

Adolescence- Communication, Conflict, & Support

Lifespan Communication
Approach

Adolescence

- “ Increased peer-centered relationships
- “ Increased separation from family
- “ Erikson:
Identity-Role
Confusion

Autonomy-
Connectedness

- “ Information needs (Pickhardt, 2011):
- “ Togetherness:
Need to know
(Be Informed)
Need to be known
(Be Understood/recognized)
- “ Separation:
Need not to know
(Be spared excessive/disturbing)
Need to not be known
(Concealment/Privacy)

Examples from Pickhardt (2011)

“ When parents frustrate the teenager’s NEED TO KNOW, the complaint can be: “You tell everyone else what is going on, but you never tell me!”

“ When parents frustrate the teenager’s NEED TO BE KNOWN, the complaint can be: “No one ever asks me what I think we should do!”

“ When parents frustrate the teenager’s NEED NOT TO KNOW, the complaint can be: “I’m tired of hearing about how well the younger kids are doing in school!”

“ When parents frustrate the teenager’s NEED NOT TO BE KNOWN, the complaint can be: “How could you tell my grandparents what I did wrong?”

Conflict Basics

“ How has “conflict” been defined?

“ What are the defining qualities of “conflict”

“ Depth (Minor-Lasting)

“ Frequency (High-low)

“ Intensity (Mild-Strong)

“ Level of affect (Peripheral-Central)

“ Length (short-term/long-term)

Defining Elements

<u>Concept</u>	<u>Definition</u>
1. Topic	1. Content, substantive focus
2. Style	2. Preferred mode (avoid, smooth, force, compromise, confront—Killmann & Thomas)
3. Strategy	3. Plan for conflict approach
4. Tactic	4. Observable actions in conflict episodes

Measuring Conflict

“Tolerance for Disagreement—Teven, McCroskey, Richmond
“Face work and conflict—Oetzel et al.

Lifespan Communication & Positive Conflict

“Early childhood—“Temperament management”
“Middle childhood—Early forms of Negotiation
“**Adolescence—Individuation, Power, and Negotiation**
“Adulthood—negotiation
“Later adulthood—Temperament, complaint management

Support
Lifespan Communication Approach

Positive Approach To Supportive Communication

“ Well-being, Wellness, Health, Happiness (Positive Psychology)
“ Messages in service of well-being, wellness, health and happiness are positive communication (Socha & Pitts)

Social Support

“ Exchange of instrumental, social and informational resources to assist recipients to reach their goals.”
“ Direct effects model; Buffering model

Support & Health: A Lifespan Approach

“ What messages are optimal during adolescence to maintain or improve well-being and happiness?
“ Do these messages change when we experience illness? How?

Measures- Social Support

- “ Academic support (Mazer & Thompson)
- “ Support of Intimate Relationships Rating Scale (Barry et al)
