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Causes and effects of Family Conflict among the Pakhtuns of Khyber Pakhtunkhwa Pakistan

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Abstract

Family conflict is a universal phenomenon and is pervasive across all societies and cultures. It not only disturbs a harmonious family environment but also has everlasting negative effects on the lives of the family members. The current study aims to probe out the factors that cause conflict in traditional Pakhtun family setups and examine the most devastating effects that they create for family members. The study is undertaken in the Swat district of Khyber Pakhtunkhwa, Pakistan. The study is carried out through a qualitative research design. A sample size of 42 participants was selected for the study by utilizing the purposive sampling technique. Moreover, to reach the most precise first-hand information, respondents from almost all walks of life were included in the study. The data were collected through a semi-structured interview guide and thematically analyzed. The study finds that the causes of family conflict vary from family to family and produce effects relevant to the structure of the family and the kind of relationships therein. Besides other factors, unequal income generation and/or expenditure, a caring child among the reckless ones, and the education of female household members are the major factors leading to family conflict in Pakhtun culture. Consequently, relationship breakdown among the family members, disintegration of multi-generational households, misfortune of the children, and old age insecurities are the drastic effects of the family conflict. The researcher feels a dire need to investigate the flaws in the system of education that minimizes a sense of cooperation instead of creating harmonious mutual co-existence among the members of society.

Key words: family conflict, effects, Khyber Pakhtunkhwa

Introduction

The family is the most pivotal institution that provides for the mental, personal, and social development of its members. It binds its members in psychological, emotional, and physical relationships and establishes intimacy and primary social relationships among them. Nevertheless, any disharmonious incidents, like a conflict between any members of the family, disturb the intimacy and breach their delicate relationships. Family conflicts may take place

between a couple, between parents and their children, among siblings, or between in-laws. Whereas, due to the unique nature of family relationships, family conflicts can take a wide variety of forms, including verbal, physical, sexual, financial, or psychological (Deutsch, 1973). Literature in this regard suggests that the inconveniences and disharmonious events in a family need immediate settlement, which otherwise might shatter the structure as well as the fragile relationships of the family members (Ahmad, Ibrahim, Hussain, & Khan, 2024).

Family conflict is a normal social process that exists globally. However, the underlying causes, their manifestations, and their possible effects vary from culture to culture and society to society. Family conflict can start with anything, including repeated arguments about an issue, feeling others as less cooperative, feeling less trusting of the other's goodwill, holding opposing views, remaining angry at others for a longer period, and beginning to privately question the value of the relationship (Dana, 2017). Likewise, avoiding one's personal and familial obligations, unfair treatment or the feeling of inequality among family members, misrepresentations, or undue reporting also lead to conflict within the family (Ahmad & Khan, 2021). The situation might easily approach inconvenience if the family members observe factors like lack of trust in each other, lack of dialogue, and/or lack of respect for one another (Ahmad, Ibrahim, Hussain, & Khan, 2024).

Family conflict is essentially manifested in the form of physical violence, fights, spouse battering, and child abuse. In addition, during prolonged family conflict, the one holding authority might deprive the others of shared financial resources like land, property, or other sources of production (Wallace, Roberson, & Globokar, 2019). In such a situation, the resistance that the other family members show might create an environment of discordance that might further disharmonize the family environment (Walker, 1999; Ahmad, Ibrahim, Hussain, & Khan, 2024).

The family bears the negative effects of internal conflict in its structure as well as functions ranging from temporary relationship disturbance to persistent feelings of envy and separation (Klein, 2005). Research indicates that family conflicts affect the emotional wellbeing of the members of the family and their intentions for lasting peaceful relations (Davies, Myers, Cummings, & Heindel, 1999). Furthermore, once a conflict takes place in a family, the relationships of the members of the family are always vulnerable to some unwanted impacts, including a lack of honoring one another's concerns, commitment to ongoing relationships, understanding beyond everyone's emotional positions, willingness to learn, and compassion to forgive (Alexander & Levin, 1998). Besides, persistent family conflicts often get the involvement of the children, which might result in a loss of trust in each other, minimize their level of attachment and feelings of unity, and raise the level of dissatisfaction in the family (Grych, 2002).

Purpose of the study

Family conflict is pervasive throughout the world and is caused by relative factors depending on the cultural and social set-up and nature of the family, with relative problems that are produced for the entire family. The problem with some relevant aspects has been researched in other

cultural settings, and there is a substantial record of the available literature. However, the Pashtun cultural and social setup lacks any significant research about the problem, more specifically about the factors leading to family conflict and the associated effects. Therefore, to fill the gap, the current research study aims to (1) analyze the combination of factors that lead to family conflict in Pashtun society. And (2) probe out the problems that the family members bear as a result of the family conflict. The current study would contribute to the store of knowledge about the specific Pashtun family problem and will educate the readers about their causes and consequences that might be avoided for a healthy and peaceful household environment.

Theoretical perspective on family conflict

Bronfenbrenner's bio-ecological systems theory helps us explain the influence of individuals and their families on family members' conditioning. The basic tenet of this theory is that a person's life and development are influenced by many different contexts or ecologies, for instance, the family environment, peer group, community, and even the economy. The model essentially describes multiple face-to-face environments within the system and how they affect their existence (mental, physical, and social) and their relationships (personal, familial, and social) (Bronfenbrenner & Morris, 2006). The current research study testifies the aforementioned theory and apprehends that a tense and conflicting household environment produces the kind of effects on the mind, behavior, and overall life of the members of the family, and they lag behind in their development and wellbeing from the people otherwise.

Literature review

Multiple processes and functions among family members might lead to family conflict. In the multi-generational household of the Pakhtuns, shared family property or business holds the family united predominantly by means of the dependence that the family members have upon each other. However, it sources conflict among family members predominantly during the process of division of shared family property (Ahmad, Ibrahim, Hussain, & Khan, 2024). Likewise, joint family jealousy factors exist among the family members, more specifically if their income generation and/or expenditures are unequal. Further, it creates functional complications like inactivity during discharging one's household chores, the feeling of others being less cooperative, and undue reporting (Ahmad & Khan, 2021). Consequently, they face an aberrant attitude from one another, and their normal functioning is influenced.

A family member with an aberrant attitude develops behavioral complexities. Their actions and reactions differ from their counterparts, which might cause disruption in family harmony (Borst, 2015). Psychological research demonstrates that such family members often question the decisions of their elder family members and unduly suspect the honesty and good will of their family members, mainly because of their less stable relationship with them (Walker, 1999). Furthermore, their inappropriate behavior dismantles the cooperative and intimate relational hierarchy of the family (Borst, 2015).

Intimate family relationships often get disturbed when a child pays special attention to their parents and looks after them. In such a situation, the other siblings suspect him or her of getting

extra economic gains from the parents and consider them a potential threat to their future wellbeing (Klein, 2005; Eisenberg, 1992). The unequal spiritual and relationship approaches of the siblings create opposing views and interests that ultimately lead to jealousy and relationship gaps among them. It is a given that any behavioral or function-related fault, even a minor one, specifically on the part of the one who is more close to parents, is magnified and causes severe disturbance in the family (Ahmad, Ibrahim. Hussain, & Khan, 2024).

The smooth functioning of a family is often disturbed by the behavioral problems of the family members. Behavioral problems, for instance, telling lies, pessimism, and/or arising undue anger or an inability to manage one's anger, give a different worldview to the beholder, with which they perceive, understand, and respond to social reality the other way (Bachman, 2008). However, the other family members avoid even contact with such a person, but nevertheless, their rare contact seldom deteriorates their normal family environment (Klein, 2005).

A family faces abnormalities and discomforts if step-relationships develop, for instance, with the stepmother. The abnormalities manifest in the form of mental insecurity, emotional distress, feelings of jealousy, unkind attachment, etc. (Wallace, Roberson, & Globokar, 2019). Research reveals that a stepmother feels the stepchildren are a threat to her status in the family and to the wellbeing of her own children (Walker, 1999). For this reason, she endeavors to minimize the value of stepchildren or diminish their presence at home to protect her love, dignity, and intimate relations with her husband. Moreover, she abases the stepchildren in the eyes of her husband to keep dominance in the family structure and be a part in decision-making (Wallace, Roberson, & Globokar, 2019; Ahmad, Ibrahim. Hussain, & Khan, 2024).

Cultures that bestow traditional gender roles on their family members are least likely to include female family members in the decision-making process (Bachman, 2008). Furthermore, women are considered submissive to the male members of their families, and this practice is highly associated with the integrity of the family. However, the educated women proved to be less submissive, and they preferred to make their own decisions, whether they were related to their marriage or the education of their children (Ahmad, Ibrahim. Hussain, & Khan, 2024). Another study recommends that educated women negate blind obedience by challenging traditional family authority and asking questions about their personal matters, including education, marriage, and their shares in inheritance. However, in many cases, such a demand causes conflict within the family (Cummings, Goeke-Morey, & Papp, 2004).

Effects of family conflict on the structure and relationships of the family members

Family conflict not only disturbs the harmonious running of the family but also the peace of mind and relationships among the family members. Likewise, frequent family conflicts create an environment of tension that minimizes mutual trust among the family members. A research study demonstrates that in response to recurrent family conflict, family members search for a peaceful alternative, for instance, separation or making their own family setup, which results in the disintegration of the previously united family (Ahmad, Ibrahim. Hussain, & Khan, 2024).

Family members discontinue their previous sentimental attachment, affection, and primary relations as a result of recurrent family conflict. Moreover, overt or covert feelings of equalization emerge that further decrease their interdependence (David, C., Steele, R., Forehand, R., & Armistead, L. (1996)). In this connection, literature reveals that the decrease in interdependence among family members increases disruption in marital and extramarital relations (Bachman, 2008).

Old-age family members provide for the wellbeing of their children mostly through guidance. In response, they expect care, respect, and some degree of involvement in the decision-making process of their family (Klein, R. C. (Ed.)). However, recurrent family conflicts inversely affect their physical and mental wellbeing and raise mental concerns for their children and the family. It is also believed that recurrent family conflict minimizes their emotional support and poses threats to their health-related concerns, which need immediate attention and a timely response from their children (Ahmad, Ibrahim. Hussain, & Khan, 2024).

Like old-age family members, children also need a peaceful household environment for their physical, mental, and emotional wellbeing. More specifically, they need sufficient time, guidance, and emotional security from their elder family members, which refines their positive energies and skills (Reynolds & Houlston, 2014). In contrast, frequent family conflict not only deprives them of such opportunities but also develops in them negative energies and conflicting skills (Bandura, 1977). Likewise, such children develop aberrant personality traits like negative attitudes, behavioral problems, low moral standards, and a lack of compliance with social responsibilities, which eventually affect their academic and professional careers (Davies & Cummings, 1994).

The devastating combination of negative effects of family conflict is not limited to the aforementioned consequences alone; rather, its everlasting consequences include emotional disturbance and other serious mental problems (Ahmad, Ibrahim. Hussain, & Khan, 2024). A harmonious family environment instills in its members self-esteem and resilience, which enable them to carry on rigorous enterprises that might add to every aspect of their lives. However, family conflict abates their potential and skills (Cummings & Davies, 2002). Likewise, mental problems like stress, frustration, anxiety, depression, and sleep disorders, arising from undue anger as well as an inability to manage them, are the inevitable aftermaths of family conflict (Cummings & Cummings, 1988).

The ultimate unwanted effects of family conflict include the separation or disintegration of the multi-generation household that further divides the combined family property and/or business (Klein, 2005). Literature indicates that all members of a multi-generation household cannot reach a mutual consensus on a common family problem, which creates disagreement and mutual distrust. In addition, frequent disagreements arise, leading to litigation and a sense of overburdened family responsibilities among family members (Ahmad, Ibrahim. Hussain, & Khan, 2024).

Methods and procedures

The current study is conducted in the district Swat, Khyber Pakhtunkhwa, Pakistan. Swat has a total area of 5337 km², which is divided into seven *tehsils* (administrative units) with a total population of 2.31 million (Ahmad & Khan, 2021). The study is carried out through a qualitative research design and interpretive paradigm. The data were collected from 42 respondents (six from each administrative unit) through a semi-structured interview guide, during face-to-face interviews. Regarding interviews, Holstein & Gubrium (2003) indicate that interviews are a way to gather factual data on the social world by asking people to discuss details about their lives. Moreover, purposive sampling techniques are adopted to reach the most precise first-hand information. Participants are selected from different personal and demographic backgrounds including educated and uneducated; residents of rural, urban, and hilly areas; household structure like joint, extended, and nuclear ones; livelihood source for instance government servants, private employees, business owners, laborers, etc. The information collected are carefully transcribed, thematically analyzed, and descriptively presented.

Analysis and discussion

Since conflict is a natural phenomenon, any social group may pass through the process. But families get the most devastating effects of conflict, mainly because of the nature of relationships among the members of the family. It is an established fact that the settlement of any conflict depends on understanding its underlying reasons. However, anything can cause conflict in a family, but in the Pakhtuns family setup, the following factors repeatedly contribute to and aggravate family conflict:

Shared property/business

“The demand for a favorite share in the joint family property or business disharmonizes family relations.”

“The unequal shares may instigate conflict among family members.”

The problem starts with the unequal usage or misuse of shared family property or business and/or getting extra benefits by any family member before its thorough division. Whereas, during the process of its division, negating any plea for a favorite or more valuable share by any family member, most specifically by the eldest son, may cause discontent and eventually family conflict. Besides, family members who do not participate in combined family enterprises attract the negative attitude of other family members and might cause conflict within the family. In this regard, the literature indicates that a joint family works as a fortress for its members, including the elderly, disabled, and idle ones, and as a means of dispute during the process of its division (Ahmad, Ibrahim. Hussain, & Khan, 2024; Bachman, 2008).

Unequal income generation and expenditure

“Jealousy between the unequal stakeholders in terms of money, income, and profession contributes the most to family conflict formation.”

“Unequal levels of earnings or their expenditure cause conflict, especially among the women in the family.”

All the family members do not have equal opportunities and resources. In a joint family, such inequality disrupts the harmonious running and relationships of the family members. As it creates further differences in mental and physical wellbeing as well as future opportunities for their respective children. The primary data reveal that women hold a tendency toward jealousy more than male members and that they also express it in their family responsibilities and relationships. A former study conducted by Ahmad and Khan (2021) indicates that the members of a joint family always have some overt and/or covert tendencies of insecurity, envy, and rivalry that are expressed at some point earlier or later.

Younger with aberrant attitude

“Before we switched to a nuclear family, the bad attitude of my younger brother was the main cause of frequent conflicts in our family.”

“An aberrant attitude of even a single family member might disturb the smooth running and harmony of the entire family.”

Family members having attitudinal problems, either because of inappropriate socialization or mental inconsistency, often deteriorate a normal personal, familial, or social situation by acting and reacting differently. They perceive things the way their minds perceive them, sometimes quite differently from reality or the intentions of others, which are not always tolerated by the other members of the group. Such a person often possesses introverted personality traits, and even in the family, the other members counteract that, initiating an unwanted mood of interaction among them (Ahmad, Ibrahim). Hussain & Khan, 2024; Cummings & Cummings, 1988).

A caring child among the reckless ones

“I our neighborhood, such a family conflict took the life of the caring person into the hands of his stepbrothers.”

“The negative-minded persons in a family often unduly manipulate even the positive character of those they are jealous of.”

Children who look after their parents and pay special attention to them get more personal and spiritual support from their parents. Indeed, all the children in a family do not have similar mind sets or the same propensities. Therefore, in such a situation, the children who are less attached to their parents and take fewer care of them suspect the other of getting extra economic gains from

the parents and consider them a potential threat to their economic wellbeing. Consequently, they keep a sense of jealousy and a negative attitude towards each other. In such a situation, finding even a tiny fault in their behavior, actions, or reactions causes the others to cause conflict in the family (Ahmad, Ibrahim. Hussain, & Khan, 2024; Ahmad & Khan, 2021; Klein, 2005; Eisenberg, 1992).

Behavioral problems

“Even a single family member who possesses behavioral problems deteriorates the peaceful coexistence of the entire family.”

“Those who have behavioral problems not only perceive others’ actions abnormally but rather misrepresent them to others, which causes family conflict.”

A family needs a sound and cooperative environment that guards the interests of its members. Indeed, such an environment depends on other factors that are closely associated with the behavior of the group members, ranging from accepting one’s role to trusting and respecting each other. However, gaps of any kind dismantle the fragile family building. The respondents of the study revealed that behavioral problems like lying, deception, undue reporting, and iteration of the same family issue by any family member might spark inconvenience and ultimately discontent. It is believed that the kind of behavior attracts the kind of response and then produces the kind of consequences (Ahmad, Ibrahim. Hussain, & Khan, 2024; Cummings, Goeke-Morey, & Papp, 2004).

Stepmother

“I have not ever seen a family with a stepmother happy and prosperous.”

“The entry of a stepmother into a family proves to be the exit of harmonious family relations.”

Although all step-relations are viewed as less cooperative and prejudiced, the stepmother is considered the heinous of all such relations. A stepmother considers her stepchildren as a potential threat to her family status and to the wellbeing of her own children. Moreover, there is a mental insecurity in her mind, as she wants her personal dignity and love protected, and she wants to secure her future and the good of her children in the eyes of her husband. Secondary data in this regard show that the stepmother serves quite oppositely to the role of a mother, who is expected to be generous and benignant for her children in any kind of circumstance (Ahmad, Ibrahim. Hussain, & Khan, 2024; Ahmad & Khan, 2021).

Education of female

“Educated women do not compromise their decisions for family integrity and harmony.”

“Educated women demand their rights and are often less cooperative in family chores than uneducated or traditional women.”

Education broadens a person’s mind and creates in them understanding and peace-loving features. However, the educated women in Pakhtun society have proved the other way. The incidence of family disintegration increased due to widespread women's education. The harmony of any family is linked to compromise and tolerance. Whereas educated women make neither compromises nor show tolerance in family matters. They have a greater inclination toward nuclear families than the uneducated women, who loved to live in joint families and thought of it as a symbol of respect and protection for them and their children. In this connection, the literature indicates that, however, education has created equalization opportunities and self-sufficiency for females but has inverse effects on their behavior, due to which they least likely compromise their family and personal rights (Ahmad, Ibrahim. Hussain, & Khan, 2024).

Effects of family conflict on the structure and relationships of the family members

Family acts like a fortress that protects its members from any kind of internal and external harm and stands firm to provide them with psychological and emotional security. It enhances the wellbeing of its members and relates them to each other through bonds of respect, intimacy, and interdependence. However, all these features lose their meaning when a conflict interplays among the members of the family and their previously established unity is shattered. The family bears devastating consequences in every aspect of its existence, and the members are not as intimate as they were before. Conflict in the family harms the very essence of the family and disturbs the major family aspects, including:

Family structure

“Recurrent family conflict causes separation between spouses.”

“Once a conflict implants its roots in a joint family, its disintegration is inevitable.”

It is believed that family structure and relationships are very delicate because of their nature and associated mental and relationship interdependence. Sentimental attachment, interdependence, and a sense of mutual respect perpetuate the structure of any family. Therefore, family conflict has enormously devastating effects on the minds, lives, and relationships of the family members. One of the effects is ever-decreasing intimacy, trust, and the inclination to perpetuate the family, which is eventually manifested in the disintegration of the family, predominantly the joint one. In view of Borst (2015), recurrent family conflict ignites negative energies, targets relationships, and ends in family disorganization.

Family relations

“Family conflict disturbs marital and family relations.”

“Family conflict decreases caring tendencies and primary relations in the family.”

Besides other worthy functions, family is valued due to its web of intimate relationships and consciousness of the kind. But nevertheless, the essence of such relations never remains unchanged after a family conflict. Starting from partial to total communication breakdown, avoiding one another, iterations, slangs, and ultimately relationship breakdown are the manifestations of such incidences that might eventually lead to separation of the spouses or divorce. Secondary data reveal that relationship disturbances are among the serious consequences of family conflict, which further create emotional, psychological, and health-related problems in family members (Ahmad, Ibrahim. Hussain, & Khan, 2024; Wallace, Roberson, & Globokar, 2019).

Old-age security

“Family conflict proves a potential hazard for the physical and mental wellbeing of the elderly family members.”

“Family conflict instills a sense of insecurity in old-age parents.”

Old-age family members prove to be a good source of spiritual, mental, and emotional integrity for the family members. A harmonious family environment keeps them mentally and physically active by engaging them in the decision-making process. However, a conflicting family environment destabilizes them emotionally, mentally, and physically and enhances their dependence on others. It is believed that timely provision for their health-related concerns and a peaceful household environment enhance their wellbeing. On the other hand, a conflicting family environment creates in them a sense of mental and physical insecurity. Previous research in the field indicates that children and older family members bear the extensive unwanted consequences of family conflict that might create for them problems in the present as well as in the future (Ahmad, Ibrahim. Hussain, & Khan, 2024).

Children’s misfortune

“Recurrent family conflict produces in children negative personality traits that ultimately have negative effects on their overall lives.”

“Children in such families demonstrate weak mental, personal, and social skills.”

Family conflict suppresses a child’s mental and physical development, and they find very few opportunities to work for their wellbeing. They also demonstrate weak personality traits, including a limited mental horizon, less stable family relations, offensive behavioral patterns, and an unattractive social life. Besides, they practice weak academic and professional

performance and therefore have limited opportunities for their future development. In this regard, research indicates that children from conflicting family environments practice a lack of punctuality, regularity, focus, and mental efficiency, due to which they cannot get equalization opportunities with other children (Ahmad, 2015; Cummings & Davies, 2002; David, Steele, Forehand & Armistead, 1996; Davies & Cummings, 1994).

Raising mental problems

“Frequent family conflict arises in family members dissatisfaction and anger, which further arise frustration, anxiety, and depression.”

“Recurrent family conflicts infuse children with mental problems and criminality.”

Recurrent family conflict instills emotional and mental distress in family members, more specifically in children. Family provides us with mental security and satisfaction and guards us against any mental or physical danger. However, a conflicting family environment infuses in its members dissatisfaction, anger, and rigidity that might further arise psychological and behavioral issues, for instance, frustration, anxiety, depression, and drug addiction. Research in this connection reveals that a considerable number of children engage in street crimes in third-world countries because of either poverty or family conflict (Reynolds & Houlston, 2014; Klein, 2005; Walker, 1999).

Abate productivity and resources

“Family conflict arises from distrust among the family members, which ends in decreasing their combined productivity.”

“Family conflict causes division of shared family property or business that results in shrinking productivity or resources.”

Family conflict arises from mistrust among the family members. As a result, they discontinue their functioning in combined family business or agriculture, hence increasing their dependence on others. Besides, the division of combined business or agricultural land paves the way for even inexperienced family members to take on the responsibility of technical tasks that they are unable to fulfill. These and the associated malicious attitude of the family members have potential negative effects on the resources, which abate their resources as well as their income generation. Literature shows that recurrent family conflict produces negative effects on shared family business or property during and after its division (Ahmad, Ibrahim. Hussain, & Khan, 2024).

Discussion and conclusion

The current study aims to portray a two-dimensional view of family conflict in the Pakhtun society of Khyber Pakhtunkhwa, i.e., (1) factors responsible for conflict formation in the family

and (2) the effects of such conflict on the lives and wellbeing of the members of the family. Indeed, anything can cause conflict in the family that may produce abnormal effects if the underlying cause is not understood and timely handled. The current study identifies some factors that one way or another cause family conflict, including: utilization or division of shared family property or business; unequal income generation and expenditure that might cause jealousy among the family members; the aberrant attitude of any of the family members, more specifically any youngster who might interfere with the smooth running of the family; and a child who takes extra care of their parents faces suspicion of getting extra economic benefits from parents by the other siblings. Besides these, behavioral problems in any or more family members often push a normal situation into a stressful one that might be the initiation of family conflict. Likewise, the presence of a stepmother can never harmonize a family, and there is a continuous tug-of-war between her and the stepchildren. Finally, the educated women in a traditional and rigid setup like that of the Pakhtuns raise multiple issues between them and the other family members, predominantly during the decision-making process.

Family conflict produces unlimited negative effects that inversely affect the overall lives and wellbeing of the members of the family. As the causes of conflict formation in the family are diverse, relative problems arise in accordance with the household structure and nature of the relationships therein. In the Pakhtun cultural set-up, family members bear the consequences of family conflict, primarily in the form of family structure disorganization, which is initiated by a decline in the tendency to co-work, a diminishing level of trust and intimacy in relationships, and an inability to tolerate each other. Even in more traditional families, relationship breakdown is also observed, and previously joint family members even renounce their blood relatives. The most pathetic of all are old-age family members whose emotional, mental, and physical dependence is avoided by their offspring, and they lead a miserable life then. Likewise, children are the next generation of old-age family members who observe the negative consequences of family conflict in every dimension of their personality, like mental and physical wellbeing, attitude formation and change, academic and professional career, and even in their future marital lives. It is believed that the short-term effects of family conflict begin with mental problems and retardation like frustration, stress, anxiety, tension, and a pessimistic worldview. However, such problems remain and are aggravated in the personality of the person until serious deliberations are made. In respect of resources, family conflict not only divides the shared family resources but also decreases productivity, mainly because inexperienced persons enter into business or veterans are asked to leave their efforts, and in some cases, undividable business is transferred to the irrelevant person and the most relevant ones are deprived of. The current study recommends that there must be a balance of rights and responsibilities among the family members, and there needs to be an inclination toward the nuclear family at the earliest stage of one's family formation that would decline the traditional approach of multi-generation households among the Pakhtuns of Khyber Pakhtunkhwa.

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