

The Effect of Hormonal Changes on Conflict with Parents During Adolescence

Assoc. Prof. Dr. Pamir DİRİL¹, Dilek Durmaz²

¹St. Clements University/Psychology Department Lecturer/Türkiye

ORCID ID: 0000-0001-8913-343X

²St. Clements University/Guidance and Psychology Master's Student/Türkiye

ORCID ID: 0009-00080-6373-4032

ABSTRACT: During this special phase, hormonal changes manifest strikingly in children's physical development, while significant and profound transformations in their psychological and emotional structures become almost inevitable. Changes in testosterone and estrogen levels, in particular, play a crucial role as fundamental biochemical mechanisms shaping adolescents' behavior, emotions, and personal attitudes. Under the influence of these hormones, adolescents generally experience a greater desire for self-discovery, openness to new experiences, and a search for identity. Their sense of independence becomes prominent, and the emotional fluctuations they experience during this period increase significantly. These emotional fluctuations profoundly shape their social relationships, self-perceptions, and worldviews. Furthermore, the social environment and peer relationships play a crucial role during this period, and these influential interactions significantly influence adolescents' self-expression and identity formation. Therefore, the impact of hormonal processes on individuals' emotional responses and behavior is inevitable and clearly a phenomenon that deserves detailed analysis. This becomes a crucial factor in individuals' mental health and personal development during adolescence. Furthermore, in this context, adolescence is not limited to physical changes; it is also a crucial period for individuals' inner worlds, thoughts, and social interactions.

KEYWORDS: hormonal change, emotional fluctuation, social environment development and peer communication, personal development

ENTRANCE

Adolescence is a period when individuals' biological and psychosocial development accelerates dramatically, experiencing numerous changes and transformations at an intense pace, and represents a critical period for life. During this special period, hormonal changes manifest significant and striking effects on children's physical development, while significant and profound transformations in their psychological and emotional structures become almost inevitable. Changes in testosterone and estrogen levels, in particular, play a crucial role as fundamental biochemical mechanisms shaping adolescents' behavior, emotions, and personal attitudes. Under the influence of these hormones, adolescents often feel a desire to explore themselves further, be open to new experiences, and search for identity. Their sense of independence becomes prominent, and the emotional fluctuations they experience during this period increase significantly. These emotional fluctuations profoundly shape their social relationships, self-perceptions, and worldviews. Furthermore, the social environment and peer relationships play a crucial role during this period, and these influential interactions significantly influence how adolescents express themselves and how they form their identities. Therefore, the impact of hormonal processes on individuals' emotional reactions and behaviors is inevitable and clearly a phenomenon that requires detailed consideration. This becomes a crucial factor in individuals' mental health and personal development during adolescence. Furthermore, in this context, adolescence is not limited to physical changes; it also presents a crucial period for individuals' inner worlds, thoughts, and social interactions. It should be noted that the experiences individuals experience during this period can have long-term and lasting effects on their future psychological resilience and social skills. In this context, it is important to emphasize that adolescence is a topic that requires a comprehensive and serious approach in its many aspects. Careful examination of adolescence is crucial to achieving desired goals, as it is a critical phase that should be considered not only for the personal development of individuals but also for the overall well-being and health of society. The ability to understand and evaluate the impact of this period on individuals' lives becomes a crucial need at both the individual and societal levels; this constitutes a fundamental requirement for individuals to participate more healthily, happier, and more effectively in their future lives. The changes brought about by adolescence shape not only the perceptions of individuals but also those around them.

The Effect of Hormonal Changes on Conflict with Parents During Adolescence

During this period, adolescents should prioritize not only physical changes but also character development. Family, school, and peers, in particular, can positively or negatively influence adolescent behavior. Adolescence is, in a sense, a process of self-discovery and discovery of one's potential; as a result of this phase, individuals acquire important experiences that will carry with them throughout their lives. Research on the psychology and developmental processes of adolescence during this period will yield beneficial results from both academic and societal perspectives and contribute to the mental health of individuals. Therefore, observations and evaluations of adolescence are an important process that will pave the way for the development of healthier individuals in the future.

Furthermore, hormonal changes that occur during adolescence are in constant interaction with social relationships and environmental factors. This constant interaction has a significant impact on parent-child relationships. Hormonal fluctuations in children can complicate communication with parents; during this period, adolescents seek greater independence, while parents often feel the need to control and protect. This naturally leads to conflict. These conflicts do not arise solely as a result of hormonal influences but are also profoundly shaped by the complex psychosocial dynamics of developmental stages. Parents' attitudes, communication patterns, and conflict-triggering behaviors are among the primary determinants of the problems that arise during this critical period. Therefore, the complex interaction between hormonal changes and parenting approaches is crucial for understanding conflict during adolescence. Therefore, examining the relationships of adolescent children with their parents is crucial for both emotional and psychological health, as well as family dynamics. Adolescence is a crucial period in shaping individuals' identities, and the quality of their relationships with parents has the potential to significantly impact this developmental stage. As parents strive to understand their children, it's invaluable for them to offer an outside perspective on their adolescents' inner worlds and the challenges they face.

AIM

The aim of this research is to thoroughly examine the profound and comprehensive effects of the complex hormonal changes that occur during adolescence on relationships with parents and to better understand and unravel the connections between these interactions and conflict dynamics. Increases in hormone levels during adolescence create distinct and visible changes in young people's behavioral and emotional responses, which can impact parent-child relationships in numerous ways, creating complex and challenging dynamics. One of the primary objectives of this study is to conduct a detailed investigation into how these changes observed in adolescent behavior impact their interactions with their parents. This study also aims to elaborate on the roles of testosterone and estrogen during adolescence and the impact of these hormones on young people's behavior. In this context, it is crucial to emphasize that hormonal fluctuations during adolescence are not limited to physical changes; they can also lead to intense and complex emotional moments and the resulting conflicts. Additionally, the aim is to thoroughly analyze the effects of hormonal processes on important psychological mechanisms such as youth's self-esteem, empathy, and emotional regulation. In this context, careful attention will be paid to adolescents' reactions to hormonal changes and how these reactions shape and guide their relationships with their parents. A comprehensive and comprehensive perspective will be developed on how young people's inner lives, cognitive processes, social interactions, and interactions with their parents are shaped during this period. This will encourage parents to develop more effective, conscious, and strategic approaches to their interactions with adolescents to reduce negative outcomes such as burnout and emotional difficulties. Therefore, the results of these studies will constitute an important resource for strengthening family communication, strengthening emotional bonds, and contributing to healthy developmental processes.

The primary goal of this research is to deeply examine how hormonal changes shape parents' attitudes and communication styles, and to reveal how this ultimately impacts the level of conflict or harmony in parent-child relationships. In this process, understanding potential tensions and harmonious aspects in parents' relationships with their children is crucial. Furthermore, by identifying conflict triggers and communication patterns, it aims to better understand the causes of discord between parents and adolescents. These factors that influence parenting dynamics have the potential to lead to meaningful changes for both parties. In this context, examining how hormonal changes shape the emotional and social development of adolescents during adolescence becomes a crucial component of research on how they influence parents' attitudes and behaviors. The hormonal changes experienced by adolescents during adolescence are not only an individual experience but also a critical factor affecting family dynamics. Furthermore, understanding the dynamics of hormonal changes in this complex relationship between parents and their children is crucial for developing healthier communication strategies in future relationships. Therefore, the information we will gain through this research will help parents more consciously evaluate their own attitudes and communication styles. As a result of the data obtained to reduce tensions in parent-child interactions and strengthen communication, opportunities to establish more harmonious and healthy relationships for both parents and children may arise.

In particular, one of the main and important objectives of this study is to thoroughly examine how behavioral changes resulting from hormonal fluctuations challenge parents' resilience and flexibility levels, leading to increased family conflict. In this context, a comprehensive analysis of the dynamics of parents' relationships with their children, and how these dynamics change, is of paramount importance for understanding family structure and the psychological well-being of individuals. In line with this process, another objective of this study is to evaluate the impact of developing psychological mechanisms on young people's conflict resolution techniques and the recovery of post-conflict relationships. Understanding the relationship between hormonal changes

The Effect of Hormonal Changes on Conflict with Parents During Adolescence

during adolescence and the observed conflict and adaptation in parent-child relationships will also significantly contribute to the development of new intervention strategies. Furthermore, this research aims to raise awareness, reflect on, and discuss the issues of familial health and psychological resilience. Therefore, conducting more in-depth analyses to understand the dynamics of changes during adolescence and examining the various factors that influence parent-child interactions is of critical importance. Overall, such research can improve interactions between family members and strengthen healthy relationships. In addition, determining how parents and children are affected by this process will be very useful for developing a healthier family dynamic in the future.

The effect of hormones on behavior and emotion

Hormones play a decisive role in various behaviors and emotional states of individuals, especially during adolescence. This critical period is of paramount importance for young people's physical, emotional, and social development. These developmental processes also encompass social interactions and the search for personal identity. Adolescence is characterized by a complex and complex hormonal shift that does not occur randomly. This process is intertwined with biological and psychological factors, and these hormonal changes profoundly impact young people's lives and their relationships with their social environments. Increases in various hormone levels, particularly testosterone and estrogen, have significant effects on shaping young people's behavioral and emotional responses. When estrogen levels rise, young people's moods can fluctuate; this can increase their overall mood swings, leading to periods of extreme happiness and profound anxiety. Furthermore, these hormonal changes can lead to an increased capacity for empathy and emotional connection. On the other hand, symptoms of anxiety and uneasiness may also be observed during this period. Increases in testosterone can generally reinforce aggression, risk-taking behaviors, and self-confidence-boosting traits.

As a result, while young people have the opportunity to take bolder steps, it can also lead to difficulties in social relationships. These hormonal changes play a significant role in young people's moods and behaviors, and can also create tension and conflict in their relationships with their parents. Thus, hormonal changes during adolescence are of great importance, both individually and socially, and require careful and meticulous monitoring. During this period, parents and other adults demonstrating an understanding and empathic approach towards young people can be beneficial in mitigating the effects of hormonal changes.

The effects of hormones on behavior and emotions, especially during hormonal fluctuations, can lead to a variety of changes in adolescents' behavioral responses. For example, sudden mood swings, overreactions, or withdrawal are frequently observed during this period. During these periods of hormonal fluctuation, the instability in adolescents' internal moods can lead to increased conflict in their communication with their parents, which can negatively impact the dynamics of the relationship. Furthermore, in addition to hormonal changes, physical changes and identity searches are significant factors affecting adolescents' self-perception and self-esteem. Consequently, adolescents may struggle to find ways to express themselves in the outside world and within their families. This can increase the emotional distance between parents and children, increasing the risk of conflict. The significant alteration in individuals' behavior and emotions caused by hormonal changes stands out as one of the fundamental drivers of conflict during adolescence. These interactions can also vary depending on the family's overall attitudes and communication styles. In conclusion, the effects of hormones on individuals' behavior and emotions during adolescence represent a complex mechanism that shapes both the inner world of young people and relationships within the family, and this plays an important role in the developmental process of all individuals.

Parent-child interaction and the dynamics of conflict

Parent-child interactions during adolescence are characterized by a significant dynamic, driven by rapidly changing behaviors and attitudes influenced by hormonal changes. During this critical period, adolescents experience a series of hormonal processes, particularly fluctuations in estrogen and testosterone levels. These hormonal fluctuations indirectly lead to increased emotional responses. Furthermore, this leads to inconsistent behavior, which complicates parent-child interactions. The impact of hormonal changes has a significant and profound impact on adolescents' moods, profoundly impacting their social relationships, friendships, and family communication, leading to significant conflict and tension in parent-child interactions. This complex and delicate process complicates the effective communication between parents and children, preventing them from finding the most healthy path for themselves. As a result, while the emotional bond between them is expected to strengthen, it is also possible that it may weaken and conflicts arise at times.

Therefore, adolescence presents itself as a complex and multilayered period in terms of family dynamics, and this increases the need for understanding and empathy among family members. Furthermore, it is crucial for parents to genuinely understand their children's emotional states during this period. Providing a supportive environment for their children and seeking professional help when necessary is critical for contributing to a healthier transition and recovery from this challenging period. All of these factors offer many important clues about how families should approach this period and help them develop greater understanding in their relationships with adolescents. Creating a healthy environment of communication and empathy during this period can alleviate the increasing emotional burden on adolescents and positively change the overall atmosphere within the family. Successful interaction will contribute to a feeling of security and emotional support for young people. Therefore, it is crucial for parents to approach their children with awareness and strive to meet their adolescent's needs during this period.

The Effect of Hormonal Changes on Conflict with Parents During Adolescence

Communication patterns between parents and adolescents are frequently fraught with difficulties and problems during adolescence. This period can be considered one of the most critical stages of adolescent growth and development. Parents often fail to fully grasp the adolescent's vital changes and internal transformation processes, leading to communication problems. Parents often experience significant difficulties understanding the adolescent's rapidly changing needs and boundaries. Furthermore, adolescents are driven by a desire for independence, which naturally leads to a tendency to defy authority.

This conflict creates the environment for significant conflict triggers between parents and adolescents. The language used in communication, word choice, and attitudes can significantly influence whether these conflicts escalate or diminish. For example, understanding and empathy-based communication can have a de-escalating effect, while a critical and judgmental approach can further exacerbate conflict and negatively impact family relationships. Therefore, establishing healthy communication requires both parties to strive to understand their feelings and thoughts. This allows both parents and adolescents to better understand each other and strengthen their bond. Indeed, empathy and understanding in communication play a significant role in overcoming the challenges of adolescence, and this process is crucial for fostering healthier family relationships.

The strategies used to resolve conflict are among the key factors that determine the course of these interactions. Dialogue methods based on respect and understanding strengthen communication by providing a platform for adolescents to freely express their feelings and thoughts. These dialogue methods help adolescents feel more secure and better understood. Conversely, artificial and authoritarian attitudes can create a negative atmosphere that can prolong and deepen conflict. In this context, it is critical for parents to understand and be sensitive to the intense emotional ups and downs that occur with adolescents' hormonal changes. Developing appropriate communication techniques can improve parents' relationships with their adolescents, reduce conflict, and foster healthier communication.

The structure of family relationships and cultural norms also influence conflict dynamics. Differences in social expectations and parenting styles sometimes lead to an escalation of conflict. These challenges experienced by adolescents as they develop their own identities also shape family communication and conflict management.

Parents' communication approaches are crucial for establishing emotional bonds and fostering understanding. In this context, families need to develop conscious communication and conflict management skills to transform conflicts into constructive ones and maintain healthy communication. Such approaches meet the adolescent's developmental needs, resulting in positive outcomes for both the individual and the family.

3.2. Conflict resolution strategies

Conflict resolution strategies recognize that hormonal changes resulting from the complexities of adolescence play a significant and decisive role in conflicts between parents and children. These strategies aim to strengthen communication within the family and encompass a range of methods developed to manage conflicts more constructively, encompassing a variety of useful approaches. First and foremost, active listening and empathy techniques help parents better understand their adolescents' feelings and thoughts and respond more effectively. This fosters an environment of mutual understanding and trust, allowing conflicts to be resolved more quickly and in a healthy manner. Furthermore, encouraging constructive dialogue aimed at finding collaborative solutions, beyond simply setting boundaries and reminders, further strengthens and supports a peaceful environment within the family. In addition to meeting the adolescent's need for freedom, it is crucial to effectively utilize mutual rewards and positive reinforcement to alleviate parental concerns. Keeping emotions under control during moments of conflict, demonstrating a rational approach, and adopting a patient attitude are crucial measures to prevent further escalation. Effective training programs and awareness campaigns designed to improve families' communication skills also play a critical role in the successful implementation of conflict resolution strategies. In this context, professional support programs such as psychological counseling and family therapy, which facilitate conflict management, stand out as key elements in establishing healthy and sustainable relationships. Parents should be aware of the hormonal and emotional changes of adolescence, and adopting strategic communication and problem-solving approaches not only reduces conflict levels but also significantly strengthens family ties, positively impacting family dynamics. Therefore, thoroughly learning and effectively applying various communication techniques stands out as one of the most effective methods for family conflict resolution and helps develop a deep understanding. Systematically developing various communication skills strengthens family dynamics and contributes significantly to maintaining healthy relationships. Additionally, parents' understanding of the complex emotional processes inherent in adolescence is critical to their development and well-being, laying the groundwork for positively shaping their approach to their children. Therefore, the quality time and communication parents spend with their children should be prioritized, and the nature of their interactions should be considered. Providing emotional support and creating a trusting environment are vital for the healthy development of adolescents. Furthermore, resolving conflict within the family plays a crucial role not only in overcoming existing problems but also in fostering a deeper bond and understanding between family members. Struggling to establish and strengthen healthy communication within the family for the emotional and social development of children is one of the responsibilities of parents.

The Effect of Hormonal Changes on Conflict with Parents During Adolescence

Family communication models

Family communication patterns, particularly those that occur during adolescence and hormonal fluctuations, play a crucial and decisive role in conflicts between parents and children. These communication patterns solidify the building blocks of communication by establishing a fundamental framework for how information, emotions, and expectations are shared among family members and how these elements should be managed. Establishing healthy and positive communication environments allows for a better understanding of the sudden mood swings caused by hormonal fluctuations during adolescence and helps children cope effectively with these complex situations. Conversely, disconnected or rigid communication patterns can exacerbate conflict within the family, creating a significant lack of understanding between parent and child.

Therefore, revisiting communication styles and adopting healthier, more constructive methods is crucial; this can positively impact families' relationships with their adolescents and help them build stronger foundations. Adolescence is a challenging and complex period for both parents and children, and developing effective communication strategies to strengthen family bonds and create a healthier family dynamic is crucial. Keeping communication channels open within the family and fostering mutual understanding and empathy will allow all individuals to navigate this transition with less stress and greater support. Understanding the emotional reactions of parents and children will improve the quality of communication during this period and further strengthen the family bond.

If family communication patterns are generally based on fundamental principles such as openness, mutual respect, and empathy, conflict resolution is highly likely. When parents better understand their adolescents' emotional needs, communication between them strengthens and the possibility of establishing a healthy relationship increases. However, authoritarian or overprotective communication styles can seriously hinder teenagers' pursuit of independence. This can lead to misunderstandings and tensions in communication, exacerbating mutual conflict within such family relationships. Therefore, carefully reviewing parents' communication strategies and shifting to flexible and understanding communication models can be highly effective in reducing family conflict. Such changes not only support adolescents' independence but also significantly contribute to the establishment of healthier, more peaceful, and constructive bonds between family members. Skills implemented to improve communication are expected to strengthen the family structure.

Due to hormonal changes, an adolescent's emotional reactions and behaviors can often change quite rapidly. These changes can be challenging and complex at times for both the adolescent and their family. Adolescence is a significant transition in young people's lives, and the emotional ups and downs experienced during this period can bring challenges. Families who are aware of these significant and often turbulent changes can play a critical role in effectively defusing tensions by demonstrating patience and tolerance in communication to cope. Effective communication is crucial for families to overcome these challenges during this period. Furthermore, the language and attitudes a family uses in communication can significantly influence how an adolescent expresses themselves. This can further strengthen their bond with their parents. Parents can help their children feel more secure during challenging times throughout adolescence by respecting their children's feelings and making them feel understood. When mutual trust, respect, and openness are established in communication models, conflicts between adolescents and parents can be resolved more easily and effectively through more constructive understanding and solution-focused approaches.

During this process, families' efforts to understand their adolescents' feelings and adopt a supportive and constructive approach can make a significant difference in their emotional development. In addition to fostering a healthy communication environment, this approach can also foster a stronger sense of self-confidence and emotional well-being. Thus, this type of positive interaction within the family can play a significant role in adolescent development and psychosocial well-being, and can positively impact their future relationships. Families' sensitivity to these processes can contribute to overcoming the challenges of adolescence and further strengthen family bonds.

Consequences and risks of conflict

The consequences and risks of conflict profoundly reveal the negative impacts of adolescence's complex hormonal changes on relationships with parents, while also revealing how individuals' search for love and support evolves. Such conflicts significantly impact individuals' mental and emotional well-being, leading to communication breakdowns and a lack of understanding, thus significantly negatively impacting the health and stability of family relationships and creating distance between individuals. Consequently, such complex factors can lead to significant negative consequences for individual development, such as academic failure, social isolation, and low self-esteem. These consequences, compounded over time by more complex social influences, can threaten an individual's overall quality of life. In the long term, psychological problems such as self-esteem issues and lack of empathy can originate in this process. Furthermore, these psychological challenges can collectively create a series of dynamics that can profoundly negatively impact personality development. Sudden and visible changes in adolescent behavior can exacerbate divergences in dialogue with parents, significantly increasing stress and tension in existing family dynamics and potentially exacerbating conflict. This situation has the potential to cause chronic conflicts within the family, serious communication breakdowns and misunderstandings, which weakens families' ability to cope with these problems in the long run.

The Effect of Hormonal Changes on Conflict with Parents During Adolescence

These ever-increasing conflicts can lead to setbacks in the child's psychosocial development, compounded by factors that hinder emotional recovery, and can destabilize the family structure. Persistent conflict can damage the parent-child relationship and weaken family ties, ultimately leading to situations that threaten family unity in the long term. Among the potential consequences, adolescent substance use, social maladjustment, and various behavioral problems are significant and deserve serious consideration. These risks increase emotional insecurity and anxiety within the family environment, which can hinder the healthy and balanced development of individuals. Therefore, preventing or effectively managing conflict is crucial for adolescents' psychological and social development. Otherwise, these negative consequences have the potential to negatively impact both personal and social quality of life in the future and can pave the way for widespread, complex problems. Therefore, it is vital for families and professionals to develop practical and effective interventions and strategies to minimize the risks of conflict. This process is invaluable not only for adolescents but for all family members to live healthy, harmonious, and happy lives. Such an approach can increase the opportunity to avoid mistakes and misunderstandings. Identifying appropriate approaches and solutions can not only help families stay together but also lay the foundation for contributing to their healthy development by increasing the psychological resilience of individuals. However, to strengthen family dynamics and create a stronger foundation for conflict, emotional management and effective communication skills need to be developed. Such practices offer ways to cope with the challenges of adolescence, helping to strengthen family bonds and enhance solidarity, while also contributing to individuals' ability to express themselves. In this regard, open communication channels established between family members can strengthen trust, increase mutual understanding, and significantly facilitate the maintenance of healthy relationships.

Family therapy and communication skills

Family therapy is a crucial tool and mechanism for reducing the impact of hormonal changes during adolescence and the resulting behavioral changes on family communication conflicts. Strengthening parents' communication skills, increasing their capacity for mutual understanding and empathy, can reduce the intensity of conflict and, thus, maintain harmony within the family in a healthier and more lasting way. Family therapy allows for the review and strengthening of not only individuals but also the entire family dynamics. In terms of communication skills, fundamental principles that parents should apply in their communication with adolescents, such as active listening, using clear and concise expressions, and speaking without judgment, can improve the quality of communication and positively impact the parent-adolescent relationship. Adopting these principles can foster a healthy communication environment within the family. Furthermore, correctly identifying conflict triggers and developing awareness to prevent these situations can contribute to reducing family tension and resolving problems before they escalate, thus fostering a healthy family environment. Developing various strategies that parents can use to prevent such conflicts can have a significant impact not only on the conflict itself but also on how to structure negative emotions. Along with all these processes, family therapy can help establish a deeper bond between family members, strengthen emotional bonds, and reinforce the understanding of love and loving communication within the family. Family therapy serves as an important preventative mechanism not only for resolving current problems but also for preventing potential future ones. This approach can support families in developing healthier communication, enhancing their problem-solving skills, and living a more harmonious life together. Using the knowledge gained from therapy, parents can approach their children with more understanding and support, establish healthy boundaries within the family, and foster a trusting environment, all of which will be beneficial for the entire family.

Family therapy encourages parents to understand their feelings, thoughts, and expectations more deeply, while providing an environment where adolescents can express themselves openly and feel comfortable sharing their emotions. This approach facilitates the alleviation of various psychological symptoms and the adoption and development of healthy communication habits. Through conflict resolution strategies, the goal is to share and overcome emerging family problems by working together to find mutually beneficial solutions. Establishing healthy boundaries between parents and adolescents is crucial in this process, and significant steps are taken toward establishing respectful communication. Parents' efforts to understand their children, combined with adolescents' self-expression, create a more interactive process. Furthermore, the developmental and emotional needs of adolescents are considered by developing flexible and effective solutions appropriate to family dynamics. By providing the necessary support to meet these needs, family therapy aims to help adolescents gain self-confidence and become more emotionally resilient individuals. Thus, family therapy can have positive outcomes for both individual adolescents and the overall health of the family at a societal level. This process contributes to the strengthening of bonds between family members, increased mutual understanding and, ultimately, a healthier family structure.

Additionally, developing communication skills increases family trust and helps manage conflict constructively. In this context, methods used in therapy include activities such as role-playing, problem-solving, and emotional sharing. Parents who support their teens in coping with the mood swings brought on by hormonal changes by reflecting on their communication skills can reduce the frequency and intensity of conflict. These approaches are the cornerstones of building strong bonds between family members and ensuring a healthy transition through adolescence.

The Effect of Hormonal Changes on Conflict with Parents During Adolescence

CONCLUSION

Adolescence is a period of complex and profound hormonal changes that affect many aspects of individuals' lives. The multifaceted nature of this period, coupled with the constant fluctuations in young people's hormone levels, creates another dimension that profoundly impacts their conflicts with their parents. Numerous comprehensive studies and analyses have been conducted on how these hormonal changes shape individuals' behavior, personality, and social relationships. Research demonstrates the crucial importance of understanding how these changes impact family dynamics and parent-child relationships. Adolescence is a critical period during which young individuals struggle to find their identity, as well as undergo profound physical, emotional, and mental transformations. The shift in hormonal balance experienced during this period directly impacts adolescents' behavior, emotional responses, and self-esteem. Fluctuations in estrogen and testosterone levels, in particular, bring about intense mood swings in young people, which can also lead to difficulties and conflicts in parent-child communication within the family. During adolescence, adolescents may sometimes tend to be more independent and independent due to hormonal influences, while at other times they may suddenly react aggressively or overly emotionally. These behavioral changes are often misunderstood by parents, and these misunderstandings inevitably negatively impact parent-child relationships, becoming potential sources of conflict.

Conflicts experienced during this period can disrupt communication patterns within the family, potentially exacerbating a lack of empathy among family members. Furthermore, hormonal changes specific to this period can negatively impact young people's self-confidence and self-esteem, leading to increased emotional distance in parent-child relationships. It's also worth noting that social norms and family communication patterns play a significant role in shaping these mutual conflicts. In families with traditional family structures, authoritarian parental behavior and attitudes, in particular, create more resentment in adolescents, further exacerbating family conflicts. The long-term consequences of such conflicts can lead to academic failure, social adjustment problems, and negative impacts on personal development. Therefore, it's crucial for parents to develop effective communication strategies to further strengthen their understanding and empathy, and to reinforce this process with psychological interventions and family therapies. Focusing awareness-raising efforts on this issue by educational institutions and social support mechanisms can significantly contribute to reducing conflict in parent-child relationships and establishing healthy communication channels. In conclusion, consciously and carefully addressing the impact of hormonal changes during adolescence on parental conflict is a crucial factor in healthy development and social integration. Regular weekly or monthly monitoring and careful analysis of the differences between various types of conflict are essential and crucial for ensuring long-term success. Furthermore, parents can benefit from considering their own individual experiences to better understand this process, recalling memories from their past and childhood, and seeking professional support when necessary, to overcome challenges more effectively. This will enable both parents and adolescents to take important steps toward overcoming this complex period in a healthier and more constructive manner.

Raising awareness of the challenges faced during adolescence will provide better emotional support for young people while also highlighting the emotional sensitivity and understanding parents need to be during this process. This holistic understanding and approach will strengthen family bonds and enable young people to develop the skills and values necessary to contribute to society as healthy individuals. A better understanding of the complexities of adolescence will lay a strong foundation for both young people's mental health and the continued well-being of families, enabling all parties involved to live more harmoniously together.

REFERENCES

- 1) Akdoğan, B., Yalçın, & Süleyman Barbaros. (2018). Psychological Resilience and Conflict Resolution Behaviors of High School Students as Predictors of Their Subjective Well-Being. *Mehmet Akif Ersoy University Journal of Education*, (46), 174–197.
- 2) Akün, E. (2013). Family Structure and Adolescence Problems in the Context of Structural Family Systems Theory. *Ankara University Journal of Faculty of Language, History and Geography*, 53(1), 85–116.
- 3) Ateş, FB, & Akbaş, T. (2012). Investigation of Unruly Behaviors in Adolescents in Terms of Family Functioning and Quality of Life. *Journal of Çukurova University Institute of Social Sciences*, 21(2), 337–352.
- 4) Ateş, FB, & Çeçen-Eroğul, AR (2017). The Role of Parental Marital Conflict and Childhood Trauma Experiences in Predicting Delinquent Behaviors in Adolescents. *Çukurova University Journal of Social Sciences Institute*, 26(3), 171–183.
- 5) Bayhan, P. (2017a). Adolescence: Cognitive and Psychosocial Development. In N. Baysal Metin (Ed.), *Child Development from Prenatal to Adolescence* (2nd Ed., pp. 325–361). Pegem Academy.
- 6) Bayhan, P. (2017b). Adolescence: Physical, Sexual, and Motor Development. In EN Baysal Metin (Ed.), *Child Development from Prenatal to Adolescence* (2nd Ed., pp. 287–324). Pegem Academy.
- 7) Bradford, K., Vaughn, L. B., & Barber, B. K. (2008). When there is conflict: Interparental conflict, parent-child conflict, and youth problem behaviors. *Journal of Family Issues*, 29(6), 780–805
- 8) Karataş, S., Sertelin Mercan, Ç., & Düzen, A. (2016). Adolescents' Perceptions of Parental Relationships: A Qualitative Study. *Journal of Balikesir University Institute of Social Sciences*, 19(36), 237–258. <https://doi.org/10.31795/baunsobed.645231>

The Effect of Hormonal Changes on Conflict with Parents During Adolescence

- 9) Karataş, Z. (2011). Investigation of the Effect of Group Practice Using Psychodrama Techniques on Conflict Resolution Skills of Adolescents. *Theory and Practice Educational Sciences*, 11(2), 601–614.
- 10) Kılıç, M. (2016). Adolescence. In *A Taste of Real Life: Developmental Periods II* (2nd Edition, pp. 103–324). Pegem Academy.
- 11) Kızılpınar, S. Ç., Çolak, B., Bahar Atak, F., & Öncü, B. (2019). The Relationship Between Parental Attitudes and Internalizing and Externalizing Disorders in Adolescents. *Crisis Journal*, 27(2), 63–70.
- 12) Yavuzer, Y., Liman, B., & Kılıçarslan, S. (2019). Views of Female Adolescents on Conflict Situations Between Mother-Father-Adolescent and Parental Reactions. *Mehm Akif Ersoy University Journal of Education*, (50), 90–109. <https://doi.org/10.21764/maeuefd.512601>
- 13) Yazgan İnanç, B., Kılıç Atıcı, M., & Bilgin, M. (2020a). Emotional Development. In *Developmental Psychology I Infancy, Childhood, and Adolescence* (16th Edition, pp. 255–262). Pegem Academy.
- 14) Yazgan İnanç, B., Kılıç Atıcı, M., & Bilgin, M. (2020b). The Meaning of Adolescence, Identity Development, and Developmental Tasks. In *Developmental Psychology I Infancy, Childhood, and Adolescence* (16th ed., pp. 231–238).
- 15) Yazgan İnanç, B., Kılıç Atıcı, M., & Bilgin, M. (2020c). Social Development. In *Developmental Psychology I Infancy, Childhood, and Adolescence* (16th Edition, pp. 265–273). Pegem Academy.