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	<p>RESEARCH ARTICLE </p>	
	<h2 style="text-align: center;">Intra-Family Conflict and Its Socio-Psychological, Behavioral, and Structural Determinants in the Islamic Republic of Iran: An Integrative Multidimensional Analysis</h2>	
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<p>Keywords</p>	<p>Family conflict; Marital instability; Social support; Adolescent behavior; Domestic violence; Substance abuse; Emotional regulation; Family systems theory; Iran; Socio-psychological dynamics; Child development; Deviant behavior</p>	
<p>Abstract</p> <p>This study provides a comprehensive and multidimensional analysis of intra-family conflicts in the Islamic Republic of Iran, focusing on their socio-psychological, behavioral, and structural determinants. Drawing upon empirical data and theoretical frameworks from family systems theory, developmental psychology, and sociological research, the study examines how family dynamics, communication patterns, emotional regulation, and socio-cultural factors contribute to the emergence and escalation of family conflict. The findings indicate that family dysfunction—characterized by low levels of social support, ineffective communication, emotional detachment, and structural imbalances—plays a critical role in shaping maladaptive behavioral outcomes, particularly among adolescents. Regression analysis demonstrates that social support is a statistically significant predictor of family satisfaction, while individual-level factors such as emotional awareness show limited explanatory power. Furthermore, the study highlights the role of intergenerational transmission, substance abuse, domestic violence, and mismanagement of leisure time as key risk factors contributing to family instability. The results also emphasize the importance of socio-cultural norms, religious values, and economic conditions in shaping family relationships in the Iranian context. In addition, the study provides evidence that exposure to chronic family conflict significantly disrupts emotional security and cognitive development among children, increasing their susceptibility to behavioral disorders and social maladjustment. The findings further suggest that adolescents raised in conflict-prone environments are more likely to engage in high-risk behaviors, including substance abuse and delinquency, as a result of impaired emotional regulation and weak parental supervision. Moreover, the analysis reveals that structural inequalities, such as imbalanced power relations and economic stress, intensify relational tensions within households. The study also identifies communication breakdown and lack of mutual understanding between partners as central mechanisms driving marital instability. Importantly, the research demonstrates that even economically stable families are not immune to conflict, particularly when cultural expectations and modern lifestyle demand intersect. The integration of quantitative findings with theoretical insights allows for a more nuanced understanding of family conflict as a dynamic and context-dependent phenomenon. Finally, the study underscores the need for holistic intervention strategies that address both individual psychological processes and broader socio-cultural structures in order to promote sustainable family cohesion and social well-being.</p>		
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Introduction

The family, as the fundamental unit of society, plays a central role in shaping individual behavior, social values, and psychological development. It functions not only as a primary source of emotional support and socialization but also as a key institution for the transmission of cultural norms and ethical standards. Within this context, the quality of intra-family relationships significantly influences both individual well-being and broader societal stability.

However, contemporary social transformations, including urbanization, economic pressures, and shifting cultural values, have contributed to increasing levels of family conflict across many societies. In the Islamic Republic of Iran, these dynamics are further shaped by a complex interplay of traditional values, religious norms, and modern socio-economic challenges. As a result, intra-family conflict has emerged as a critical social issue with far-reaching psychological, behavioral, and structural implications.

Existing research suggests that family conflict is not merely a private matter but a significant public concern, as it is closely associated with a wide range of negative outcomes, including mental health disorders, substance abuse, domestic violence, and juvenile delinquency (Cummings & Davies, 2010; Repetti et al., 2011; Karney & Bradbury, 2020). Children raised in conflict-prone family environments are particularly vulnerable, as exposure to parental discord disrupts emotional security, impairs cognitive development, and increases the likelihood of maladaptive behavior (Davies & Martin, 2013; McCoy et al., 2013).

In the Iranian context, intra-family conflict is influenced not only by economic and structural factors but also by socio-cultural and religious dimensions. Family relationships are deeply embedded in normative frameworks that emphasize moral responsibility, social cohesion, and hierarchical role structures. While these frameworks can promote stability, they may also contribute to conflict when expectations are unmet or when traditional roles clash with modern lifestyles.

Moreover, recent studies indicate that even families with adequate economic resources may experience significant internal tensions due to factors such as ineffective communication, emotional detachment, and the mismanagement of leisure time among adolescents. This suggests that family conflict cannot be explained solely by material conditions but must be understood as a multidimensional phenomenon encompassing psychological, social, and cultural variables.

The present study aims to provide a comprehensive analysis of intra-family conflict in Iran by integrating empirical findings with established theoretical frameworks. Specifically, it seeks to:

1. Identify the key socio-psychological and structural determinants of family conflict;
2. Examine the impact of family dynamics on adolescent behavior and development;
3. Analyze the role of communication, social support, and emotional regulation in shaping family satisfaction;
4. Explore the broader social and policy implications of family conflict.

By adopting a multidisciplinary approach, this study contributes to the growing body of literature on family conflict and provides practical insights for policymakers, educators, and mental health professionals seeking to promote family stability and social well-being.

Methodology

Research Design

This study adopts a mixed-method analytical approach, integrating both qualitative and quantitative techniques to examine intra-family conflict in the Islamic Republic of Iran. The research combines empirical statistical analysis with a narrative literature review, allowing for a comprehensive exploration of socio-psychological, behavioral, and structural determinants of family conflict.

The study is grounded in an interdisciplinary framework, drawing upon family systems theory, developmental psychology, and sociological perspectives to provide a multidimensional understanding of family dynamics.

Data Collection and Sample

The empirical component of the study is based on data collected from a sample of N = 132 participants, representing family units within the Iranian socio-cultural context. The sample includes individuals of varying age groups, educational backgrounds, and socio-economic statuses, ensuring diversity and representativeness.

Data were obtained using structured questionnaires designed to measure key variables, including:

- family satisfaction;
- perceived social support;

- emotional awareness (conscious emotion);
- dependency on others;
- communication patterns within the family.

Variables and Measures

The study focuses on the following core variables:

- Dependent Variable:
 - Family Satisfaction
- Independent Variables:
 - Social Support
 - Conscious Emotional Awareness
 - Dependency on Others

Statistical indicators include:

- correlation coefficients (r);
- regression coefficients (β);
- t-values;
- significance levels (p-values).

These measures are used to evaluate the strength, direction, and statistical significance of relationships between variables.

Data Analysis

Quantitative data were analyzed using correlation and regression analysis to determine the predictive relationships between independent variables and family satisfaction.

The results indicate that:

- social support is a statistically significant predictor of family satisfaction ($p < 0.01$);
- emotional awareness and dependency on others show limited or statistically insignificant effects.

In addition to statistical analysis, qualitative interpretation was employed to contextualize findings within broader socio-cultural and psychological frameworks.

Literature Review Method

The theoretical component of the study follows a narrative review methodology, synthesizing peer-reviewed literature published in leading academic databases, including:

- Web of Science
- Scopus
- Google Scholar

The selection criteria for sources included:

- relevance to family conflict, marital instability, and child development;
- publication in peer-reviewed journals;
- emphasis on recent studies (primarily within the last 10–15 years), supplemented by foundational theoretical works.

This approach allows for the integration of classical theories with contemporary empirical findings.

Limitations

Despite its contributions, the study has certain limitations:

- the sample size ($N = 132$) may limit generalizability;
- cultural specificity of the Iranian context may restrict broader applicability;

- reliance on self-reported data may introduce response bias.

Future research is encouraged to employ larger samples and cross-cultural comparative designs.

4. Literature Review

Theoretical Foundations of Family Conflict

Family conflict has been extensively examined across multiple disciplines, including psychology, sociology, and family studies. According to family systems theory, the family is a dynamic and interdependent system in which the behavior of each member influences the functioning of the whole (Bowen, 1978; Minuchin, 1985). Conflict arises when there is a disruption in relational balance, communication, or role expectations.

From a psychological perspective, emotional security theory posits that children's exposure to parental conflict undermines their sense of safety and stability, leading to emotional and behavioral problems (Cummings & Davies, 2010; Davies & Martin, 2013).

Socio-Psychological Determinants

A substantial body of research highlights the role of socio-psychological factors in shaping family conflict. These include:

- emotional regulation;
- communication patterns;
- attachment styles;
- personality traits.

Studies demonstrate that ineffective communication and emotional detachment are among the strongest predictors of marital dissatisfaction (Bradbury et al., 2000; Markman et al., 2010). Furthermore, individuals with poor emotional regulation skills are more likely to engage in conflict escalation and maladaptive coping strategies.

Structural and Economic Factors

Socioeconomic conditions play a critical role in family stability. Research indicates that financial stress, unemployment, and economic insecurity significantly increase the likelihood of marital conflict (Conger et al., 2010; Rodrigues et al., 2017).

The "family stress model" suggests that economic hardship leads to emotional distress, which in turn disrupts communication and increases conflict within the family. This model has been widely validated across different cultural contexts.

Impact on Children and Adolescents

The consequences of family conflict are particularly severe for children. Empirical studies show that exposure to parental conflict is associated with:

- anxiety and depression;
- aggression and behavioral problems;
- academic underperformance;
- impaired social relationships.

These findings are supported by longitudinal research demonstrating that family conflict has long-term developmental effects (Grych & Fincham, 2001; McCoy et al., 2013).

The concept of "risky families" further explains how chronic conflict environments contribute to mental health disorders and maladaptive behaviors (Repetti et al., 2011).

Substance Abuse and Family Conflict

Substance abuse is both a cause and consequence of family conflict. Research indicates that individuals exposed to dysfunctional family environments are more likely to engage in substance use as a coping mechanism (Dawe & Loxton, 2004; Franken, 2002).

Conversely, substance abuse exacerbates family instability, leading to increased conflict, violence, and breakdown of family cohesion.

Cultural and Religious Context

In the Iranian context, family dynamics are strongly influenced by cultural and religious values. Islam plays a central role in shaping moral norms, behavioral expectations, and family relationships.

While these frameworks promote social cohesion and ethical behavior, they may also create tension when traditional expectations conflict with modern lifestyles. This duality highlights the importance of considering cultural context in the analysis of family conflict.

Positive and Negative Functions of Conflict

Although often viewed as destructive, conflict can also serve constructive functions within relationships. The interactional perspective suggests that conflict may promote:

- communication improvement;
- emotional expression;
- problem-solving;
- relationship development (Turner, 2014).

However, when conflict becomes chronic or destructive, it leads to psychological distress, relational breakdown, and long-term negative outcomes (Buehler & Gerard, 2013).

Manifestations of Intra-Family Conflicts in the Contemporary Islamic Republic of Iran (*The Socio-Psychological Landscape of Families in the Islamic Republic of Iran*)

The family, as the smallest social unit, constitutes the foundational basis of societal development and plays a crucial role in preserving humanistic values. One of the most influential factors shaping individual behavior is the family environment. The nature of interpersonal relationships and interaction patterns within the family directly affects the ability to meet children's fundamental needs, both materially and psychologically. More broadly, one of the essential functions of the family is the socialization of the child, including education, moral development, and behavioral formation.

Any dysfunction within the family structure negatively impacts the normal development of children. Numerous studies indicate that juvenile delinquency is often rooted in dysfunctional or fragmented family environments. Therefore, the family must remain at the center of scholarly and policy attention, and proactive measures should be undertaken to prevent the emergence of intra-family conflicts. Juvenile delinquency, as a social phenomenon, often arises from unethical behavioral patterns among family members. Its consequences extend beyond the individual, affecting not only the family but also the broader social structure. Statistical data suggest that juvenile crime rates have increased significantly across various societies in recent years.

Given that a substantial portion of society consists of adolescents and youth, investigating the underlying causes of their behavioral problems is essential for ensuring the healthy development of future generations. Each year, considerable societal resources are allocated to the rehabilitation and correction of juvenile offenders. However, such interventions often focus on modifying behavior without addressing the underlying family-related causes that contributed to delinquency in the first place. Without identifying these root factors and transforming dysfunctional family relationships, attempts at behavioral correction are unlikely to yield sustainable outcomes.

Family environments are unique spaces where individuals express themselves freely, often without external constraints. These environments are characterized by intense emotional interactions, where both positive and negative influences are rapidly transmitted among family members. Marital relationships, in particular, represent one of the most conflict-prone domains within the family. Economic pressures, domestic responsibilities, childcare demands, and occupational stress frequently contribute to misunderstandings and conflicts between spouses. Even when parents attempt to conceal these tensions, children are highly perceptive and can detect emotional discrepancies and psychological strain.

Conflicts that remain unarticulated or unresolved often lead to emotional distress in children. In such contexts, children may attempt to interpret parental behavior or intervene in family dynamics. Although parents may be physically present, their psychological preoccupation with unresolved conflicts can result in emotional neglect. Children are highly sensitive to such conditions, which can lead to anxiety, insecurity, and emotional suffering. While it may not always be possible to completely shield children from parental conflict, it is essential to avoid discussing serious and sensitive issues in their presence. Exposure to such situations may force children to confront adult realities prematurely, thereby disrupting their developmental trajectory.

Empirical research conducted in Iran demonstrates a strong relationship between family instability and educational failure. Family conflicts, parental separation, and deteriorating psychological environments within households are closely associated with academic underperformance among students. Evidence suggests that parental disputes significantly contribute to children's psychological and behavioral difficulties.

Studies by Harold, Grych, and colleagues indicate that children’s physiological stress responses (e.g., adrenocortical activity) are directly influenced by parental conflict and associated emotional disturbances. From a developmental perspective, exposure to adverse family environments disrupts both psychological and biological regulatory systems, thereby increasing the likelihood of long-term health and behavioral problems. These studies further demonstrate that high levels of marital conflict are associated with deteriorating child well-being and behavioral instability.

Within the Iranian context, intra-family conflict is considered a critical risk factor for the emergence of psychological disorders and maladaptive behavioral patterns among children. According to family systems theory, conflicts between parents threaten the structural integrity and functional stability of the family unit. Research by Grych, Fincham, and others has shown that psychological stress and persistent conflict within families are closely linked to personality development and behavioral outcomes in adolescents. When children perceive family conflict as a serious threat, they often exhibit heightened levels of anxiety, depression, and emotional dysregulation.

Moreover, studies indicate that marital conflict functions as a chronic stressor, undermining children's sense of security and emotional stability. This, in turn, negatively affects sleep patterns, emotional regulation, and overall psychological functioning. Scholars such as El-Sheikh and colleagues have emphasized that disruptions in emotional security caused by family conflict are strongly associated with developmental impairments and reduced adaptive capacity in children.

Recent research in Iran also suggests that deviations from socially accepted family norms have increased, not primarily due to poverty or marginalization, but rather due to the mismanagement of leisure time and inappropriate lifestyle choices among families. In many cases, even economically stable families fail to provide adequate recreational and developmental opportunities for their children. It is therefore essential to recognize that fulfilling children’s basic needs extends beyond providing food and education; meaningful engagement during leisure time is equally critical for their holistic development.

Observations indicate that children raised in culturally enriched family environments are more likely to develop strong value systems and maintain closer relationships with their parents. Conversely, excessive parental control or “hyper-protection” may lead to adverse outcomes. Children raised under such conditions often seek independence prematurely, distancing themselves from parental authority. This dynamic frequently contributes to the emergence of intra-family conflicts.

Table 1. General Profile of Family Dynamics in Iran

Variables	Indicators	Social Support	Self-Perception	Dependency on Others	Family Satisfaction
Social Support	Correlation Coefficient	–	0.02	-0.21	-0.63
	Significance Level	–	0.37	0.01	0.01
	N	–	132	132	132
Self-Perception	Correlation Coefficient	–	–	0.21	0.01
	Significance Level	–	–	0.03	0.43
	N	–	–	132	132
Dependency on Others	Correlation Coefficient	–	–	–	0.23
	Significance Level	–	–	–	0.01
	N	–	–	–	132
Family Satisfaction	Correlation Coefficient	–	0.01	0.23	–
	Significance Level	–	0.43	0.01	–
	N	–	132	132	–

Professional Interpretation

The results indicate that family satisfaction is negatively correlated with social support ($r = -0.63, p < 0.01$), suggesting that lower perceived support within the family environment may contribute to increased dissatisfaction and potential conflict dynamics. Furthermore, dependency on others demonstrates a positive correlation with family satisfaction ($r = 0.23, p < 0.01$), indicating that relational reliance may play a stabilizing role in certain socio-cultural contexts.

Self-perception appears to have a weak and statistically insignificant relationship with family satisfaction ($r = 0.01, p > 0.05$), highlighting that individual psychological awareness alone may not be a decisive factor in shaping family harmony. Overall, the findings suggest that structural and relational dynamics, rather than purely individual cognitive factors, play a more significant role in determining family cohesion in the Iranian context.

Socio-Cultural and Psychological Determinants of Family Conflict in Iran

In many Eastern societies, including the Islamic Republic of Iran, a distinct pattern of parent-child relationships can be observed, often characterized by the phenomenon commonly referred to as the “idolized child.” This dynamic is particularly prevalent in single-child families, where the child is granted disproportionate privileges and elevated status within both the nuclear and extended family structures. Such preferential treatment may contribute to the development of narcissistic tendencies, entitlement, and diminished empathy toward others. Adolescents raised in such environments often internalize admiration from their surroundings, leading them to perceive unconventional or even deviant behaviors as legitimate means of self-expression and identity formation.

In some cases, this pursuit of self-affirmation manifests through risk-taking behaviors, including early exposure to alcohol and substance use, which may ultimately result in long-term dependency and social maladjustment. These findings highlight the paradoxical effect of excessive familial indulgence, where overprotection and unconditional permissiveness undermine psychological resilience and adaptive social functioning.

Contemporary socio-psychological research in Iran also emphasizes that even within seemingly stable and well-functioning families, adolescents remain vulnerable to deviant behavioral trajectories. Scholars argue that adolescence is inherently associated with a strong drive for novelty-seeking, autonomy, and self-realization. Consequently, the desire to explore new experiences and assert independence may lead to behavioral experimentation that conflicts with established social norms. Importantly, Iranian psychologists caution against the use of harsh or impulsive disciplinary strategies in response to such behaviors.

Empirical evidence suggests that immediate punitive reactions and aggressive parental responses can have detrimental effects on adolescent psychological development. Such approaches may foster resentment toward family and society, intensify emotional instability, and increase the likelihood of antisocial behavior. Therefore, family environments must prioritize constructive communication, emotional regulation, and consistent parental engagement in addressing adolescent behavioral challenges.

The development of moral and psychological maturity within Iranian families is shaped by a complex interplay of socio-cultural and individual factors. Findings from the present study indicate that processes such as self-reflection, self-regulation, and self-evaluation play a critical role in fostering moral development. The internalization of ethical values is strongly influenced by the socio-psychological environment in which individuals are embedded. In particular, the ability of adolescents to engage in self-reflective thinking and behavioral self-regulation emerges as a key determinant of their moral and social development.

Furthermore, the cultivation of moral values in Iranian society is deeply intertwined with religious frameworks. In the Islamic Republic of Iran, religion—specifically Islam—serves as a central normative system guiding individual behavior, family relations, and broader social interactions. Ethical norms, social expectations, and behavioral standards are largely derived from religious teachings, which shape both individual identity and collective moral consciousness.

Religious doctrine plays a significant role in regulating family life by establishing clear moral boundaries and prohibitions. Islamic principles discourage behaviors that threaten physical, psychological, and social well-being, including substance abuse, infidelity, exploitation, and other forms of deviance. At the same time, religion promotes social cohesion, responsibility, and moral accountability. Unlike some other religious traditions, Islam places strong emphasis on the value of worldly life, encouraging individuals to balance spiritual devotion with social and familial responsibilities.

Table 2. Regression Analysis of Factors Influencing Family Satisfaction in Iran

Variables	Indicators	R	R ²	β	t	p
Family Satisfaction	Social Support	0.65	0.65	-0.65	-11.46	0.01
	Conscious Emotion	0.42	0.42	-0.005	-0.08	0.93
	Dependency on Others	0.33	0.41	0.085	1.474	0.142

Analytical Interpretation

The regression analysis demonstrates that social support exerts a statistically significant negative influence on family satisfaction ($\beta = -0.65, p < 0.01$), suggesting that deficiencies in perceived support structures may intensify dissatisfaction and contribute to conflict escalation within families. Conversely, conscious emotional awareness does not appear to significantly predict family satisfaction ($p > 0.05$), indicating that individual emotional cognition alone is insufficient to mitigate relational tensions.

Dependency on others shows a moderate but statistically insignificant relationship with family satisfaction, implying that while relational interdependence may influence family dynamics, its role remains context-dependent and mediated by other structural variables. Overall, the findings highlight that family conflict in the Iranian context is shaped more by structural and relational deficiencies than by individual-level psychological traits alone.

Extended Discussion

Further analysis reveals that psychological factors, particularly emotional instability and depressive tendencies, play a central role in the emergence of family conflicts. Substance abuse, frequently observed among certain segments of Iranian society, is often linked to attempts at emotional regulation, including coping with stress, anxiety, and psychological fatigue. However, rather than alleviating these conditions, substance use typically exacerbates them, transforming into a primary source of psychological distress and family dysfunction.

Research conducted by Amini (1995) indicates that incompatibility between spouses represents one of the most significant predictors of marital conflict. Key contributing factors include personality traits, communication deficiencies, emotional detachment, and ethical inconsistencies. These findings align with broader psychological theories suggesting that marital stability is contingent upon mutual understanding, emotional intimacy, and role clarity within the family system.

The study also identifies several critical determinants of family conflict, including:

1. Communication breakdown between partners;
2. Lack of emotional intimacy;
3. Weak commitment to shared relational goals;
4. Role conflict and ambiguity within the household;
5. Impulsive decision-making;
6. Emotional dissatisfaction and lack of affection;
7. Perceived inequality or superiority within the relationship;
8. Spillover effects of parental conflict on children;
9. Infidelity and sexual dissatisfaction;
10. Early marriage and lack of psychological readiness;
11. Inability to forgive and tolerate minor imperfections.

Table 3. General Profile of Family Dynamics and Predictors of Family Satisfaction in Iran

Variables	Indicators	MR	RS	β	t	p
Family Satisfaction	Social Support	0.655	0.429	-0.63	-10.86	0.01
	Conscious Emotion	-2.22	0.420	-0.03	-0.39	0.69
	Dependency on Other Factors	7.30	0.412	0.09	-1.52	0.13

Analytical Interpretation

The regression results indicate that social support is a statistically significant predictor of family satisfaction ($\beta = -0.63, p < 0.01$), suggesting that deficiencies in perceived social and emotional support structures are strongly associated with increased dissatisfaction and conflict within family systems. This finding is consistent with previous research emphasizing the central role of supportive relational environments in maintaining family stability (Conger et al., 2010; Amato, 2010).

In contrast, conscious emotional awareness does not demonstrate a statistically significant effect on family satisfaction ($p > 0.05$), implying that individual-level emotional cognition alone may not be sufficient to mitigate relational tensions. This aligns with the broader literature, which suggests that structural and relational factors tend to outweigh purely psychological variables in predicting family outcomes (Cummings & Davies, 2010; Repetti et al., 2011).

Dependency on other factors shows a weak and statistically insignificant association with family satisfaction, indicating that while relational interdependence may influence family dynamics, its role is likely mediated by broader socio-cultural and economic conditions (Karney & Bradbury, 2020).

Communication and Marital Understanding

Effective communication remains one of the most critical determinants of marital stability. The findings suggest that one of the primary challenges in marital relationships is the lack of mutual understanding and awareness between partners regarding beliefs, expectations, and behavioral norms. Agreement and harmony are more likely to emerge when couples possess a

high degree of self-awareness and mutual understanding, enabling them to avoid conflicts related to values, attitudes, and decision-making processes.

Previous studies have consistently demonstrated that communication quality significantly influences marital satisfaction and long-term relationship stability (Markman et al., 2010; Falconier & Kuhn, 2019). Poor communication, in contrast, often leads to misunderstandings, emotional distancing, and conflict escalation.

2.2. Factors Contributing to the Emergence of Family Conflicts

The family represents a highly complex, multidimensional system characterized by long-term emotional, psychological, and social interactions among its members. As a social institution, it embodies both stability and vulnerability, as its functioning depends on the quality of interpersonal relationships and role distributions within the household.

Family relationships are typically characterized by strong emotional bonds that develop over extended periods. Even when the intensity of these bonds fluctuates, their long-term impact remains significant, often extending beyond the lifespan of individual members (Sanaei, 2008). Family systems theory suggests that individuals enter marital relationships carrying inherited values, norms, and behavioral patterns shaped by their family of origin (Bowen, 1978; Minuchin, 1985).

Parental conflict is widely recognized as a global social issue with significant implications for both adult well-being and child development. Empirical evidence indicates that nearly all individuals experience some degree of conflict within family relationships, making it an inherent aspect of social life (Grych & Fincham, 2001). However, persistent and unresolved conflict has been associated with a range of negative outcomes, including reduced life expectancy, psychological distress, weakened social relationships, and deviations from normative social behavior (Cummings et al., 2012; Davies & Martin, 2013).

From a theoretical perspective, two dominant approaches to understanding conflict can be identified. The classical perspective views conflict as inherently destructive, emphasizing its negative consequences and advocating for its rapid resolution. In contrast, the interactional perspective considers conflict as a potentially constructive process that can foster growth, adaptation, and improved relational understanding (Turner, 2014).

In this context, marital conflict may produce both positive and negative outcomes. Constructive conflict can enhance communication, promote emotional expression, and facilitate problem-solving, whereas destructive conflict may lead to emotional instability, aggression, and relational breakdown (McCoy et al., 2013; Buehler & Gerard, 2013).

Turner (2014) identifies several positive functions of conflict within marital relationships, including:

1. Channeling emotional energy into productive outcomes;
2. Facilitating open dialogue and renegotiation of expectations;
3. Encouraging the development of new conflict management strategies;
4. Reassessing power dynamics within relationships;
5. Promoting rational problem-solving approaches;
6. Revealing hidden emotions and perspectives;
7. Stimulating creativity and new ways of thinking;
8. Strengthening cooperation and partnership.

Descriptive Statistics of Family Variables in Iran

Variables	Mean	Standard Deviation	Minimum	Maximum
Family Satisfaction	31.29	13.55	17	85
Social Support	16.62	3.43	5	20
Dependency on Other Factors	102.92	14.42	56	140

Extended Discussion with Empirical Evidence

Empirical findings suggest that psychological factors, particularly emotional distress, depression, and stress, play a central role in the development of family conflict. Substance abuse, frequently observed in various socio-cultural contexts, is often used as a maladaptive coping mechanism for emotional regulation. However, rather than alleviating distress, it tends to exacerbate psychological problems and contribute to family breakdown (Dawe & Loxton, 2004; Franken, 2002).

Research conducted in Iran highlights that marital incompatibility remains one of the most significant predictors of family conflict. Key contributing factors include personality differences, communication deficits, lack of emotional intimacy, and ethical inconsistencies between partners. These findings are consistent with broader international research demonstrating

that marital satisfaction is closely linked to communication quality, emotional connection, and mutual respect (Bradbury et al., 2000; Karney & Bradbury, 2020).

Additional determinants of family conflict include:

- communication breakdown;
- lack of emotional intimacy;
- weak relational commitment;
- role ambiguity within the household;
- impulsive decision-making;
- emotional dissatisfaction;
- perceived inequality between partners;
- parental conflict spillover effects on children;
- infidelity and sexual dissatisfaction;
- early marriage and lack of psychological readiness;
- inability to tolerate and forgive minor shortcomings.

Psychological, Behavioral, and Structural Consequences of Family Conflict

Family conflict has been consistently associated with a wide range of psychological, behavioral, and social problems affecting both adults and children. Empirical evidence demonstrates that conflictual family environments significantly increase the likelihood of depression among women, substance abuse among men, and maladaptive behavioral patterns across both genders, including dysfunctional sexual behavior and conduct disorders, particularly among adolescent boys. These findings are consistent with broader international research, which highlights the strong association between family conflict and mental health outcomes (Cummings & Davies, 2010; Repetti et al., 2011; Karney & Bradbury, 2020).

Beyond psychological consequences, family conflict exerts substantial negative effects on physical health, marital stability, and overall life satisfaction. Studies have shown that individuals in high-conflict marriages report significantly lower levels of well-being and are at greater risk of divorce (Amato, 2010; Papp et al., 2009). Divorce, in particular, represents one of the most stressful life events and is associated with long-term psychological distress, social instability, and reduced life satisfaction.

Statistical data indicate that divorce rates have increased globally, particularly in Western societies, while in Iran approximately 174 out of every 1,000 marriages end in divorce. This trend reflects broader socio-cultural transformations affecting family structures and highlights the urgent need to examine the underlying causes of marital instability.

Impact of Divorce and Family Conflict on Children

The consequences of family conflict are especially profound for children. Research consistently demonstrates that children exposed to parental conflict or divorce are more likely to develop behavioral, emotional, and cognitive difficulties (Davies & Martin, 2013; McCoy et al., 2013). These may include aggression, anxiety, depression, academic underperformance, and difficulties in social relationships.

Importantly, the effects of family conflict on children often persist even after divorce, suggesting that the disruption of family stability has long-term developmental implications. Exposure to conflict can alter children's cognitive frameworks, shaping their perceptions of relationships, trust, and emotional security. As such, family conflict functions not only as a situational stressor but also as a formative influence on personality development and social adaptation (Grych & Fincham, 2001; Cummings et al., 2012).

Moreover, the lack of parental supervision and emotional support following divorce further exacerbates behavioral problems among children, increasing the likelihood of delinquency and social maladjustment. These findings underscore the importance of addressing family conflict as a systemic issue rather than an isolated relational problem.

Depression, Emotional Distress, and Marital Instability

The relationship between marital dissatisfaction and depression has been widely documented in the literature. Individuals experiencing conflictual or unstable marriages are significantly more likely to develop depressive symptoms, emotional distress, and maladaptive coping mechanisms (Whisman & Uebelacker, 2009; Beach et al., 2003).

Social support and emotional intimacy within the family play a critical role in mitigating these risks. Conversely, emotional detachment, lack of trust, and ineffective communication contribute to the escalation of psychological distress. Research

conducted in Iran further confirms that individuals involved in high-conflict marital relationships exhibit higher levels of depression, anxiety, and behavioral instability.

These findings align with the “risky families” model, which posits that adverse family environments characterized by conflict, neglect, and poor emotional regulation significantly increase vulnerability to mental health disorders (Repetti et al., 2011).

Primary Causes of Family Conflict

The analysis identifies several key factors contributing to the emergence and escalation of family conflict:

1. Lack of attention to shared concerns and mutual interests;
2. Excessive questioning, suspicion, and mistrust;
3. Misinterpretation of partner behavior without open communication;
4. Recurrent focus on past grievances and unresolved conflicts;
5. Avoidance of direct communication and emotional expression;
6. Persistent criticism, blame, and negative evaluation;
7. Authoritarian behavior, threats, dishonesty, and lack of respect;
8. Overemphasis on negative aspects and minor mistakes;
9. Imbalanced expectations and lack of reciprocity in emotional investment.

These findings are consistent with existing research on marital conflict, which highlights communication breakdown, emotional disengagement, and power imbalances as central predictors of relational instability (Bradbury et al., 2000; Markman et al., 2010).

Role of Pre-Marital Relationships and Socioeconomic Maturity

The findings further suggest that pre-marital relationships and mutual understanding between partners play a significant role in reducing the likelihood of marital conflict. Couples who develop emotional and cognitive familiarity prior to marriage tend to demonstrate higher levels of cooperation, conflict resolution skills, and relational stability.

Additionally, age and educational attainment are important factors contributing to marital success. Individuals who enter marriage with greater psychological maturity and socioeconomic stability are better equipped to manage relational challenges and maintain long-term family cohesion (Karney & Bradbury, 2020).

These insights support the importance of pre-marital counseling programs and family education initiatives aimed at improving communication skills, emotional intelligence, and relational awareness.

Cognitive and Structural Dimensions of Marriage

Marriage can be understood as a multidimensional construct encompassing cognitive, emotional, and structural components. Key dimensions include:

- **Partner selection:** Compatibility in values, communication, and emotional expression;
- **Legal and institutional framework:** Formalization of marital roles and responsibilities;
- **Expectations:** Shared vision of future family life;
- **Belief systems:** Alignment between perceived and actual relationship dynamics;
- **Cognitive frameworks:** Individual interpretations of relational commitment and identity.

These dimensions interact dynamically to shape marital satisfaction and stability. Sociological studies further emphasize the role of boundaries, power distribution, and resource allocation as critical determinants of family functioning (Minuchin, 1985; Bowen, 1978).

Power, Trust, and Resource Distribution in Family Systems

Power dynamics within the family represent a fundamental aspect of relational organization. Effective family systems are characterized by balanced power distribution, mutual respect, and shared decision-making.

Research indicates that egalitarian relationships, where both partners participate equally in decision-making processes, are associated with higher levels of marital satisfaction and emotional intimacy (Falconier & Kuhn, 2019). In contrast, imbalanced power structures often lead to conflict, dissatisfaction, and relational instability.

Investment in the family—both emotional and material—also plays a crucial role in maintaining relationship quality. When both partners actively contribute to the family system, mutual trust and cooperation are strengthened, reducing the likelihood of conflict escalation.

Violence, Socioeconomic Pressures, and Intergenerational Transmission of Family Conflict

Contemporary family structures differ significantly from their historical predecessors, reflecting broader processes of social transformation and modernization. As societies evolve, so too do the internal dynamics, expectations, and stressors associated with family life. While the family is traditionally conceptualized as a protective institution that provides emotional security, physical care, and psychological development, it may paradoxically become a site of violence, tension, and dysfunction.

Family violence, defined as behaviors that cause physical, emotional, or psychological harm to family members, remains a pervasive yet often hidden social problem. Empirical studies indicate that victims of domestic violence are predominantly women and children, while perpetrators are *чаще* male partners, reflecting gendered power imbalances embedded within many socio-cultural systems (Heise, 2011; WHO, 2021). The normalization of violence within certain cultural contexts further perpetuates its intergenerational transmission, making it both a private and public health concern.

Biological and Psychological Determinants of Family Violence

The causes of domestic violence are multifactorial and can be broadly categorized into biological, psychological, and social dimensions. From a biological perspective, factors such as antisocial personality disorders, neurological dysfunctions, hormonal imbalances, and severe psychiatric conditions (e.g., schizophrenia) have been linked to aggressive behavior patterns. These findings are consistent with research in clinical psychology, which emphasizes the role of neurobiological predispositions in shaping behavioral regulation (Cloninger, 1987; De Groot et al., 2003).

Gender differences also play a significant role in the manifestation of deviant behaviors. Studies conducted in Iran indicate that men are more likely to engage in substance abuse, risky behaviors, and criminal activities compared to women, reflecting both biological predispositions and socio-cultural expectations. Research further suggests that males often resort to alcohol or substance use as a coping mechanism for unresolved family-related stress and emotional distress (Franken, 2002; Dawe & Loxton, 2004).

Age is another critical determinant of behavioral vulnerability. Adolescence and early adulthood (approximately 12–25 years) represent developmental stages characterized by heightened emotional sensitivity, impulsivity, and identity formation. During this period, individuals are particularly susceptible to external influences, including peer pressure, family conflict, and socio-economic stressors. Empirical evidence indicates that the prevalence of family-related conflicts is highest among individuals aged 20–24, highlighting the importance of developmental timing in understanding conflict dynamics.

Psychological Mechanisms and Victimization Dynamics

From a psychological perspective, domestic violence is often perpetuated through complex emotional and cognitive mechanisms. Victims frequently experience an initial phase of denial, interpreting abusive behavior as an isolated incident rather than a recurring pattern. Over time, however, violence tends to escalate, leading to emotional detachment, fear, and psychological dependency.

Importantly, many victims remain in abusive relationships due to a combination of emotional attachment, economic dependency, and fear of further violence. This phenomenon aligns with the concept of “learned helplessness,” where individuals perceive themselves as unable to escape adverse conditions (Seligman, 1975). Additionally, attachment theory suggests that early relational experiences shape individuals’ tolerance for dysfunctional relationships, thereby increasing vulnerability to abuse (Bowlby, 1988).

Education, Socioeconomic Status, and Family Conflict

Educational attainment plays a critical role in shaping individuals’ responses to family conflict. Higher levels of education are generally associated with improved cognitive skills, emotional regulation, and conflict resolution abilities. Conversely, lower educational attainment is often linked to increased susceptibility to deviant behaviors, including substance abuse and aggression.

Empirical data from Iran indicate that approximately 66% of individuals involved in family conflicts possess low or incomplete educational backgrounds, suggesting a strong correlation between educational disadvantage and family instability. These findings are consistent with broader sociological research, which highlights the role of socioeconomic stressors—such as unemployment, housing instability, and financial insecurity—in exacerbating family conflict (Conger et al., 2010; Prime et al., 2020).

Occupational stress and economic hardship further contribute to relational tension, as individuals often transfer external frustrations into the family environment. This spillover effect underscores the interconnected nature of economic and psychological stressors within family systems.

Social and Cultural Determinants of Violence

Socialization processes play a crucial role in the perpetuation of family violence. Individuals who are exposed to violent environments during childhood are more likely to reproduce similar behaviors in adulthood, reinforcing the cycle of intergenerational transmission (Bandura, 1977; Widom, 1989).

Moreover, societal norms that implicitly condone or normalize violence contribute to its persistence. Cultural acceptance of hierarchical gender roles, combined with socio-economic inequality, creates conditions that facilitate the emergence of domestic violence. Poverty, social exclusion, and unmet expectations further intensify these dynamics, increasing the likelihood of conflict escalation.

Substance Abuse as a Catalyst of Family Conflict

Substance abuse, particularly drug addiction and alcoholism, represents one of the most critical factors contributing to family dysfunction. Global estimates suggest that over 190 million individuals worldwide are affected by substance dependency, highlighting the scale of the problem.

Substance use not only disrupts individual health but also undermines family cohesion, increases the risk of domestic violence, and contributes to the spread of infectious diseases such as HIV/AIDS and hepatitis. Adolescents exposed to substance use within the family environment are significantly more likely to develop similar behaviors, reinforcing the cycle of addiction and dysfunction (Hawkins et al., 1992; Brook et al., 2002).

Importantly, family dysfunction itself often serves as a precursor to substance abuse. Individuals raised in environments characterized by neglect, conflict, and lack of emotional support are more likely to engage in maladaptive coping strategies, including drug use and alcohol consumption. This bidirectional relationship between family conflict and substance abuse highlights the need for integrated intervention strategies.

Policy and Preventive Implications

The findings emphasize the necessity of implementing comprehensive prevention and intervention programs aimed at addressing family conflict and its associated risk factors. These may include:

- Expansion of family counseling and pre-marital education programs;
- Development of school-based prevention initiatives targeting substance abuse and behavioral disorders;
- Strengthening of social support systems for vulnerable families;
- Promotion of gender equality and reduction of power imbalances within households;
- Implementation of early intervention strategies for at-risk youth.

Effective policy responses must adopt a multidisciplinary approach, integrating psychological, sociological, and economic perspectives to address the root causes of family conflict.

Family Dysfunction, Emotional Deprivation, and Deviant Behavioral Outcomes

The absence of harmony within the family unit constitutes one of the most critical risk factors for the emergence of deviant behavior among adolescents. Empirical observations indicate that dysfunctional family environments—characterized by emotional neglect, frequent conflict, lack of trust, secrecy among parents, and low socio-cultural capital—create conditions in which adolescents experience loneliness, alienation, and psychological distress.

These conditions often give rise to a range of maladaptive behavioral outcomes, including jealousy, aggression, anxiety, depression, dishonesty, and social withdrawal. Consistent with developmental psychopathology frameworks, exposure to chronic family conflict disrupts emotional regulation processes and weakens self-control mechanisms, thereby increasing vulnerability to substance abuse and delinquent behavior (Cummings et al., 2012; Davies & Martin, 2013).

Children exposed to physical punishment or harsh disciplinary practices frequently develop oppositional tendencies, low frustration tolerance, and reduced resilience. These individuals are less capable of resisting peer pressure and are more likely to engage in high-risk behaviors, including alcohol consumption and drug use. This aligns with social learning theory, which posits that individuals internalize and reproduce observed behaviors within their immediate environment (Bandura, 1977).

Leisure Mismanagement and Hidden Risk in “Normal” Families

An important finding emerging from studies conducted in Iran is that family conflict is not exclusively associated with poverty or social marginalization. Rather, it is often linked to the mismanagement of leisure time among youth, even within economically stable families.

This suggests that material well-being alone does not guarantee psychological stability or healthy development. Adolescents require not only access to education and basic needs but also structured recreational opportunities that promote social engagement, creativity, and emotional well-being.

Families with higher cultural capital tend to provide more stimulating environments, thereby delaying adolescents' detachment from parental influence and facilitating the internalization of positive social values (Bourdieu, 1986; Lareau, 2011). In contrast, the absence of meaningful engagement often leads adolescents to seek alternative forms of stimulation, which may include deviant or risky behaviors.

The “Idealized Child” Syndrome and Narcissistic Development

The phenomenon of the “idolized child,” frequently observed in single-child families, represents another important risk factor. In such contexts, the child is granted excessive autonomy and privilege, often without corresponding responsibilities or boundaries.

This dynamic contributes to the development of narcissistic traits, entitlement, and diminished empathy. Adolescents raised under such conditions often perceive deviant behavior as a form of self-expression and social validation. The pursuit of superiority and recognition may lead them toward substance use, risky experimentation, and antisocial conduct.

These findings are supported by research in personality psychology, which indicates that overindulgent parenting styles are associated with increased narcissism, impulsivity, and reduced emotional regulation (Twenge & Campbell, 2009; Brummelman et al., 2015).

Intergenerational Transmission of Behavioral Patterns

Family remains the primary context in which individuals acquire behavioral norms, values, and social expectations. Children learn patterns of communication, emotional expression, and social interaction primarily through observation of parental behavior.

Parental habits such as smoking, alcohol consumption, and aggressive communication are frequently replicated by children, reinforcing intergenerational cycles of dysfunction. Conversely, positive parenting practices—characterized by warmth, consistency, and emotional support—serve as protective factors against deviant behavior (Baumrind, 1991; Maccoby & Martin, 1983).

The role of genetic predispositions should also be acknowledged. While environmental factors play a dominant role, genetic influences contribute to individual differences in temperament, emotional regulation, and vulnerability to addiction. However, these biological predispositions interact dynamically with environmental conditions, particularly family context (Caspi et al., 2002).

Substance Abuse, Mental Health, and Family Breakdown

Substance abuse remains one of the most destructive consequences of family dysfunction. Evidence suggests that approximately 25% of young males exhibit tendencies toward alcohol consumption, while a significant proportion of substance users originate from single-child or dysfunctional family structures.

Globally, substance abuse affects over 190 million individuals, representing a major public health crisis. Its consequences extend beyond individual health, contributing to family disintegration, economic instability, and the spread of infectious diseases (UNODC, 2022; WHO, 2021).

Furthermore, substance abuse is closely linked to severe psychiatric disorders, including depression, anxiety, and schizophrenia. Chronic exposure to drugs and alcohol disrupts neurological functioning, accelerates cognitive decline, and increases susceptibility to long-term mental illness.

Child Abuse and Long-Term Psychological Consequences

Child abuse—encompassing physical, emotional, and sexual forms—represents one of the most severe manifestations of family dysfunction. It is defined as any action or neglect that harms a child's physical or psychological development or limits their developmental potential.

Research indicates that abused children often experience long-term psychological consequences, including low self-esteem, impaired social functioning, personality disorders, and increased risk of criminal behavior. These individuals are also more likely to engage in self-harm, substance abuse, and suicidal behavior (Widom, 1989; Cicchetti & Toth, 2005).

Importantly, child abuse tends to be underreported due to social stigma, denial, and lack of institutional intervention. This invisibility further exacerbates its impact, allowing cycles of abuse to persist across generations.

Forms of Domestic Violence: A Multidimensional Perspective

Domestic violence manifests in multiple forms, each with distinct but interrelated consequences:

◆ **Physical Violence**

Includes acts such as hitting, kicking, pushing, and the use of weapons, often resulting in injuries, disabilities, and, in severe cases, death.

◆ **Psychological (Emotional) Violence**

Encompasses behaviors such as humiliation, intimidation, isolation, and restriction of autonomy, which undermine mental health and emotional stability.

◆ **Sexual Violence**

Involves coercion, exploitation, or forced sexual activity, often leading to severe psychological trauma and long-term health consequences.

◆ **Economic Violence**

Includes control over financial resources, restriction of employment opportunities, and economic dependency, limiting individuals' autonomy and decision-making capacity.

These forms of violence often co-occur, creating cumulative effects that intensify their impact on victims.

Cognitive and Developmental Impact on Children

Recent studies have demonstrated that exposure to family violence significantly impairs cognitive development in children. Research conducted by institutions such as King's College London and Boston University indicates that children raised in violent households exhibit lower IQ levels compared to those raised in stable environments, with differences of up to eight IQ points reported.

This effect is attributed to chronic stress, which disrupts neurological development and impairs learning capacity. Prolonged exposure to stress hormones negatively affects brain regions associated with memory, attention, and emotional regulation (Shonkoff et al., 2012).

Social and Legal Implications

The consequences of domestic violence extend beyond the family, affecting broader social structures. In many developed countries, strict legal frameworks have been established to address domestic violence, including imprisonment for perpetrators and removal of children from abusive environments.

These measures reflect a shift toward recognizing domestic violence as a public issue rather than a private matter. However, effective intervention requires not only legal enforcement but also social awareness, education, and institutional support systems.

Findings and Empirical Analysis

Descriptive and Correlational Findings

The empirical findings reveal important insights into the structure of family dynamics in the Iranian context. Descriptive statistics indicate moderate levels of family satisfaction ($M = 31.29$, $SD = 13.55$), alongside varying degrees of perceived social support and dependency on others.

Correlation analysis demonstrates that family satisfaction is negatively associated with social support ($r = -0.63$, $p < 0.01$), suggesting that lower perceived support within family environments contributes to increased dissatisfaction and conflict. In contrast, dependency on others shows a positive relationship with family satisfaction ($r = 0.23$, $p < 0.01$), indicating that relational interdependence may play a stabilizing role in certain socio-cultural contexts.

However, self-perception (emotional awareness) does not exhibit a statistically significant relationship with family satisfaction ($r = 0.01$, $p > 0.05$), suggesting that individual cognitive awareness alone is insufficient to ensure relational harmony.

Regression Analysis

Regression analysis further clarifies the predictive relationships among key variables. The results indicate that:

- Social support is the strongest predictor of family satisfaction ($\beta = -0.63$, $t = -10.86$, $p < 0.01$);
- Conscious emotional awareness does not significantly predict family satisfaction ($p > 0.05$);
- Dependency on others demonstrates a weak and statistically insignificant effect ($p > 0.05$).

These findings suggest that structural and relational factors, rather than individual-level psychological traits, play a more decisive role in shaping family outcomes in the Iranian context.

Empirical Patterns of Family Conflict

The data indicate that family conflict is closely associated with:

- low levels of social support;
- ineffective communication patterns;
- emotional detachment between partners;
- role ambiguity and power imbalance within the household.

Furthermore, empirical observations show that adolescents raised in conflict-prone environments are significantly more likely to experience:

- emotional instability;
- behavioral problems;
- increased susceptibility to substance abuse and deviant behavior.

6. Discussion

The findings of this study provide strong support for existing theoretical and empirical literature on family conflict. Consistent with family systems theory, the results demonstrate that dysfunction in one component of the family system disrupts the overall equilibrium, leading to widespread relational instability (Bowen, 1978; Minuchin, 1985).

One of the most significant findings is the central role of social support in determining family satisfaction. Contrary to expectations, the negative association between perceived social support and family satisfaction suggests that insufficient or ineffective support structures may intensify conflict dynamics. This finding aligns with the “risky families” framework, which emphasizes the detrimental impact of adverse family environments on psychological well-being (Repetti et al., 2011).

The lack of significance of emotional awareness highlights an important theoretical implication: individual-level psychological insight is insufficient without supportive relational structures. This suggests that family conflict should be understood as a systemic phenomenon, rather than an individual psychological issue.

The study also confirms that communication breakdown is a central mechanism underlying marital instability. Poor communication leads to misunderstanding, emotional distancing, and conflict escalation, consistent with previous research (Markman et al., 2010; Falconier & Kuhn, 2019).

Furthermore, the findings emphasize the importance of socio-cultural context. In Iran, family relationships are shaped by religious norms, cultural expectations, and hierarchical role structures. While these factors may promote stability, they can also generate tension when traditional roles conflict with modern lifestyles.

Another important contribution of this study is the identification of non-economic drivers of family conflict. The findings suggest that even economically stable families may experience high levels of conflict due to:

- mismanagement of leisure time;
- overprotective parenting (“idolized child” phenomenon);
- lack of emotional engagement.

These insights challenge the assumption that economic stability alone ensures family cohesion.

Conclusion

This study provides a comprehensive analysis of intra-family conflict in the Islamic Republic of Iran, highlighting its multidimensional nature and complex determinants. The findings demonstrate that family conflict is primarily driven by structural and relational deficiencies, including lack of social support, ineffective communication, and emotional disconnection.

The empirical results confirm that social support is a critical predictor of family satisfaction, while individual psychological factors play a relatively limited role. This underscores the importance of addressing family conflict at the systemic level, rather than focusing solely on individual behavior.

The study also reveals that family conflict has significant consequences for adolescents, including increased risk of psychological distress, behavioral problems, and social maladjustment. These findings highlight the need for early intervention and preventive strategies.

From a policy perspective, the study emphasizes the importance of:

- strengthening family counseling services;
- promoting effective communication skills among couples;
- implementing educational programs targeting parenting and adolescent development;
- addressing socio-cultural factors influencing family dynamics.

Ultimately, the study contributes to the existing literature by offering an integrative framework that connects micro-level psychological processes with macro-level social structures. It demonstrates that sustainable family cohesion requires a holistic approach that combines psychological, social, and institutional interventions.

Ethical Approval and Consent to Participate

This study was conducted in accordance with internationally recognized ethical standards for research involving human participants. The research protocol was reviewed and approved by the relevant institutional ethics framework of Tabriz University of Medical Sciences. All procedures performed in this study were consistent with the ethical principles outlined in the Declaration of Helsinki.

Prior to participation, all respondents were informed about the purpose of the study, and their voluntary consent was obtained. Participants were assured that they could withdraw from the study at any time without any consequences.

Consent for Publication

Not applicable. This study does not contain any individual person's identifiable data, images, or personal information requiring consent for publication.

Availability of Data and Materials

The datasets generated and/or analyzed during the current study are available from the corresponding author on reasonable request. Due to ethical and privacy considerations, data are not publicly available.

Conflict of Interest

The authors declare that they have no competing interests, financial or non-financial, that could have influenced the results or interpretation of this study.

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Ethics Statement

This study adheres to ethical standards in research and publication, including principles of integrity, transparency, and academic honesty. All sources have been properly cited, and no form of plagiarism has been committed.

Data Availability Statement

The data supporting the findings of this study are available upon reasonable request from the corresponding author. Restrictions apply to the availability of these data due to confidentiality and ethical considerations.

AI Use Statement

The authors declare that no generative artificial intelligence tools were used in the data collection, analysis, or interpretation of results. AI-assisted tools were used only for language editing and formatting purposes, without influencing the scientific content of the study.

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