# Coronavirus: Conflict Chaos

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## Abstract

The purpose of this survey is to analyze conflict resolution before and during COVID-19. The focus is around how individuals communicate with their families, as well as the comfort level when addressing conflict. We found that resolution styles can change which impacts family communication and dynamic by learning to cope with conflict during stressful times in a confined space.

## Background

- As we continue to see nationwide efforts to reduce the spread of coronavirus, many families across the country have been adapting to increased time at home.
- College students are accustomed to a level of autonomy and independence that can be extremely difficult to lose when returning home.
- Change in normal social routines can lead to anxiety and feeling lonely and result in feelings of tension within a family.
- Conflicts may emerge between parents and their children related to expectations about structure and routine and time spent with friends versus family.

When asked if the frequency of conflict has changed since COVID-19 started, we found:



- Significantly More Frequently
- Somewhat More Frequently
- The Same as Before
- Somewhat Less Frequently
- Significantly Less Frequently

43.4%
10.8%
6%
36.1%
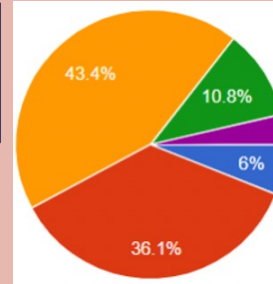
## Results



**Selected Respondent Quote**
"My family and I had more conflict over little things since March 2020 since we were around each other all the time. We resolved them by bringing up the problem, and trying to figure out how to change that behavior or action in the future."

We saw various ways students addressed problems since COVID-19 started:

**11%** Remained calm

**35%** Talked through the issue

**14%** Argued or got angry

## Method

**Data Set**→ The survey and its questions were given to undergraduate students at the University of Delaware currently enrolled in HDFS 333.

**Data Collection**→ Used "Google Surveys" to collect data and responses from our set of respondents. Data included both multiple choice responses and open ended responses.

**Analysis**→ By examining the responses of those who completed the survey we were able to draw conclusions about commonalities and differences of students experiences during their quarantine period of COVID-19.

## Conclusion

- There was an increase in the frequency of conflict
- Conflicts were over minor issues, as opposed to major
- Comparing conflict resolution style before and during Covid:
  - 10% increase in people discussing issue with a calm manner
- Based on open ended responses, the increase was due to there being a quarantine so you don't have anywhere to escape to