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**The Impact of Parental Conflict in the Relationship between Resilience and Prosocial Behavior among Adolescents**Mr. Imlaq Hussain<sup>a</sup>, MS. Iffat Zahra<sup>b</sup>, Mr. Naveed Abbas<sup>c\*</sup>, Mr. Zuhair Abbas<sup>d</sup>, Mr. Aleem Hussain<sup>e</sup><sup>a</sup> International Islamic University Islamabad<sup>b</sup> Karakoram International University, Gilgit-Baltistan<sup>c</sup> Karakoram International University, Gilgit-Baltistan<sup>d</sup> Karakoram International University, Gilgit-Baltistan<sup>e</sup> Karakoram International University, Gilgit-Baltistan

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**Abstract**

*This study explored the interplay between adolescent prosocial behavior, parental conflict, and resilience. The correlational research design was employed to perform the research, which was studying the association between resilience, parental conflict, and prosocial behavior in teenagers. Data from participants were collected using a non-probability sampling approach. The sample size was 400 (200 males and 200 females). Data was analyzed using correlational analysis, and an independent sample t-test was incorporated to understand the association and the differences. Results suggest that there was an inverse relationship between participants' resilience and their conflict behavior; it shows that lower resilience scores are linked to greater parental conflict scores. Also, prosocial conduct and conflict behavior are negatively correlated among adolescents. It reflects that lower prosocial conduct readings are correlated with higher conflict behavior. However, there was a strong positive relationship between Prosociality and resilience. Higher prosocial conduct values correspond to higher resilience scores. It was concluded that resilience and prosocial behavior among adolescents are positively significantly correlated, according to our study. The consequences of these findings are significant for schools, parents, mental health providers, and researchers. They emphasize the necessity of creating resilience in teenagers to encourage positive social connections, as well as the importance of addressing and reducing parental conflict to establish supportive environments for adolescent development.*

**Keywords:** Parental Conflict, Resilience, Prosocial Behavior, Adolescents.

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## 1. Introduction

Parental roles can play a vital part in a child's emotional and psychological well-being. The researcher wishes to investigate the impact of parental roles on adolescents in a variety of ways. In today's world, young adolescents experience several psychological challenges that affect their lives in a variety of ways. One key component is parental role, which has been linked to resilience and prosocial conduct

Parental conflict is the presence of differences, arguments, hostility, or discord between parents or other caregivers who are jointly responsible for raising and taking care of a child or children. This conflict can show up in a variety of acts and interactions that make the family unit unpleasant or argumentative. It can happen in a variety of family configurations, such as intact families, divided families, and blended families. Parental conflict is an important topic for research in both psychology and family relations since it can have a big impact on kids' overall development and mental health. Parental conflict is characterized by each person blaming the other for what is going on Emery, Fincham, & Cummings (1992).

Parental conflict occurs in all relationships and can occasionally result in sentiments of rage, even extreme rage, amongst partners or ex-partners. Parental conflict can take numerous forms, the most common of which are loud, passionate arguments.

Types of Parental Conflicts

- 1) Destructive Conflict: Jayachandran (2017) defines destructive parental conflict as verbal hostility between parents and children, threats, behavior directed towards objects, nonverbal conflict, withdrawal during conflict, and conflicts involving themes related to children.

The correlation between child behavior issues and destructive inter-parental conflict has been demonstrated reviews may be found in Cummings & Davies (2010); and Grych & Fincham (2001). It has been demonstrated to have an impact on behavioral issues in children in both direct and indirect ways Cummings, Goeke-Morey, & Papp (2004); Davies, Martin, & Cicchetti (2012), particularly when it comes to how emotional insecurity in children modifies behavior issues.

In other words, children who see destructive conflict are more likely to experience emotional distress related to the inter-parental connection (such as worry and rage; Davies & Cummings, 1994), which in turn increases

the likelihood that the children would display aggressive conduct and other behavioral issues (Davies et al., 2012).

2) Constructive conflict: According to Jayachandran (2017), constructive conflict occurs when parents agree on how to handle conflict and how the disagreement is not a severe threat that can be sorted toward the end.

Constructive conflict, which involves parental support, feelings of affection, finding solutions, and resolution, has been linked to lower levels of negative emotions Brock & Kochanska, (2016); Cheung, Cummings, Zhang, & Davies (2016); (Cummings et al. 2003).

For instance, if adolescents receive exposure to constructive conflict, they are less inclined to participate in inter parental conflicts Cummings & Davies (1996), which may protect them from emotional pain.

Children can detect (far more than we believe!) parental tension, which might cause them to worry. When tension escalates into loud, angry arguments, youngsters are prone to become terrified. What makes matters worse for them is that the same people they turn to for comfort when they are scared are the ones who are frightening them. It can be perplexing for tiny children who are unable to comprehend what is going on and are prone to blaming themselves for the bickering. If aggressive conflicts occur frequently, children will experience these negative sensations for most of the time when their parents live together. When parents are separated, children can become highly apprehensive when they have touch with one other. (Snyder, 2019).

According to Desforges and Bouchard (2003), parents have an important role in impacting the lives of teenagers. Good parenting, the requirement of a secure, well-established environment, parent-child interaction, good role models of positive educational and social morals, and high aspirations for personal achievement and good citizenship all contribute to children's success in all areas. The degree of achievement of the kid has a significant beneficial impact on the communication between parents and their children's schools to exchange information and their involvement in school events. Parent's involvement in the activities of their children has a profound impact on the success and maturity.

Parental conflict is typically issue-centered. While the parents may have distinct differences or preferences, they are frequently able to reach an agreement. There may be more blame, as well as methods

of connection carried over from their own familial experiences. While the degree of the conflict may vary, the effects on each child will alter depending on their specific qualities, background, resilience and vulnerability, and circumstances.

According to (Hess, 2021), parental disagreements can have a terrible impact on the mental health and social development of children. This study investigates whether parental emotional warmth and unfavorable communication with their children buffer the relationship between higher inter-parental conflict, prosocial conduct, and peer difficulties in kids. According to the research, more inter-parental conflict is substantially correlated with lower emotional warmth and increased negative communication in parents as well as increased peer difficulties and decreased prosocial conduct in kids.

Resilience is the capacity to deal with difficulties and bounce back after them. When faced with difficulty, resilient people maintain their composure. Individuals who possess psychological resilience can overcome challenges by utilizing their skills and attributes (Susman, 2022).

Resilience is the indication of the adaptability which enables people to deal with the problems of life. However, there are various types of resilience, each might affect the ability of people to cope with different types of stress. (Hurley, 2022).

#### Types of Resilience

Firstly, Physical Resilience: it is the body's ability to cope with and accept the change and recover from physical challenges, injuries and illnesses. According to research, this form of resilience is beneficial for health. It influences how people age and how they respond to and recover from physical stress and medical problems. Secondly, Mental Resilience: is the employing of mental power to solve difficulties, moving forward and becoming optimistic to cope with adversities of life. By using this type of resilience people become adaptable and calm in the hard times. Thirdly, Emotional Resilience: Emotional resilience is regulating emotions during times of stress. People who are resilient are aware of their emotions and emotional reactions because they are in line with their inner lives. Due to this ability, they can calm down their mind and can fight with negative experiences in order to regulate their emotions. Resilient people have a sense of optimism when times are averse because they are strongly resilient, emotionally stable, and know this situation does

not last forever. Lastly, Social Resilience: This type of resilience is also called community resilience; it is bouncing back of a group from adverse conditions. To find solutions for the problems which impact individuals collectively and personally, groups interact with each other. It is helping out one another, coming together after adverse situations, fostering a feeling of community, and becoming aware of the community's vulnerabilities against which the community is struggling. When confronted with adversities like natural calamities that affect communities or large groups, such actions may be important (Ben Wisner, Ilan Kelman, 2015).

According to (Imura & Taku, 2018), teenagers who possess a greater level of resilience are better equipped to effect change and accomplish their goals more rapidly than those who possess weak and fragile resilience. In other words, positive behavior is straightforward and honest, and it makes others and oneself seem good. This raises one's self-esteem and appreciation and earns the respect and appreciation of others.

Prosocial actions are ones that aim to benefit others. Concern for the rights, sentiments, and welfare of others underpins these actions. Prosocial behavior includes a wide range of activities like assisting, sharing, soothing, and cooperating as well as the ability to feel empathy and concern for other people. As an alternative to the word "antisocial behavior," the phrase was first used by social scientists in the 1970s (Cherry, 2022).

#### Types Prosocial Behavior

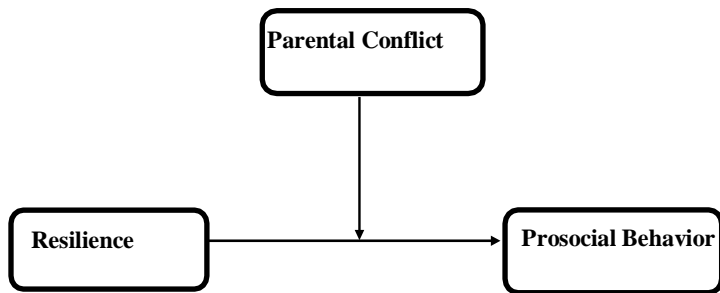
Prosocial behavior is sometimes presented as a single and consistent direction. Different types are suggested by some researchers and these types are differentiated based on their formation purpose and include: First, Proactive: These are prosocial actions motivated by the potential for personal gain. Second, Reactive: These actions are carried out to address personal needs. Third, Altruistic: These actions are intended to help others without expecting any personal benefit (Khattak, Bhati & Wazir, 2022).

It is also suggested by researchers that there are different forces which driven these type of prosocial behaviors. Like, status-linked goals and popularity within the group. On the other side altruistic behaviors were more closely attached to get acceptance by peers and achieving common goals (Morin, 2011).

The objective of the study is to find out the relationship between resilience, parental conflict, and prosocial behavior in adolescents. However, the parental

conflict also plays a moderating role in the relationship of resilience and prosocial behavior. On this basis, it was hypothesized that there is likely to be a significant

**Figure 1 Conceptual Framework**



relationship between resilience, parental conflict, and prosocial behavior in adolescents and exists a moderating role of parental conflict between the relationship of resilience and prosocial behavior

### Theoretical and Conceptual Framework

The study was about resilience, parental conflict, and prosocial behavior in adolescents. Parental conflict has functioned as the independent variable, while prosocial behavior acts as the dependent variable. Parental conflict functions as a moderator of the relationship between resilience and prosocial behavior.

## 2. Method

The core purpose of this study is to find out the relationship between parental conflicts, resilience and the prosocial behavior of adolescents.

### 2.1 Research Design

The correlational research design was used to find the relationship between resilience and prosocial behavior of adolescents along with the parental conflict as a moderator.

### 2.2 Sample

Most of the population was from Pakistan's capital, Islamabad. The researcher concentrated on Islamabad's student. The total sample (N=400) were recruited among them (N=200) were males and (N=200) were females. Therefore, we were employing random sampling from the probability sampling.

### 2.3 Instrument(s)

**2.3.1 Conflict Behavior Questionnaire (CBQ)** After each laboratory session, the parent-teen relationship was

evaluated using the parent and adolescent version of the CBQ-20 (Robin & Foster, 1989). It is five-point Likert type scale consisting of 20-items, respondents scored comments concerning the interaction between parents and teenagers. The CBQ-20 items distinguished distressed households from non-distressed families the best. With the whole CBQ, it produces a single score that corresponds with.96 (Robin & Foster, 1989).

### 2.3.2 Resilience Questionnaire (RQ)

The Nicholson McBride Resilience Questionnaire (NMRQ) is being used here in a condensed form. Rate your answers on a scale of 1 to 5, with 1 being a severe disagreement and 5 representing a strong agreement.

### 2.3.3 The Pro-Socialness Scale for Adults (PSA)

The Pro-Socialness Scale for Adults assesses prosocial behavior in people. Participants rate the truth of each pro-socialness statement on a five-point Likert scale; never/nearly never true (1), rarely true (2), occasionally true (3), frequently true (4), and almost always/always true (5). It consists overall 16 items.

### 2.4 Procedure

There were 400 people in the sample for the current study, 200 of whom were men and 200 of whom were women. Each subject received the scale. The respondents' personal data on the pertinent characteristics, such as age, siblings, gender, and qualification, was gathered using a self-created demographic sheet. The individuals were individually contacted, and a paper-and-pencil version of the questionnaire was administered to them. The subjects received a brief introduction, an explanation of the goal, and directions on how to complete these written questionnaires before delivery. Although the item was self-explanatory, it was directed and given to the respondents whenever they requested it to avoid any confusion on their behalf. The respondents were thanked for their help but were not given any incentives for completing the surveys.

### 2.5 Data Analysis

Data was analyzed by using SPSS 25. We were using the statistical tool (Pearson Correlation, regression analysis) method to find the relationship between Parental Conflict, Resilience, and Prosocial Behavior among Adolescents. Independent samples t-test was used to find out the gender-based differences.

### 2.6 Ethical Consideration



The APA ethical standards were followed to avoid any ethical violations during the study.

### 3. Results

Table 1, the sociodemographic details of a sample of 400 individuals are shown in this table. The table has details on each person's age, gender, marital status, family structure, and degree of education. Participants in the study are split equally between men (50.0%) and women (50.0%). The bulk of participants (294, or 73.5%) are single, while only 106, or 26.5%, are married. It can be inferred from this that a sizable fraction of the sample is not currently married. The data reveals that joint family systems account for most participants (190, 52.3%), while nuclear family systems account for the remaining participants (210, 44.8%). This reveals information about the family structures of the individuals. This suggests that most participants have at least a bachelor's degree, with a lesser number having higher education credentials. The minimum and greatest ages recorded are 16 and 30, respectively. This reveals details about the sample's age distribution. Table 1 supplies helpful insights into the sample's composition by summarizing the major sociodemographic traits of the 400 study participants

Table 2 shows that there is a weak negative correlation between resilience and conflict behavior, including low resilience is linked to higher conflict behavior. Similarly, a negative correlation is existing between prosocial behavior and conflict behavior, suggesting reduced prosocial behavior corresponds to increased conflict behavior. In contrast, a strong positive correlation is found between resilience and prosocial behavior, highlighting that higher resilience is associated with greater prosocial behavior.

Table 3, the t-test analysis reveals that there is a minimal gender difference across the variables conflict behavior, resilience and prosocial behavior. There is a significant difference found for conflict behavior ( $p=.13$ ,  $d=.15$ ) or prosocial behavior ( $p=.83$ ,  $d=.02$ ), reflecting negligible practical impacts. However, a significant difference is observed on resilience ( $p=.04$ ,  $d=.20$ ), with males scoring slightly higher. Overall, gender difference is statistically and practically minor.

Table 4 shows that the constant term in the model is significant, indicating that the anticipated value

of the dependent variable is 35.11 when all predictors are zero. The dependent variable is strongly predicted by resilience. Holding other factors constant, the dependent variable typically rises by 49 units for every unit increase in Resilience. When additional variables are considered, the prosocial behavior does not predict the dependent variable

**Table 1**  
*Sociodemographic Characteristics of Participants (N=400)*

Variables	Categories	<i>f</i>	%
Age	16-20	72	18.0
	21-25	233	58.3
	26-30	95	23.8
Gender	Male	200	50.0
	Female	200	50.0
Marital Status	Single	294	73.5
	Married	106	26.5
Family System	Joint	190	52.3
	Nuclear	210	44.8
Education	Bachelors	209	52.3
	Masters	179	44.8
	Ph.D.	12	3.0

**Table 2**  
*Bivariate Correlations between the Conflict behavior, Resilience and Prosocial behavior (N=400)*

Variables	1	2	3
Conflict behavior	1		
Resilience	-.10*	1	
The Prosocial behavior	-.14**	.45***	1

Note: Correlations significant at  $p < .01$  \*\*, Correlations significant at  $p < .05$  \*.

The interaction between resilience and pro-socialness does not predict the dependent variable. The model is statistically significant and accounts for 21% of the variation in the dependent variable. However, care should be used when interpreting these results due to the non-significant predictors (resilience x prosocial behavior). It

suggests that while resilience plays a role in predicting the outcome, pro-socialness and the interaction between resilience and pro-socialness do not have a significant impact.

**Table 3**

*t-test research analysis Variables between Male and Female (N=400)*

Variable	Male (200)		Female (200)		<i>t</i> (398)	<i>p</i>	Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
Conflict behavior	8.30	4.22	9.00	4.93	-1.51	.13	.15
Resilience	38.06	10.35	35.74	12.01	2.06	.04	.20
Prosocial behavior	49.41	10.47	49.63	10.00	-.21	.83	.02

#### 4. Discussion

The association between resilience, parental conflict, and prosocial conduct in teenagers is the focus of the discussion of the study's results. Discovering how these factors interact and what it means for the wellbeing of adolescents is the goal of the study.

The first hypothesis predicted that resilience, parental conflict, and prosocial behavior in teenagers would all be significantly correlated. The results of this investigation supply credence to this theory. The information shows that there is a relationship between these factors. Adolescents who are more resilient are also more inclined to act in prosocial ways. This conclusion is consistent with prior studies emphasizing the importance of resilience in encouraging favorable movements.

The study also emphasizes the detrimental effects of family conflict on teenagers. Parental conflict, which is characterized by raucous, combative fights, can engender anxiety and terror within the family. Such confrontations have a bad impact on adolescents' prosocial conduct. Teenagers who endure frequent and heated arguments with their parents may become more anxious and find it difficult to control their emotions, which can make it difficult for them to act in prosocial ways.

It was showed by previous research that parental disagreements can have a terrible impact on the mental health and social development of children.

**Table 4**

*Moderation Analysis Summary (N=400)*

Variables	<i>B</i>	<i>SE</i>	<i>t</i> (3, 396)	<i>p</i>	95%CI	
					<i>UL</i>	<i>LL</i>
Constant	16.68	5.55	3.00	.003	5.77	27.60
Prosocial behavior	.42	.10	4.02	<.001	.21	.63
Resilience	-.49	.54	-.90	.37	-1.56	.58
Resilience Prosocial behavior	.008	.01	-.74	.46	-.01	.02
R <sup>2</sup>	.21					
F	35.11					

This study investigates whether parental emotional warmth and unfavorable communication with their children buffer the relationship between higher inter-parental conflict and prosocial conduct and peer difficulties in kids. Data from the eighth to the twelfth waves of the German Family Panel were used to run fixed-effects regressions and mediation analyses on a total of 1,157 children aged 7 to 16 (4,016 observations). According to the research, more inter-parental conflicts are significantly correlated with the lower emotional warmth and can increase negative communications problems in parents. This also increase difficulties for kids with their peers and decrease prosocial behaviors. (Hess, 2021).

The second hypothesis suggested that parental conflict could moderate the link between prosocial behavior and resilience. The study of the data shows that parental conflict does, in fact, moderate this association. It highlights the intricate dynamics at work within the context of the family.

Adolescents' prosocial behavior might be positively or negatively affected by parental disagreement. Even teenagers with strong levels of resilience, for instance, may find it difficult to prove prosocial actions when parental conflict is prevalent. Resilient teenagers, on the other hand, might be better suited to take part in prosocial activities in families with low levels of parental conflict.

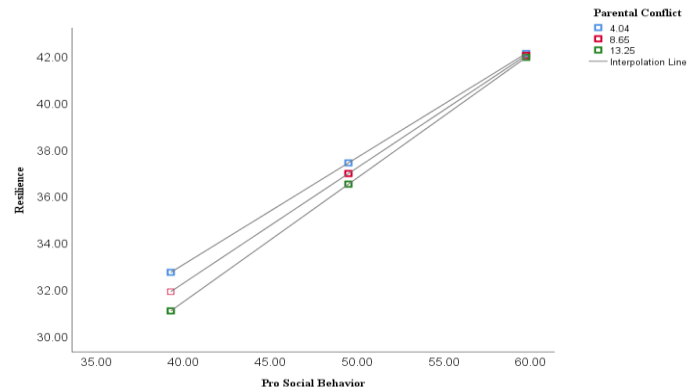
The linkage between marital conflict, parenting, and teenage prosocial behavior was studied by (Clark, 2011). In two-parent couples ( $n = 330$ ), parents and one target kid replied to questionnaires about levels of marital conflict, parenting styles (Altaf et al, 2021), and young children's prosocial behavior. Results from structural equation modeling showed that warmth and connection, one aspect of parenting, lowers the connection between marital conflicts and prosocial conduct in children. Gender differences across groups did not show any real significance. Along with therapeutic consequences, the relevance of the parent-child bond is highlighted.

This study illuminates the complex interplay between adolescent prosocial behavior, parental conflict, and resilience. It emphasizes the significance of encouraging teenage resilience and providing circumstances with little parental conflict to encourage positive social behaviors. Deeper understanding of these links and their consequences for adolescent wellbeing can be gained by additional study using bigger and more diverse sample sizes.

According to (Wang & Tain, 2019), the core purpose of the present study was to ascertain if self-control serves as a mediator in the relationship between parental support and parent-adolescent conflict and risk-taking behaviors among teenagers.

**Figure 2**

***Moderating effect of Parental Conflict between Resilience and Pro-Social Behavior***



The average age of the 917 Chinese adolescents who completed the surveys satisfactorily was 14.38 years ( $SD = 1.69$ ). The results showed that the correlations between parental support or parent-adolescent conflict and risk-taking behavior were moderated by self-control. Higher levels of parents-adolescent conflict, lower levels of self-control, and lower levels of perceived parental support both predicted more risk-taking behaviors in adolescents but as they developed self-control their predictive effects diminished. To decrease teenage risk-taking, it is crucial to lessen parent-adolescent conflict and foster strong parent-adolescent relationships. Whatever the situation may be, teaching teens self-control can help them take fewer risks by reducing the amount of family friction or parental support they encounter.

## 5. Conclusion

In this study, we undertook a thorough investigation of the connections between adolescent resilience, parental conflict, and prosocial behavior. To find patterns and relationships among these important factors, the research design utilized a correlational method. The main conclusions and their ramifications are summarized in this section.

The consequences of the findings reflect that resilience and prosocial behavior among adolescents are significantly correlated and propensity for prosocial behavior was found to be significantly influenced by resilience.. Adolescents' propensity for prosocial behavior was found to be significantly influenced by resilience. Higher levels of resilience in adolescents were associated with a stronger propensity to engage in actions that benefit

others, including helping, cooperating, consoling, sharing, and giving.

Second, the study shed light on how parental conflict moderates the association between resilience and prosocial behavior. Parental conflict was found to have a considerable impact on adolescents' prosocial behavior, either increasing or attenuating the effect of resilience. Even robust teenagers may find it difficult to display prosocial actions in homes with high levels of parental conflict. In contrast, resilient teenagers seemed better able to exhibit prosocial behaviors in circumstances with little parental conflict because the emotional strain caused by conflicted parents was lessened. While there was a statistically significant difference in resilience (RQ) ratings between males and females, according to Gender Differences, the practical significance was minimal. The conflict behavior (CBQ) and pro-socialness (PSA) scores between genders did not differ significantly.

### Implications

The development of resilience in teenagers should be a priority for educators, parents, and mental health experts. Adolescents can be empowered to deal with adversity effectively and can be encouraged to take part in prosocial behaviors by using strategies that increase their physical, mental, emotional, and social resilience.

In homes with teenagers, efforts should be made to lessen parental conflict. Parenting strategies that prioritize effective communication, conflict resolution, and emotional control can foster an atmosphere where adolescents are more likely to exhibit prosocial behaviors. Future studies can explore more deeply the complex dynamics of parental conflict and how it affects Prosociality and Resilience. Interventions can also be developed to strengthen resiliency and encourage prosocial behavior in teenagers while considering the moderating effect of parental conflict.

### Limitations

The fact that the study's participants were chosen from a particular location or demographic may have restricted the findings' applicability to more general cultural or regional contexts. It is important to use caution when extrapolating these results to diverse groups since differences in family structures and cultural backgrounds may have an impact on the associations that were discovered. The cross-sectional approach of the study gives an overview of the associations at one particular point in time, but it does not prove cause and effect. These

limitations should be taken into account when interpreting and implementing the findings, since this study provides insightful information on the complex dynamics involving resilience, parental conflict, and prosocial behavior in teenagers. A more thorough comprehension of these interactions and their consequences for teenage well-being can be achieved by addressing these shortcomings in future studies.

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