

## عنوان مقاله:

Developing a Parental Self-harmonization Model based on the Sahmgozari Approach in Conflict Management with Adolescents

## محل انتشار:

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## نویسندگان:

Fahimeh Shadabmehr - *Ph.D. Student of Counseling, Faculty of Self-Governing Graduate Studies, Allameh Tabatabaee University. Tehran, Iran*

masoumeh esmaeily - *Allameh Tabatabaee University*

Ebrahim Naimi - *Allameh Tabatabaee University*

Yasser Rezapour-Mirsaleh - *Department of Counseling, Faculty of Humanities & Social Sciences, Ardakan University, Ardakan, Iran*

## خلاصه مقاله:

**Objective:** Adolescence is associated with significant psychological and physical changes, and the parent-adolescent relationship is mainly faced with increased conflicts, while the parents' behavior seems to be a critical factor for the quality of this relationship. Therefore, the present study was conducted with the aim of designing a parental self-harmonization model based on the sahmgozari approach in conflict management with adolescents in Tehran. **Methodology:** In this qualitative research, data was collected through grounded theory using semi-structured interviews. Through the purposeful sampling method, ۱۲ parents in Tehran city in ۲۰۲۲ were selected among those with low conflict with their adolescents based on the inclusion criteria of until the theoretical saturation was reached. The data were analyzed using Strauss and Corbin's coding method based on grounded theory. **Findings:** In the coding process, a central category under the general title of "Parent's sahm-based self-harmonization in parent-adolescent relationship" was selected. The code "Parent's sahm-based attitudinal indicators" as a contextual factor, the code "Matrix-based parent's self-harmonization" as a causal factor, and the code "Parent's productive strategies in parent-adolescent relationship" as strategies were identified in this model. **Conclusion:** Given the experiences of sahmgozar parents with low conflict with their adolescents, sahm-based attitude of the parent may give the parent an opportunity to create self-harmonization in different dimensions and manage conflicts in the parent-adolescent relationship by using productive strategies. This provides both the parent and adolescent a formative, soothing and satisfying relationship.

## کلمات کلیدی:

parent-adolescent conflict, self-harmonization, sahmgozari

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