encouraged by holding individuals interviews so there can be more information as which events and their family had experience and their response to such events. Then a limitation was that this study was a cross sectional approach it was only a one-time data collection at a single pint. There for it can't build causal relationship between the transgenerational trauma and conflict management style. To mention the generalizability of this data, it was limited, because of the fact that participants for this study was teenagers and most of them belonged to specific residential backgrounds (i.e., rural) and even restricted cultural setting (i.e., Pakistan) which makes it difficult to generalize it to other population or culture. Lastly the data was collected through questionnaire which was then not clinically validated through assessments or interviews that could have provided more understanding about trauma impacts.

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