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**The effects of perceived interparental conflicts on  
adolescents' adjustment behaviors in Tanzania.**

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**Masters of Arts (Applied Social Psychology).**

**University of Dar es Salaam, College of Social Science, 2004**

The study investigated the effects of perceived interparental conflicts on African adolescents in Tanzania. It was conducted in Nzega District of Tabora region of main land Tanzania. The respondents in this study were secondary school pupils from two levels of schooling, namely standard nine (form one), and standard twelve (form four) respectively. The data was collected through questionnaires and was subjected to statistical techniques for tabulation, cross tabulations and analysis. It was found that African adolescents are affected by exposure to interparental conflicts. The adolescents were able to recognize and understand the properties of interparental conflicts such as the frequency, intensity, level of resolution, and topics of disagreements. The perception of conflicts dimensions sensitized the adolescents to make different appraisals of the conflicts. At the first level of appraisals, they perceived to be threatened by the conflicts and showed lack of coping efficacy; but at the second level, placed blame to the parents for causing conflicts. The appraisals guided adolescents' adjustment responses to interparental conflicts, whereby, the majority of the respondents showed internalizing behaviors, such as anxiety and depression; and slightly externalizing behaviors, such as aggression and delinquencies. Furthermore, it was revealed that, the effects of interparental conflicts were mediated by variables such as age and gender. Adolescents with different characteristics showed different appraisals and adjustment behaviors on interparental conflicts. It is recommended that, the family being the primary socializing institution in the life cycle of most children, need to be taken more serious today than ever before due to forces of globalization and liberalization that expose adolescents to much wider experiences. All social institutions responsible for strengthening the marital bond need to be more proactive in monitoring causes of interparental conflicts so as to be minimized. Also, there is a need for qualified and competent family and adolescents' counselors to help families and adolescents involved in interparental conflicts.