

Beyond Family Conflict: The Protective Role of Psychological Resilience in the Relationship between Inter-Parental Conflict and Psychological Distress

Durdana Riaz^{1*}, Sehrish Muneer², Iram Hassan³

¹ * MS Clinical Scholar, Riphah Institute of Clinical and Professional Psychology, Riphah International University Lahore. Durdanariaz76@gmail.com

² MSc Psychology, Department of Psychology, University of Sargodha. Sehrimalik72@gmail.com

³ BS Psychology, Department of Psychology, University of Sargodha. iramhassan9933@gmail.com

DOI: <https://doi.org/10.63163/jpehss.v2i4.1462>

Abstract

The present study examined the relationship between inter-parental conflict, psychological resilience, and psychological distress among young adults, along with the moderating role of psychological resilience. The study also analyzed the differences based on gender and age. A cross-sectional research design was used. The sample consisted of ($N = 180$) young adults aged 18–30 years, selected through purposive sampling technique. Participants were divided into two age groups: 18–24 years and 25–30 years. CPIC scale by Grych et al. (2013), Brief resilience scale by Smith et al. (2008), and Depression anxiety stress scale is by Lovibond and lovibond (1995) were used in the study. The results indicated that inter-parental conflict was positively associated with psychological distress, while psychological resilience showed a negative relationship with psychological distress. Psychological resilience also moderated the relationship between inter-parental conflict and psychological distress. In addition, significant differences were observed in study variables based on gender and age. The study highlights the role of family environment and resilience in understanding psychological outcomes among young adults

Keywords: Inter-Parental Conflict, Psychological Resilience, Psychological Distress

Introduction

Family is one of the most important parts of a life. It plays a key role in shaping how individuals think, feel, and behave. From early life experiences, young adults are influenced by their parents in terms of emotional support, guidance, and family environment. When the family environment is healthy and supportive, individuals feel secure and develop better emotional and psychological well-being. However, when there is stress or frequent conflict between parents, it can negatively affect emotional state and increase psychological distress (Harold & Sellers, 2018).

Inter-parental conflict means arguments, tension, or fights between parents. Some level of conflict is normal in every relationship, but it becomes harmful when it is frequent, intense, or not resolved properly. Research shows that young adults who were exposed to parental conflict during their developmental years are more likely to experience higher levels of psychological distress, including emotional and behavioral difficulties (Harold & Sellers, 2018; Yang et al., 2022). Individuals in such situations may feel sad, scared, confused, or insecure. They may also have difficulty concentrating, controlling their emotions, and maintaining healthy relationships. Sometimes they even blame themselves for their parents' conflict, which increases stress levels. Over time, this can lead to higher psychological distress, including symptoms of depression, anxiety, and stress (O'Hara et al., 2023).

Psychological distress refers to negative emotional states such as depression, anxiety, and stress. In this study, psychological distress is measured through the DASS-21 scale. For young adults, higher psychological distress can affect daily functioning, emotional stability, academic or work performance, and relationships. When distress levels are low, individuals are better able to cope with challenges and manage life demands effectively. However, high distress can negatively affect emotional and social functioning (World Health Organization, 2022).

According to Emotional Security Theory, individuals need to feel safe and secure within their family environment. When parents frequently fight, young adults may experience emotional insecurity and disturbance (Davies & Cummings, 1994). This insecurity can increase stress and psychological distress. Family Systems Theory also explains that family members are interconnected. If parents experience conflict, it affects the whole family system, especially children and adolescents who later become young adults. Therefore, inter-parental conflict can disturb emotional balance and increase psychological distress (Harold & Sellers, 2018). Conservation of Resources Theory suggests that individuals try to protect their emotional and psychological resources. Stress occurs when these resources are threatened or lost (Hobfoll, 1989). In the context of family conflict, individuals may experience loss of emotional security. However, psychological resilience can help them protect and rebuild these internal resources, reducing psychological distress (Hobfoll et al., 2018).

Not all individuals react to parental conflict in the same way. Some develop high psychological distress, while others are able to adjust better. This difference is due to protective factors such as psychological resilience. Psychological resilience refers to the ability to recover from stress and handle difficult situations in a positive way. Resilient individuals are better at managing emotions, solving problems, and seeking support when needed. This helps them remain emotionally stronger even in stressful family environments (Masten, 2018). Recent studies also show that resilience reduces the negative effects of family stress and helps protect individuals from developing higher psychological distress (Van Schoors et al., 2023).

In this study, psychological resilience is used as a moderating variable. A moderator is a factor that can change the strength of the relationship between two variables. In this case, resilience may affect how strongly inter-parental conflict is linked with psychological distress in young adults. It is expected that people who have higher psychological resilience will cope better with stress. Even if they face conflict between their parents, they may experience less psychological distress because they are able to handle difficult situations in a better way. On the other hand, people with low resilience may find it harder to cope, so they may feel more psychological distress when they face the same level of parental conflict. Research also supports this idea and shows that resilience helps people deal with stress and reduces the chances of developing psychological problems (Luthar, et al., 2000; Fergus & Zimmerman, 2005). Inter-parental conflict can affect the mental health of young adults. Research shows that people who experience more conflict between their parents are more likely to face psychological problems such as stress, anxiety, and emotional instability. Over time, their ability to cope with difficulties may also decrease. On the other hand, psychological resilience helps individuals deal with stress and adjust better in difficult situations. Previous studies suggest that psychological distress and resilience can vary from person to person depending on factors like gender and age. Some research shows that females report higher psychological distress than males, and different age groups may also react differently to family stress (Davies & Cummings, 1994; Amato, 2001). Therefore, this study aims to find out whether there are differences in psychological distress, psychological resilience, and inter-parental conflict based on gender and age among young adults aged 18–30 years.

Literature

Recent studies show that when parents often argue or fight, it can negatively affect psychological distress in individuals exposed to such environments. Inter-parental conflict means regular disagreements, tension, or fighting between parents. Individuals who repeatedly witness such

situations may feel stressed, unsafe, and emotionally disturbed. Thompson et al. (2021) found that individuals who grow up in homes with continuous parental conflict are more likely to develop anxiety and emotional problems. Their study also showed that long-term exposure to conflict has a stronger negative effect compared to short-term arguments.

In another study, Davies et al. (2020) explained that parental conflict increases stress levels in individuals. It affects emotional balance and makes them more sensitive to stress in daily life. Hess (2021) also found that individuals from high-conflict family backgrounds often face difficulties in social life. They may feel less confident and avoid interaction with others. Mushtaque et al. (2021) reported that severe and long-term family conflict can lead to high psychological distress, including depression, anxiety, and in extreme cases suicidal thoughts among adolescents and young adults.

Individuals exposed to parental conflict may face different emotional and behavioral problems. Emotional problems include sadness, fear, anxiety, and low self-confidence, while behavioral problems may include anger, aggression, and difficulties in social or academic/work settings. Cummings et al. (2019) explained that individuals do not only observe conflict but also emotionally experience it. This emotional stress directly affects their behavior and coping abilities. Davies et al. (2021) also found that individuals who feel involved in parental conflict often struggle to control their emotions. They may react strongly to even small stressful situations in daily life, increasing psychological distress.

Even though parental conflict affects many individuals negatively, some are still able to stay psychologically strong. This difference is due to psychological resilience. Psychological resilience means the ability to recover from stress and adjust well in difficult situations. Masten (2018) explained that resilience is a normal developmental ability that helps individuals maintain emotional balance during stressful life conditions. Liu et al. (2022) found that individuals with higher resilience levels report lower psychological distress, including depression and anxiety, even when they face family problems. This shows that resilience helps protect psychological well-being. Zhao et al. (2020) also found that resilient individuals use more positive coping strategies and handle stress more effectively than others. Van Schoors et al. (2023) reviewed multiple studies and concluded that resilience plays an important role in protecting individuals from negative family environments and reducing psychological distress.

Resilience helps individuals in different ways. Resilient individuals are better at managing emotions, solving problems calmly, and seeking help when needed. They are also less likely to blame themselves for family conflicts. Hobfoll et al. (2019) explained that individuals try to protect their emotional and psychological resources during stress. When these resources are protected, the negative impact of stress becomes weaker. Resilience helps in maintaining these internal resources.

Resilience not only has a direct effect but also changes how stress affects individuals. This is called a moderating effect. Augustijn et al. (2019) found that inter-parental conflict has a stronger impact on psychological distress when resilience is low. However, individuals with high resilience are less affected by family conflict. Davies et al. (2020) also reported that resilience reduces the negative effects of family conflict on psychological distress. This means that resilience weakens the relationship between inter-parental conflict and psychological distress. Individuals with strong resilience are better able to cope with stress compared to those with low resilience.

Previous research shows that gender and age are related to differences in psychological outcomes linked to family conflict. Many studies have found that females usually report higher psychological distress than males. This may be because females are more open in expressing emotions, while males often try to hide or control their feelings (Nolen-Hoeksema, 2012). Age is also important in understanding these differences. Young adults aged 18–24 often face more emotional instability and depend more on family, so they may be more affected by conflict. In contrast, individuals aged 25–30 usually have better coping skills and more independence. Research also shows that growing up in a home with inter-parental conflict can have long-term effects on mental health, but the level of impact can be different depending on age and gender (Cummings & Davies, 2010; Repetti, Taylor, & Seeman,

2002). Overall, studies suggest that psychological distress, resilience, and perception of family conflict are not the same for everyone, which supports the need for this research.

Many studies have shown that parental conflict increases psychological distress in individuals. However, fewer studies have focused on how resilience protects individuals, especially in developing countries. Different cultural and family environments may influence how individuals respond to conflict. Therefore, more research is needed in this area. In conclusion, research shows that inter-parental conflict can increase psychological distress in individuals, leading to emotional and behavioral problems. However, psychological resilience plays a strong protective role. Individuals with high resilience are better able to cope with stress and maintain better psychological well-being even in difficult family situations

Objectives

- To explore the relationship between inter-parental conflict and psychological distress among young adults.
- To examine the moderating role of psychological resilience in the relationship between inter-parental conflict and psychological distress among young adults.

Hypotheses

H1: There will be a significant positive relationship between inter-parental conflict and psychological distress among young adults

H2: There will be a significant negative relationship between psychological resilience and psychological distress among young adults.

H3: Psychological resilience moderates the relationship between inter-parental conflict and psychological distress among young adults.

H4: There will be a significant gender difference in inter-parental conflict, psychological distress, and psychological resilience among young adults.

H5: There will be a significant age difference in inter-parental conflict, psychological distress, and psychological resilience among young adults.

Conceptual Framework

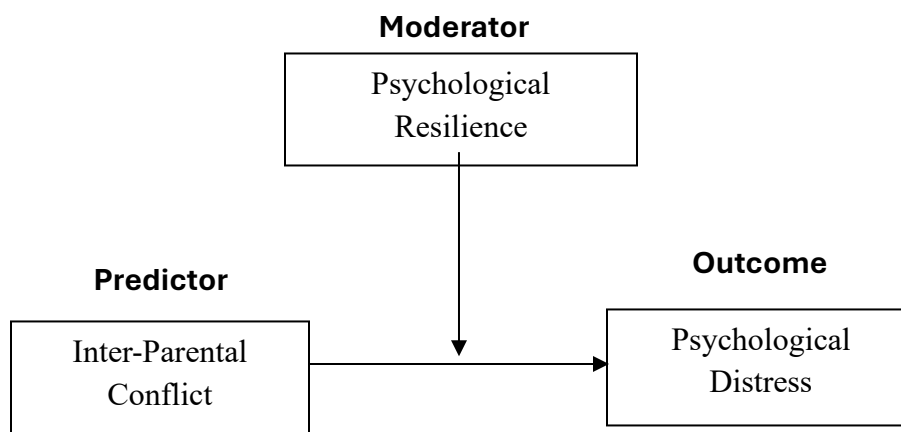


Figure 1: Psychological resilience moderate the relationship between inter-parental conflict and psychological distress among young adults

Methodology

Participants

The present study was based on cross-sectional survey research design. Sample of the study was consisted of young adults ($N=180$) from Sargodha Division. Purposive sampling technique was used for data collection. Informed consent was obtained from the participants before administering the questionnaires.

Inclusion Criteria

The study included young adults aged 18 to 30 years. Both males and females who agreed to participate were included. Only those participants were selected who completed the questionnaire properly.

Exclusion Criteria

Participants below 18 or above 30 years were excluded. Those who did not give consent or provided incomplete responses were not included in the study.

Measurements

CPIC scale is constructed by Grych et al. (2013) to measure inter-parental conflict. It is consisted of 49 items. Items are rated on 3-point likert type scale and response pattern ranging from *False* = 1 to *True* = 3. Individual can minimum obtain scores 49 whereas maximum scores cannot exceed than 147. Obtained scores on this scale were interpreted in terms of low and high scores rather than cut off scores. Original scale reliability is .89. negatively worded items were reverse scored prior to analysis.

Brief resilience scale is constructed by Smith et al. (2008). It is consisted of 6 items. Items are rated on 5-point likert scale and response pattern ranging from *strongly disagree* = 1 to *strongly agree* = 5. Individual can minimum obtain scores 6 whereas maximum scores cannot exceed than 30. Obtained scores on this scale were interpreted in terms of low and high scores rather than cut off scores. Original scale reliability is .85. The 2, 4, 6 are reverse scoring items.

Depression anxiety stress scale is constructed by Lovibond and Lovibond (1995). It is consisted of 21 items. Items are rated on 4-point likert type scale and response pattern ranging from *did not apply to me at all* = 0 to *applied to me very much* = 3. Individual can minimum obtain scores 0 whereas maximum scores cannot exceed than 63. The scores of all items were summed to obtain a total psychological distress score. Higher scores indicated higher levels of psychological distress. Original scale reliability is .93. There are no reverse scoring items.

Procedure

The researcher approached each participant and encouraged them to take part in the study. They were informed that their responses would be used only for academic purposes and would remain confidential at all stages. Those who agreed to participate were asked to sign an informed consent form. After this, they were given simple instructions to fill out the questionnaires and provide their responses. If any participant had difficulty understanding any question, the researcher explained it clearly and helped them complete the forms properly. After completing the questionnaires, the researcher thanked all participants for their voluntary participation without any payment or reward. Their contribution was appreciated as it helps in adding value to psychological research.

Results

Table 01

Pearson Correlation among study variables

Variables	M	SD	<i>A</i>	1	2	3
Inter-parental conflict	98.78	17.56	.76	---	-.59***	.81***
Psychological resilience	22.87	4.28	.72		---	-.70***
Psychological distress	42.38	7.63	.83			---

Note: $N = 180$, *** $p < .001$,

Table shows Pearson correlation among study variables. The findings indicate that inter-parental conflict has significant negative correlation with psychological resilience ($r = -.59, p < .001$) and psychological distress has significant positive correlation ($r = .81, p < .001$). The findings indicate that psychological resilience have significant negative correlation with psychological distress ($r = -.7, p < .001$).

Table 02

Moderation of Psychological Resilience between Inter-Parental Conflict and Psychological Distress

Variables	Model 1			Model 2		
	<i>B</i>	β	SE	<i>B</i>	β	SE
Constant	22.31***		.2	20.72***		.35
Inter-parental conflict	5.53***	.59***	.35	4.08***	.44***	.39
Psychological resilience	3.19***	-	.35	-4.24***	-	.36
		.34***			.45***	
Inter-parental conflict x Psychological resilience				-2.67***	-.23**	.40
R^2	.72			.76		
ΔR^2				.04		

$N = 180$

Table shows the moderation of psychological resilience between inter-parental conflict and psychological distress. In model 1, the R^2 value of .72 revealed that the predictors explained 72% variance in the outcome with $F(2, 177) = 383.57, p < .001$. The finding revealed that inter-parental conflict is significantly positive predictor ($\beta = .59, p < .001$) and psychological resilience ($\beta = -.34, p < .001$) significantly negative effect on psychological distress. In Model 2, the R^2 value of .76 revealed that the predictors explained 76% variance in the outcome with $F(3, 176) = 308.31, p < .001$. The finding revealed that inter-parental conflict ($\beta = -.44, p > .001$), psychological resilience ($\beta = -.45, p < .001$) and inter-parental conflict x psychological resilience significantly effect on psychological distress ($\beta = -.23, p < .001$). The ΔR^2 value of .04 revealed 4% change in the variance of model 1 and model 2 with $\Delta F(1, 176) = 44.76, p < .001$. Finding show that psychological resilience moderates the relationship between inter-parental conflict and psychological distress.

Table 03

Mean, Standard Deviation and t-values of Gender on Inter-parental Conflict, Psychological Resilience, and Psychological Distress

Variables	Male ($n = 82$)		Female ($n = 98$)		$t(78)$	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		<i>LL</i>	<i>UL</i>	
Inter-parental conflict	94.33	12.63	102.42	14.10	-4.02***	-12.05	-4.13	.60
Psychological resilience	24.68	9.23	20.67	8.29	3.06**	1.43	6.59	.46
Psychological distress	41.47	11.98	47.56	13.56	-8.38***	-19.87	-12.31	1.25

Table shows mean, standard deviation and *t*-values for male and female participants on inter-parental conflict, psychological resilience, and psychological distress. Results indicate significant mean differences on all study variables.

Table 04

Mean, Standard Deviation and t –values of Gender on Inter-parental Conflict, Psychological Resilience, and Psychological Distress

Variables	Age 25 to 30 (<i>n</i> = 76)		Age 18 to 24 (<i>n</i> = 104)		<i>t</i> (78)	95% CI		<i>Cohen's d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		<i>LL</i>	<i>UL</i>	
Inter-parental conflict	96.04	12.23	100.81	13.05	-1.46	-4.66	0.48	---
Psychological resilience	23.68	9.83	20.84	8.49	2.03*	0.08	5.60	.31
Psychological distress	42.57	11.13	46.56	12.46	-2.24*	-7.50	0.48	.33

Table shows mean, standard deviation and *t*-values for male and female participants on inter-parental conflict, psychological resilience, and psychological distress. Results indicate significant mean differences on psychological resilience and psychological distress and non significant mean difference on inter-parental conflict.

Discussion

The present study examined the relationship between inter-parental conflict, psychological resilience, and psychological distress among young adults. The findings supported all three hypotheses, showing that family environment and personal coping ability both play an important role in mental health. Young adulthood is a stage where individuals may still be emotionally affected by their family experiences, especially when there is conflict between parents. The results are in line with earlier research that explains how family stress and personal strengths together shape psychological well-being.

The first hypothesis stated that inter-parental conflict would have a significant positive relationship with psychological distress among young adults. The results supported this idea, meaning that higher parental conflict is linked with higher psychological distress. This suggests that when young adults are exposed to frequent arguments or tension between parents, they feel more stress, worry, and emotional pressure. Previous studies also show that a conflict-filled home environment can create emotional insecurity and increase mental health problems like anxiety and depression. According to research, children and young adults often see parental conflict as threatening, which affects their emotional balance (Fosco et al., 2023). Other studies also report that inter-parental conflict is linked with higher levels of psychological distress and poor emotional adjustment (Singh & Thomas, 2023). It has also been found that long-term exposure to parental conflict can make it harder for individuals to manage emotions and deal with stress in a healthy way (Mushtaque et al., 2021). Overall, this supports the idea that inter-parental conflict works as a strong stress factor that increases psychological distress.

The second hypothesis suggested that psychological resilience would have a significant negative relationship with psychological distress among young adults. The findings supported this hypothesis as well. This means that individuals who are more resilient experience less psychological distress. Psychological resilience is the ability to cope with stress and recover from difficult situations. People with high resilience can handle problems in a better way and stay emotionally stable even during stressful times. This finding matches earlier research, which shows that resilience helps reduce depression, anxiety, and stress by improving coping skills and emotional control. Studies also show that resilient individuals are better at dealing with challenges and do not get deeply affected by negative life events (Bouteyre et al., 2023). Resilience also helps protect individuals from the harmful effects of difficult family environments by supporting better thinking patterns and emotional responses (Fosco et al., 2023). So, resilience works as a protective factor that lowers psychological distress.

The third hypothesis proposed that psychological resilience moderates the relationship between inter-parental conflict and psychological distress among young adults. The results supported this idea, showing that resilience changes how strongly inter-parental conflict affects psychological distress. In simple words, young adults with high resilience are less affected by parental conflict compared to those with low resilience. This means that even when family conflict is present, resilient individuals can still manage their emotions and stay psychologically stable. This finding supports the buffering effect of resilience, which explains that protective factors can reduce the negative impact of stress. It also matches the conservation of resources theory, which says that people with more psychological strength and coping resources handle stress better. Previous studies also show that resilience reduces the harmful effects of family-related stress and improves emotional adjustment (Bouteyre et al., 2023; Fosco et al., 2023). So, resilience not only directly reduces distress but also weakens the negative impact of inter-parental conflict. Overall, the results show that family conflict increases psychological distress, while resilience helps reduce it. It also shows that not all individuals are affected in the same way by parental conflict. Some people are more protected because of their inner strength and coping ability.

The expected results of this study suggest that there will be differences based on gender and age. If females show higher psychological distress than males, it will match earlier research findings. In the same way, if younger participants (18–24 years) show more distress and lower resilience than older participants (25–30 years), it may be due to less emotional maturity and weaker coping skills in early adulthood. Older participants usually handle stress better because of more life experience. Differences in how people see inter-parental conflict may also be linked to their age and gender. Overall, the results would show that psychological distress and resilience are influenced by both gender and age in young adults living in stressful family environments.

Implications

This study shows that family relationships can have an important effect on psychological distress in young adults. When there is more conflict between parents, young adults are more likely to experience higher psychological distress. This means that improving communication and reducing conflict in families can help improve their well-being. Family counseling and guidance programs can support parents in building better relationships and reducing stress at home. The study also shows that psychological resilience is very important. Young adults who have better coping skills and emotional control can handle stress more effectively. Schools, colleges, and mental health services should focus on helping young people build these skills so they can deal with difficult situations in a better way. The results also show that differences in gender and age can affect psychological distress, resilience, and perception of family conflict. This means support programs should consider these differences when helping young adults.

Limitations and Suggestions

This study has some limitations. First, the data was collected at one time, so it cannot show clear cause and effect between variables. A long-term study would give better results. Second, the study used self-report questionnaires, so there is a chance that some participants may not have answered fully honestly or accurately. Third, the study only included young adults aged 18 to 30 years. So the results cannot be applied to teenagers or older adults. Also, cultural differences may affect how people experience family conflict, so results may be different in other places.

Future research should use long-term studies to better understand how these factors change over time. It would also be helpful to include different age groups and people from different cultural backgrounds. Researchers should also look at other factors like social support, coping styles, emotional intelligence, and attachment with parents. In addition, interviews or qualitative studies can help understand personal experiences in more depth.

Conclusion

The study shows that inter-parental conflict is linked with higher psychological distress in young adults. Psychological resilience helps reduce psychological distress and also lowers the negative impact of family conflict. The study also found differences in psychological distress based on gender and age. Overall, family environment and personal coping ability both play an important role in psychological distress in young adults

Reference

- Amato, P. R. (2001). Children of divorce in the 1990s: An update of the Amato and Keith (1991) meta-analysis. *Journal of Family Psychology, 15*(3), 355–370. <https://doi.org/10.1037/0893-3200.15.3.355>
- Augustijn, E. H., van Aken, M. A. G., & Schuengel, C. (2019). The role of resilience in the relationship between family stress and child adjustment. *Journal of Child Psychology and Psychiatry, 60*(5), 1–10. <https://doi.org/10.1111/jcpp.13012>
- Bouteyre, E., Duval, P., & Piétri, M. (2023). Children's physical proximity to interparental conflict: Resilient process and retrospective perceptions of parent–child relationships. *Violence Against Women, 30*(3–4), 854–872. <https://doi.org/10.1177/10778012231155175>
- Bukhari, S., & Masood, S. (2018). Adolescent triangulation into interparental conflict: Role of cognitive appraisals and birth order. *European Journal of Developmental Psychology, 16*(6), 712–726. <https://doi.org/10.1080/17405629.2018.1511418>
- Cummings, E. M., & Davies, P. T. (2010). *Marital conflict and children: An emotional security perspective*. Guilford Press.
- Cummings, E. M., Davies, P. T., & Simpson, K. S. (2019). Marital conflict and children's functioning. *Annual Review of Clinical Psychology, 15*, 1–28. <https://doi.org/10.1146/annurev-clinpsy-050718-095522>
- Davies, P. T., & Cummings, E. M. (1994). Marital conflict and child adjustment: An emotional security hypothesis. *Psychological Bulletin, 116*(3), 387–411. <https://doi.org/10.1037/0033-2909.116.3.387>
- Davies, P. T., & Cummings, E. M. (1994). Marital conflict and child adjustment: An emotional security hypothesis. *Psychological Bulletin, 116*(3), 387–411. <https://doi.org/10.1037/0033-2909.116.3.387>
- Davies, P. T., Martin, M. J., & Sturge-Apple, M. L. (2021). Emotional reactivity and children's responses to interparental conflict. *Child Development, 92*(4), 1–12. <https://doi.org/10.1111/cdev.13567>
- Davies, P. T., Sturge-Apple, M. L., & Cicchetti, D. (2020). Interparental conflict and child emotional insecurity: Developmental pathways. *Development and Psychopathology, 32*(2), 1–15. <https://doi.org/10.1017/S0954579419001387>
- Fosco, G. M., Weymouth, B. B., & Feinberg, M. E. (2023). Interparental conflict, family climate, and threat appraisals: Early adolescent exposure and young adult psychopathology risk. *Journal of Family Psychology, 37*(5), 731–742. <https://doi.org/10.1037/fam0001096>
- Fergus, S., & Zimmerman, M. A. (2005). Adolescent resilience: A framework for understanding healthy development in the face of risk. *Annual Review of Public Health, 26*, 399–419. <https://doi.org/10.1146/annurev.publhealth.26.021304.144357>
- Grych, J. H., Seid, M., & Fincham, F. D. (1992). Assessing marital conflict from the child's perspective: The Children's Perception of Interparental Conflict Scale. *Child Development, 63*(3), 558–572. <https://doi.org/10.1111/j.14678624.1992.tb01646.x>

- Harold, G. T., & Sellers, R. (2018). Annual research review: Interparental conflict and youth psychopathology. *Journal of Child Psychology and Psychiatry*, *59*(4), 361–379. <https://doi.org/10.1111/jcpp.12893>
- Hess, C. R. (2021). Family conflict and adolescent social functioning. *Journal of Family Psychology*, *35*(3), 1–9. <https://doi.org/10.1037/fam0000789>
- Hobfoll, S. E. (1989). Conservation of resources: A new attempt at conceptualizing stress. *American Psychologist*, *44*(3), 513–524. <https://doi.org/10.1037/0003-066X.44.3.513>
- Hobfoll, S. E., Halbesleben, J., Neveu, J. P., & Westman, M. (2019). Conservation of resources in the organizational context. *Annual Review of Organizational Psychology and Organizational Behavior*, *6*, 105–130. <https://doi.org/10.1146/annurev-orgpsych-012218-015007>
- Hobfoll, S. E., Halbesleben, J., Neveu, J. P., & Westman, M. (2018). Conservation of resources in the organizational context: The reality of resources and their consequences. *Annual Review of Organizational Psychology and Organizational Behavior*, *5*, 103–128. <https://doi.org/10.1146/annurev-orgpsych-032117-104640>
- Liu, Y., Wang, Z., & Chen, X. (2022). Resilience and adolescent depression in family stress contexts. *Frontiers in Psychology*, *13*, 1–10. <https://doi.org/10.3389/fpsyg.2022.845678>
- Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, *33*(3), 335–343. [https://doi.org/10.1016/0005-7967\(94\)00075-U](https://doi.org/10.1016/0005-7967(94)00075-U)
- Luthar, S. S., Cicchetti, D., & Becker, B. (2000). The construct of resilience: A critical evaluation and guidelines for future work. *Child Development*, *71*(3), 543–562. <https://doi.org/10.1111/1467-8624.00164>
- Masten, A. S. (2018). Resilience theory and research on children and families. *Journal of Family Theory & Review*, *10*(1), 12–31. <https://doi.org/10.1111/jftr.12255>
- Minuchin, S. (1974). *Families and family therapy*. Harvard University Press.
- Mushtaque, I. (2021). Family conflict and suicidal ideation among adolescents. *BMC Psychiatry*, *21*, 1–10. <https://doi.org/10.1186/s12888-021-03211-5>
- Mushtaque, I., Rizwan, M., Abbas, M., Khan, A. A., Fatima, S. M., Jaffri, Q. A., Mushtaq, R., Hussain, S., Shabbir, S. W., Naz, R., & Muneer, K. (2021). Inter-parental conflict's persistent effects on adolescent psychological distress, adjustment issues, and suicidal ideation during the COVID-19 lockdown. *OMEGA – Journal of Death and Dying*, *88*(3), 919–935. <https://doi.org/10.1177/00302228211054316>
- Nolen-Hoeksema, S. (2012). Emotion regulation and psychopathology: The role of gender differences. *Annual Review of Clinical Psychology*, *8*, 1–27. <https://doi.org/10.1146/annurev-clinpsy-032511-143109>
- O'Hara, K. L., Cummings, E. M., & Davies, P. T. (2023). Interparental conflict and adolescent emotional security across family structures. *Family Process*. Advance online publication. <https://doi.org/10.1111/famp.12872>
- Özdemir, Y., & Sağkal, A. S. (2019). Interparental conflict and emerging adults' psychological distress: Do cognitive appraisals matter? *İnönü University Journal of Education Faculty*, *20*(3), 831–841. <https://doi.org/10.17679/inuefd.513399>
- Repetti, R. L., Taylor, S. E., & Seeman, T. E. (2002). Risky families: Family social environments and the mental and physical health of offspring. *Psychological Bulletin*, *128*(2), 330–366. <https://doi.org/10.1037/0033-2909.128.2.330>
- Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: Assessing the ability to bounce back. *International Journal of Behavioral Medicine*, *15*(3), 194–200. <https://doi.org/10.1080/10705500802222972>

- Thompson, R. A., et al. (2021). Long-term effects of interparental conflict on child emotional development. *Developmental Psychology*, 57(6), 1–12. <https://doi.org/10.1037/dev0001204>
- Van Schoors, M., et al. (2023). Protective factors enhancing resilience in children exposed to adversity: A systematic review. *Frontiers in Psychology*, 14, 1243784. <https://doi.org/10.3389/fpsyg.2023.1243784>
- World Health Organization. (2022). World mental health report: Transforming mental health for all. <https://doi.org/10.2471/B09159>
- Yang, X., et al. (2022). Destructive interparental conflict and children's emotional and behavioral problems. *Frontiers in Psychology*, 13, 1024325. <https://doi.org/10.3389/fpsyg.2022.1024325>
- Zhao, J., Li, X., & Wang, Y. (2020). Resilience as a buffer between family stress and adolescent depression. *Journal of Adolescence*, 83, 1–9. <https://doi.org/10.1016/j.adolescence.2020.07.003>