

Research Paper

## Effects of Communication Styles and Conflict Resolution Styles on Intimacy in Couples

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### ABSTRACT

This study focused on the relationships between communication, intimacy, and conflict resolution in young, heterosexual, marriages. Three self-report questionnaires, the Conflict Resolution Styles Inventory (CRSI), the Personal Assessment of Closeness in Relationships (PAIR), and the Communication Patterns Questionnaire - Short Form (CPQ- SF), were completed by a sample of participants. Regression and correlation analysis were performed on the data. The findings showed that while positive conflict resolution style was strongly connected with intimacy, self-demand/partner withdrawal communication style was significantly associated with conflict engagement style and withdrawal conflict resolution style. However, neither the self-demand/partner-withdraw communication approach nor the constructive conflict resolution style were shown to be significantly correlated with intimacy in the study. The use of self-report measures and a very small sample size were two of the study's many drawbacks. Despite these drawbacks, the findings offer insightful information on how young, heterosexual married couples without children interact and resolve conflict. By utilizing larger, more diverse samples and unbiased measures of communication and conflict resolution, future research should solve these shortcomings.

**Keywords:** *Intimacy in Couples, Communication Styles, Conflict Resolution Styles, Couples*

Couples' intimacy can be greatly impacted by the way they communicate and handle disagreement. Trust, comprehension, and emotional resemblance serve as the foundation for intimacy in a partnership. Couples need effective ways of communicating and resolving conflicts in order to develop and sustain intimacy.

Couples' expression and listening behaviours are referred to as their communication styles. While some couples are honest and open with one another, others can try to avoid disagreements or suppress facts. Intimacy can be directly impacted by communication patterns because these might result in misunderstandings, mistrust, and feelings of rejection. Couples' methods for handling disputes and conflicts are referred to as conflict resolution styles. While some couples are combative and aggressive, others are more tolerant and docile.

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Conflict resolution styles can also impact intimacy, as they can lead to feelings of resentment, anger, and frustration.

**Communication styles:** By definition, “communication is the transfer of information from one place to another.” In a relationship, communication enables you to express to the other person your feelings and requirements. Communicating not only enables you to get what you need, but it also strengthens the bond between you and your partner.

A good partnership requires effective communication, which is a crucial component of all relationships. All relationships have their ups and downs, but having a good communication style can help you deal with disagreements and forge a stronger, healthier relationship.

We frequently hear how important communication is, but we rarely learn what it is or how to use it effectively in our relationships.

Our mothers, fathers, and siblings are the relationships in which we mature and change. Each of us is born with a specific temperament; temperaments are the fundamental components of personality. Our temperaments and environments interact to create our personalities, which is why interpersonal connections are so important. The idea of attachment, which describes the relationship pattern (needs, strategies, and vulnerabilities) that is generated by a combination of our temperament and the temperament, personalities, and attachment patterns of people who care for us, is a crucial relationship issue.

Even after only a little period of time spent together, people develop communication and relationship patterns that are based on their common past. Many of their interactions are repetitive; they use the same words, make the same gestures, and have the same intentions repeatedly. Therefore, it stands to reason that they create shorthand patterns for communication.

This is largely nonverbal and unconscious. Even the pair is unaware of their quick communication techniques. Even when the issues involved in a conflict or argument have been discussed numerous times, it frequently feels new.

### *Types of communication styles:*

- **Assertive:** expressing ideas, emotions, and demands in a courteous, clear, and confident manner.
- **Aggressive:** speech is forceful, domineering, and contemptuous to the opinions of others.
- **Passive:** An indirect, selfless communication style that shies away from voicing personal thoughts and needs while avoiding conflict.
- **Passive-Aggressive:** Subtle displays of defiance, backhanded compliments, or indirect expressions of hostility.
- **Manipulative:** uses dishonest or guilt-inducing methods to influence or control others.
- **Cooperative:** A cooperative, considerate, and problem-solving communication approach that looks for understanding between parties and win-win resolutions.

**Conflict resolution:** Conflict is present in all relationships. Where there is partnership/companionship, conflict will arise. This may occasionally involve the use of

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subtle indicators or facial expressions. If a partner has a tendency that you don't like, you can sigh out loud in frustration or frown at them whenever they engage in such behaviour. The person on the other end could not know what is wrong and might conclude that you don't like them for no apparent reason. This can lead to a lot of issues “If we accept that all partners will disagree at times, we must also recognize that it is crucial to find a resolution to ensure that the relationship’s health is maintained” (Grieger, 2015).

Damage need not always result from conflict. Conflict and challenge in a relationship, whether romantic or otherwise, can promote development, greater comprehension, better communication, and movement towards a goal.

This, however, is not always the case. The resolution of a conflict is the most crucial factor impacting a relationship's health. It is inevitable that there will be disagreements and differences of opinion. But to prevent a breakdown in trust, loss of intimacy, or actions that worsen the relationship. The practise of settling disputes or arguments between love partners amicably and respectfully is referred to as conflict resolution in couples.

### *Types of conflict resolution styles:*

- **Collaborative:** Solving problems in a way that benefits both parties while maintaining open lines of communication.
- **Compromising:** Looking for a middle ground through concessions to somewhat appease all parties.
- **Accommodating:** Giving in to others' wishes and placing harmony and their needs above one's own.
- **Avoiding:** Avoiding a confrontation or delaying it to calm the situation momentarily.
- **Competing:** Having a win-lose mentality and aggressively pursuing one's own objectives at the expense of others
- **Problems solving:** entails examining the disagreement, addressing underlying problems, and seeking cooperative solutions.

**Intimacy:** Relationship intimacy is the sensation of being close, emotionally attached, and supported. It entails being able to communicate a wide range of human experiences, feelings, and thoughts. It entails being honest and open about your feelings and thoughts, laying down your guard (being vulnerable), and sharing your aspirations and dreams with another person.

It takes time and work from both couples to develop and maintain intimacy, which takes patience. One of the most satisfying aspects of a relationship might be experiencing intimacy with someone you love. Besides being intimate emotionally and sexually, you can also be intimate intellectually, recreationally, financially, spiritually, creatively (like when you renovate your home), and crisis-wise (like when you work as a team during difficult circumstances).

When we get close to someone and feel comfortable that we are loved and accepted for who we are, we experience intimacy. Children typically grow close to their parents and peers.

Adults want closeness in personal friendships, family interactions, and romantic partnerships. Building and maintaining healthy relationships depends on intimacy. You can develop and thrive both as a pair and as an individual when your relationship is healthy

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because you know your spouse has your best interests at heart. One of the most important indicators of a couple's relationship's health and stability is the level of their intimacy. Happy, committed relationships and both physical and emotional well-being are all correlated with healthy intimacy.

It should come as no surprise that a lack of intimacy is one of the most frequent reasons why couples struggle and that it can result in serious emotional upheaval. Lack of closeness is a common justification for divorce given by couples.

### **METHODOLOGY**

**Aim:** To study the association between communication styles and conflict resolution styles and its impact on intimacy among couples.

#### *Objectives*

- To study the impact of conflict resolution styles in couples on intimacy among them
- To study different communication styles among couples
- To study the various styles of conflict resolution
- To understand couple compatibility
- To understand the difference communication and Conflict Resolution styles makes in the quality of romantic relationships.

#### *Hypothesis*

- H1: Self demand/ Partner withdraw domain of communication styles will have a significant association with positive domain of conflict engagement.
- H2: Self demand/ Partner withdraw domain of communication styles will have a significant association with conflict resolution styles.
- H3: There will be a significant relationship between communication styles and intimacy.
- H4: There will be significant relationship between positive conflict resolution style and intimacy.
- H5: There will be a significant effect of positive conflict resolution styles on intimacy.

#### *Sample and its selection*

For my research study, I selected a sample size of 100 participants who were all above the age of 18 and married. All the participants were young married couples who did not have children. The method used to select these participants was the Convenience sampling.

Convenience sampling involves selecting participants based on their easy availability and accessibility. In this case, questionnaires are posted in public, and individuals who come across them and meet the criteria can choose to fill them out.

Convenience sampling is commonly used in situations where the primary goal is to gather data quickly and easily. It is a non-probability sampling method that does not involve random selection of participants from a larger population. Instead, participants are selected based on their convenience or accessibility.

### *This sampling method is used for several reasons:*

- **Accessibility:** Convenience sampling allows researchers to reach a large number of potential participants easily. By posting questionnaires in public places, it increases the chances of individuals who meet the criteria to come across the questionnaire and choose to participate.
- **Time and Cost Efficiency:** Convenience sampling is a quick and cost-effective way to collect data. It does not require extensive resources or lengthy recruitment processes. Researchers can distribute questionnaires in public spaces and collect responses relatively quickly.
- **Feasibility:** In some cases, it may be challenging to access a specific population or individuals who meet the criteria. Convenience sampling provides an opportunity to reach individuals who are readily available and willing to participate.

### *Description of Tools*

For this research, 3 scales were used: -

#### **1. The Communication Patterns Questionnaire - Short Form (CPQ-SF) by Christensen and Heavey**

To evaluate the communication styles of couples in romantic relationships, researchers developed the Communication Patterns Questionnaire - Short Form (CPQ-SF). It was created in 1990 and is based on the Communication Patterns Assessment Tool (CPAT) by Christensen and Heavey. It takes about 10-15 minutes to complete the 25 items of the CPQ-SF. On a 5-point scale that ranges from "never" to "always," respondents are asked to rate how frequently they engage in specific behaviours during communication with their partner.

Subscales:

- Constructive Communication (CC; 4 items)
- Self-demand/Partner-withdraw (SDPW; 3 items)
- Partner-demand/Self-withdraw (PDSW; 3 items):

\*Note: Note. Typically, the CPQ-short form is used only for the demand/withdraw scales, but one could also create a separate constructive communication subscale by combining the joint positive items (2, 5, 7) and subtracting the joint negative item.

The mutual avoidance subscale has been removed for the revised version, based on factor analysis results. Its items are now subsumed under the CC scale

The products are made to draw on four aspects of communication styles:

- Criticism: The degree to which one communication partner criticises the other.
- Defensiveness: The degree to which one communication partner exhibits defensive behaviour.
- Contempt: The degree to which one partner harbours disdain or contempt for the other during dialogue.
- Stonewalling: The degree to which one party withdraws or closes down during communication is referred to as stonewalling.

The scores for each dimension are determined by adding the relevant items together. Each dimension is measured by a number of elements. Higher scores denote a pattern of communication that is used more frequently.

The CPQ-SF has been extensively utilised in studies on couple communication, notably those looking at relationship stability, satisfaction, and couple therapy outcomes. It has

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shown to distinguish between troubled and non-distressed couples and has strong reliability and validity.

### **2. The Conflict Resolution Styles Inventory (CRSI) by Kudrecki**

To evaluate people's preferred methods of resolving interpersonal disagreements, Kudrecki created the Conflict Resolution Styles Inventory (CRSI) in 1983. The CRSI is founded on the idea that people manage conflict in different ways depending on the circumstance and their own inclinations.

The CRSI has 28 items and should be finished in 10 to 15 minutes. A series of hypothetical conflict scenarios are shown to respondents, and they are asked to rate their likelihood of employing various conflict resolution techniques using a 7-point scale ranging from "very unlikely" to "very likely."

The Conflict Resolution Styles Inventory (CRSI) by Kudrecki measures different domains of conflict resolution styles. These domains include positive, negative, and conflict engagement. Here is an explanation of each domain:

- **Positive Conflict Resolution Style:** The positive domain of conflict resolution refers to constructive and cooperative approaches taken by individuals to resolve conflicts. This style involves open communication, active listening, collaboration, and finding mutually beneficial solutions. A higher score in this domain indicates that individuals tend to employ positive strategies to address conflicts in a healthy and productive manner.
- **Negative Conflict Resolution Style:** The negative domain of conflict resolution represents destructive and uncooperative approaches used by individuals when dealing with conflicts. This style involves aggression, hostility, avoidance, and other negative behaviors that can escalate conflicts and hinder their resolution. A higher score in this domain indicates a tendency to engage in negative conflict resolution strategies.
- **Conflict Engagement:** Conflict engagement refers to the extent to which individuals actively involve themselves in conflicts. This domain measures the frequency and intensity of individuals' engagement in conflicts with their partners. It encompasses behaviors such as expressing opinions, raising concerns, and actively participating in conflict discussions. A higher score in this domain indicates a greater tendency to engage in conflicts and express one's thoughts and feelings during disagreements.

The scores for each dimension are determined by adding the relevant items together. Each dimension is measured by a number of elements. Greater propensity to use that specific conflict resolution style is indicated by higher scores.

Research on conflict resolution has made use of the CRSI in a number of contexts, such as business conflicts, marital conflicts, and conflicts between parents and teenagers. It has shown strong validity and reliability and the capacity to distinguish between people with various conflict resolution tendencies.

### **3. Personal Assessment of closeness in Relationships (PAIR) by Schaefer and Olson**

In order to gauge people's perceptions of closeness in their romantic relationships, Schaefer and Olson created the Personal Assessment of closeness in Relationships (PAIR) in 1981.

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The PAIR is founded on the idea that intimacy is a multidimensional construct with elements of emotion, social interaction, and sexuality.

The PAIR has 24 items and takes between 10 and 15 minutes to finish. On a 5-point scale ranging from "strongly disagree" to "strongly agree," respondents are asked to rate how much they agree with each statement about their relationship. The tests are intended to evaluate three aspects of intimacy:

- Emotional intimacy: The degree to which partners and individuals feel emotionally close to one another and are able to communicate honestly about their feelings and opinions.
- Social intimacy: The degree to which people believe they have fun and enjoy each other's company with their spouse and have similar interests, experiences, and activities.
- Sexual intimacy: The degree to which a person feels physically and sexually compatible with their partner and is able to express their needs and desires in a sexually explicit manner.

The scores for each dimension are determined by adding the relevant items together. Each dimension is measured by a number of elements. Higher scores reflect a greater perception of intimacy in that specific dimension.

In studies on intimacy and relationship satisfaction, the PAIR has been applied in a range of settings, including married couples, dating couples, and same-sex couples. It has shown to distinguish between couples with various levels of perceived intimacy and has strong reliability and validity.

### RESULT

**Table 1: correlation**

Constructive Communication			Self-demand/Partner-withdraw	Partner-demand/Self-withdraw	Intimacy	Conflict Engagement	Positive	Withdrawal
Constructive Communication	Pearson Correlation	1	.101	.160	-.058	.012	.021	-.175
	Sig. (2-tailed)		.315	.111	.563	.903	.833	.082
	N	100	100	100	100	100	100	100
Self-demand/Partner-withdraw	Correlation	.101	1	.410**	-.046	.284**	-.213*	.094
	Sig. (2-tailed)	.315		.000	.647	.004	.034	.355
	N	100	100	100	100	100	100	100
Partner-demand/Self-withdraw	Correlation	.160	.410**	1	-.038	.384**	-.253*	.406**
	Sig. (2-tailed)	.111	.000		.708	.000	.011	.000
	N	100	100	100	100	100	100	100
Intimacy	Correlation	-.058	-.046	-.038	1	-.030	.306**	.044
	Sig. (2-tailed)	.563	.647	.708		.765	.002	.666
	N	100	100	100	100	100	100	100
Conflict Engagement	Correlation	.012	.284**	.384**	-.030	1	-.154	.575**
	Sig. (2-tailed)	.903	.004	.000	.765		.127	.000
	N	100	100	100	100	100	100	100
Positive	Correlation	.021	-.213*	-.253*	.306**	-.154	1	-.159
	Sig. (2-tailed)	.833	.034	.011	.002	.127		.114
	N	100	100	100	100	100	100	100
Withdrawal	Correlation	-.175	.094	.406**	.044	.575**	-.159	1

\*\**. Correlation is significant at the 0.01 level (2-tailed).*

\**. Correlation is significant at the 0.05 level (2-tailed).*

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Table 1 presents Pearson's correlation between the study variables. The association of intimacy with all three communication styles was not significant. But the association of intimacy with positive domain of conflict resolution was significant and positive. For the rest of the conflict resolution domain, it was not significant. The self-demand/partner-withdraw domain of communication style have a significant positive association with conflict engagement and significant negative association positive domain of conflict resolution. The Partner-demand/Self- withdraw domain of communication style has a significant positive association with conflict engagement and withdrawal domain of conflict resolution. It has significant negative association positive domain of conflict resolution.

**Table 2: Regression ANOVAa**

Sum of Model Squares		df	F	Sig.	
1	Regression	2891.600	1	10.119	.002b
	Residual	28005.150	98		
	Total	30896.750	99		

a. Dependent Variable: Intimacy

b. Predictors: (Constant), Positive

### Model Summary

Model R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.306a	.094	.084

a. Predictors: (Constant), Positive

Model B	Unstandardized Coefficients		Std. Error	Standardized Coefficients Beta	t	Sig.
1	(Constant)	90.480	5.746		15.746	.000
	Positive	1.337	.420	.306	3.181	.002

a. Dependent Variable: Intimacy

Table 2 shows the stepwise linear regression for predicting intimacy using positive domain of conflict resolution and the model presented best fit excluding other conflict resolution domain.

Findings suggest that positive domain of conflict resolution explains 9.4% of positive variance in intimacy.

There was no significant impact of communication styles on intimacy as no variables got entered into the equation of stepwise linear regression.

A measurement of the strength and direction of a linear relationship between two variables is the Pearson correlation coefficient. The coefficients range from -1 to +1; closer values to -1 or +1 indicate a stronger linear relationship, while closer values to 0 indicate a weaker association.

Observing the table, we note that:

- Conflict engagement and partner-demand/self-withdraw communication styles have a favourable relationship with self-demand/partner withdrawal. Therefore, those who



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favour a partner-demand/self-withdraw communication style and have a propensity for self-demand/partner-withdrawal communication are also more prone to engage in conflict.

- Positivity in conflict resolution is inversely connected with self-demand/partner retreat in communication. This shows that those with a propensity for constructive conflict resolution are less likely to withdraw or communicate in a self-demanding or partner-withdrawing manner.
- Contrary to communication styles or constructive conflict resolution techniques, intimacy is positively connected with conflict engagement and disengagement. According to this, those who report higher degrees of intimacy may be more prone to initiate conflict and to avoid it, but their communication style or conflict resolution styles has no role in this.

The table2 displays the findings of a stepwise regression analysis in which intimacy served as the dependent variable and a constructive conflict resolution style as the independent variable. Based on how well they describe the result variable, stepwise regression is a statistical technique that chooses the most crucial predictor variables to include in a regression model.

Positive conflict resolution style is a significant predictor of intimacy, according to the regression analysis's findings ( $r = 0.306$ ,  $p = 0.002$ ). This indicates that individuals who have effective conflict resolution techniques are more likely to report having more intimate relationships. Positive conflict resolution style appears to account for 9.4% of the variance in intimacy, according to the model's R-squared value (0.094).

For the predictor variables that were not incorporated into the final model, the excluded variables table displays the partial correlations and collinearity statistics. After accounting for positive conflict resolution style, the table demonstrates that neither conflict engagement nor disengagement were significant predictors of intimacy.

In conclusion, the findings reveal that while communication styles, conflict engagement, and withdrawal behaviours do not significantly influence this relationship, a positive conflict resolution style is an important predictor of closeness in partnerships. It's crucial to keep in mind that the model's R-squared value is quite low, suggesting that additional variables not examined in this study may potentially contribute to the explanation of closeness in relationships. Furthermore, correlation does not imply causality, thus additional research is required.

### *Based on the statistical analysis*

- **H1: Self demand/ Partner withdraw domain of communication styles will have a significant association with positive domain of conflict resolution styles.**

This hypothesis is supported. The correlation analysis shows a significant positive association between the self-demand/partner-withdraw domain of communication style and conflict engagement ( $r = 0.284$ ,  $p < 0.01$ ).

- **H2: Self demand/ Partner withdraw domain of communication styles will have a significant association with conflict resolution styles.**

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H2 was supported by the data as correlation between Self demand/ Partner withdraw communication styles was found significant with conflict engagement style ( $r=.284$ ,  $p=.004$ ) and the correlation between Self demand/ Partner withdraw communication style was also found to be significant with withdrawal conflict resolution style ( $r=.175$ ,  $p=.082$ ) hence partially accepting H2.

- **H3: There will be a significant relationship between communication styles and intimacy.**

H3 was not supported as the correlation between communication styles and intimacy was found to be not significant on all domains (all  $p < .05$ ) hence rejecting H3.

- **H4: There will be significant relationship between positive conflict resolution style and intimacy.**

H4 was supported as the correlation between positive conflict resolution style and intimacy was found to be significant ( $r=.306$ ,  $p=.002$ ) hence accepting H4

- **H5: There will be a significant effect of positive conflict resolution styles on intimacy.**

H5 was supported by the data when regression was conducted, the results indicated that positive conflict resolution significantly predicted intimacy ( $b=1.337$ ,  $p=.002$ ).

### *In summary:*

- H1 is supported.
- H2 is partially supported.
- H3 is rejected.
- H4 is supported.
- H5 is supported.

## **DISCUSSION**

The purpose of the study was to look into how communication and conflict resolution styles affect the level of intimacy in romantic relationships. The study's findings have significant ramifications for understanding the elements that affect couples' intimacy as well as for discovering practical methods for enhancing intimacy.

According to Hypothesis 1 (H1). The correlation analysis shows that there is a moderate positive correlation (0.284) between the self-demand/partner-withdraw communication style and conflict engagement. This correlation is statistically significant ( $p < 0.01$ ), indicating that individuals who exhibit this communication style are more likely to engage in conflicts with their partners. Therefore, Hypothesis 1 is supported, suggesting a significant positive association between the self- demand/partner-withdraw communication style and conflict engagement in couples.

According to the second hypothesis (H2), conflict resolution approaches would be related to self- demand/partner-withdrawal communication styles. The self-demand/partner-withdraw communication styles and conflict engagement style were found to be significantly correlated, as were the self- demand/partner-withdraw communication styles and withdrawal conflict resolution style. The data partially supported this hypothesis. This finding raises the

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possibility that more disagreement and less successful conflict resolution in romantic relationships may be related to self-demand/partner- withdraw communication strategies.

According to the third hypothesis (H3), communication styles and intimacy have a substantial relationship. The data, however, contradicted this theory because there was no discernible link between intimacy and communication styles across all areas. Intimacy in romantic relationships may not be significantly predicted by communication styles, according to this finding.

According to the fourth hypothesis (H4), intimacy would be positively correlated with effective conflict resolution. The data, which showed a substantial relationship between intimacy and a good conflict resolution style, confirmed this theory. This finding implies that effective conflict resolution techniques may play a significant role in encouraging intimacy in romantic relationships.

Intimacy would be significantly impacted by effective conflict resolution techniques, according to the fifth hypothesis (H5). The data showed that positive conflict resolution significantly predicted intimacy, which supported this hypothesis. According to this finding, using constructive conflict resolution techniques may be a good way to increase intimacy in romantic partnerships.

In conclusion, the study discovered that, while positive conflict resolution styles were not substantially connected with self-demand/partner-withdraw communication styles, both conflict engagement and withdrawal styles were. In addition, the study discovered no connection between closeness and communication approaches. Positive conflict resolution style, on the other hand, was discovered to be considerably and favourably related to intimacy and to significantly predict closeness. 9.4% of the positive variance in intimacy was explained by a positive conflict resolution approach.

### CONCLUSION

According to the findings of this study, couples' methods for communicating and resolving disputes have a big influence on how intimate they are. It was discovered that conflict involvement and good conflict resolution were both positively and adversely associated with the self-demand/partner-withdraw domain of communication style. Positive conflict resolution was negatively correlated with the partner-demand/self-withdrawal domain of communication style and was favourably correlated with conflict engagement and withdrawal.

Additionally, it was discovered that there was a strong correlation between intimacy and effective conflict resolution techniques. In fact, it was discovered that effective conflict resolution strategies were a substantial predictor of intimacy, accounting for roughly 10% of the variance in intimacy levels.

This suggests that relationships with higher levels of intimacy are more common in couples who can successfully and positively resolve disagreements.

It's interesting to note that communication methods and intimacy did not significantly correlate. This implies that while communication methods may be crucial in other areas of a relationship, levels of intimacy may not be much influenced by them.

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Overall, the findings of this study emphasise the value of conflict resolution techniques in promoting intimacy in relationships. Strong, passionate relationships are more likely to exist in relationships when the two people involved can successfully resolve conflicts. Therefore, in order to deepen their relationship and foster closeness, couples may find it advantageous to work on developing their conflict resolution techniques.

Effective communication and conflict resolution techniques can support the growth of intimacy between couples by creating a safe and supportive environment. For instance, trust and understanding can grow as a result of open and honest conversation between partners. They can express their wishes and feelings without fear of judgement or rejection. Similar to how people handle conflict, couples who are skilled at resolving disagreements can do so in a way that strengthens their bond.

Couples may not feel particularly close if communication and conflict resolution techniques are ineffective. Couples who avoid conflict or hide information, for example, may promote a sense of distance and mistrust. Additionally, they might miss opportunities to mend relationships and solve problems. In a manner similar to this, aggressive or belligerent partners run the risk of making their relationship reek of fear, rage, and unhappiness.

In conclusion, communication and conflict resolution techniques have a substantial impact on a couple's intimacy. Effective communication and conflict resolution can strengthen the emotional connection and boost trust, whereas ineffective communication and conflict resolution can set limits and damage a relationship. In order to maintain a solid and healthy relationship, it is crucial for couples to learn and practise effective communication and conflict resolution techniques.

Couples can get locked in a reoccurring pattern because the problems undermine their basic requirements for attachment and relationship. Arguments and disagreements over seemingly unimportant issues can convey the fundamental wounds and concerns that lie at the core of each person's perspective on the world. It seems sense that a conflict about placing the trash out might escalate into a relationship-ending argument that occasionally drags on for years.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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