
IMPACT OF FAMILY CONFLICTS ON THE ACADEMIC PERFORMANCE AND INTERPERSONAL RELATIONSHIP OF STUDENTS IN PUBLIC SECONDARY SCHOOLS, DISTRICT RAHIM YAR KHAN

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ABSTRACT

Introduction and Objectives: There is a rising issue in research and in the modern world about the role of family conflicts in affecting the academic performance of students. The current study is based on the fact that children at secondary levels in schools are having a negative impact on their family conflicts. Students' academic performance and interpersonal relationships were the main goal of this study. This study used a sample of 400 students at the secondary level from the district of Rahim Yar Khan and applied a quantitative method for obtaining data. The students were of both genders and were from the 9th and 10th grades. They were given the questionnaire, which they had to answer by giving responses. The results of the study proved that the family conflict did have a negative effect on the students' performance in schools. At the same time, their interpersonal relationships were also getting affected by the conflicts they were facing in their families. The research suggests that there is a need to make strong bonding between the students and their parents. There should be a positive role of counsellors and teachers in the lives of students.

KEYWORDS

Family conflicts, academic performance, interpersonal relationships and family conflicts, student's learning and role of family conflicts

INTRODUCTION

Conflict is defined as the absence of tranquilly in a certain context. The phrase "family conflict" refers to any circumstance in which the regular flow of communication and interaction among family members is disturbed. If it is between parents, it is possible that it is also between parents and their children. Family conflict may be aggravated by a number of causes, including a breakdown in communication, excessive drinking, a lack of respect, unemployment, and laziness. Conflicts, battles, beatings, and child abuse are all examples of conflict. There is a danger of fostering a toxic home environment, separation, or perhaps divorce.

According to Walker (1999), when one kind of domestic violence is prevalent, other types of aggression and gender-based domestic violence are more likely to occur as well. Despite data indicating that batterers are less likely to seek treatment if law enforcement remains neutral in what is sometimes referred to as a "domestic dispute," many nations' law enforcement organizations remain neutral. Domestic violence and acts of terrorism on a larger scale have a substantial correlation, according to studies. A history of abuse, according to Golden (2000), has been demonstrated to enhance a person's chance of becoming abusive. According to Steinberg (1996), personal or violent crimes committed by children are related to parental conflict and hostility, or a conflict-filled home environment.

Murphy and O'Farrell (1994) emphasized the critical role of parental involvement in the development of a child. Children would undoubtedly suffer as a result if parents continued to quarrel in their homes. Additionally, they said that children acquire abilities through copying and empathizing with people they like, such as their parents and other role models. Allowing their children to grow up in a violent atmosphere exposes them to the possibility of their own children perpetuating the cycle of abuse. Numerous social institutions, such as schools, businesses, and communities, have a direct impact on the well-being of children, but children and their families also interact with these institutions. When parents get active and teach their children, it benefits everyone. Parental participation has been related to long-term consequences for a child's behaviour.

Steinberg (1996) asserts that conflict is a necessary component of family functioning and has a stronger impact on a child's development than family structure does. He adds that the greatest tactics for fostering children's healthy and social development are love and at least a modicum of parental control. Children who have been neglected or

mistreated for an extended length of time, according to Seifert and Hoffnung (1997), are under a considerable lot of stress. Additionally, parents and other caregivers often offer long-term support to their children at home and at school. Numerous educators feel that including parents in learning activities at home with their children is critical for a child's development. Parents will be unable to spend meaningful time with their children if there is a schism within the family.

Males are more likely to use violence to achieve and retain power over others. Domestic abuse encompasses a broad variety of behaviors, including physical, sexual, and psychological abuse committed by one person against another in an intimate relationship in order to get an unfair advantage or to retain one person's power, control, and authority over the other. Berk (1999) notes that poor academic achievement is a prevalent symptom of child abuse and neglect. These young individuals often struggle with their capacity to deal with novel or stressful circumstances, social interactions, and problem solving. According to a research, mistreated or neglected young kids are more prone to become aggressive, while others are more likely to suffer from post-traumatic stress disorder (PTSD) or severe depression (Harold *et al*, 2012).

According to Kiura (1999), an excellent husband-wife relationship requires self-awareness, an understanding partner, a balance of individuality, joint participation, appropriate conflict management, sexual harmony, and exceptional competence in mutual argument and communication. Additionally, he believes that parents have a responsibility to teach, prepare, and lead their children so that they may take responsibility for their children's eternal fate. When parents do not get along, the children suffer as well. They carry their parents' burdens with them everywhere they go, from school to playdates with friends.

LITERATURE REVIEW

This chapter consists of the view of marriage in the modern era; how individual behavior is influenced by family?; Connection between parents and their children's social and educational lives; Reasons for Conflict in families; The Influence of Family Conflicts on Children; The Relationship Between Family Conflicts and Academic Performance; School Counseling and Guidance.

View of marriage in modern era

Marriage is considered the first step toward starting a family. As per Kiura (1999), when two people start a family after marriage and take care of each other, there will normally be no problem at all. If the foundation of the marriage relationship is weak, then problems may exist. Some people treat marriage as a means of personal fulfillment. However, others may not (Cui & Fincham, 2010). In today's modern life, many women are bound to take care of their children without the support of their

husband. Some people see marriage life as a form of dependence, especially for the woman. In the past, marriage was thought of as the vital rite of passage for which a girl was prepared from a tender age (Cui&Fincham, 2010).

In this modern era, women are educated and they know that, as wives, they deserve respect and love from their partners. Bokea (2006) argues that in modern society, people have started to believe in separation and even divorce. Kithaka (2006) states that in the past, marriage life had a structure as well as a purpose due to the fact that when things fell apart, there was a formal way to pull them back together again. As per Kithaka, marriage was done for the purpose of fulfilling psychological needs, security, and companionship. Undoubtedly, the fundamental reasons why people get married haven't changed with time, but the approach definitely has.

How the individual behavior is influenced by family

Sharing a house with a group of individuals is not the sole aspect of family (Pruett & Cowan, 2017). Even when family members age, they retain connections to the group as a whole (Mazzetti, Schaufeli &Guglielmi, 2014). Rather of living alone, family members depend on one another. They value intangible needs such as sociability and a feeling of belonging equally as much as material ones (Baucom, Baucom& Christensen, 2015).

Kiura (1999) asserts that a child's perspectives, norms, and values are formed throughout time by what they learn from their parents. As a result, parents should provide an exemplary example of behaviour for their children to emulate. Britten & Britten advise parents to spend quality time with their children, to connect with them, and to demonstrate affection to them (2004). As a parent, you owe it to your children to gain from the errors of others. Parents in today's culture are increasingly spending less time with their children. As a parent, you should set aside time to learn about your children's accomplishments and struggles. According to Kiura (1999), there is evidence that children can detect whether their parents are in love if they see it between them. Additionally, he recommended parents to explain to their children why they need to be beaten and to praise them more often than they punish them. Scientists have discovered a link between sorrow and one's social environment. This is particularly true in the domains of parental grieving and kid adjustment (Turkheimer, Harden & Martin, 2012).

Connection between parents and their children's social and educational life

Each kid is unique in terms of temperament and behavioural features. It is vital to distinguish a child's behaviour from his or her parents' personality. Interpersonal relationships exist between parents and children (El-Sheikh, Keiley, Erath & Dyer, 2013). A "accepting parent," according to Jersild (1969), is a caring person who

accepts their kid and is aware of their rights. Being accepted by others enables children to develop greater confidence and trust in those who love and care for them; they become more capable of showing love and affection to others; they develop the ability to grow, try new things, and communicate more effectively; and they develop a greater capacity to accept and love themselves. When someone rejects you, the following consequences occur: Children who lack the skill to defend themselves are unable to rely on their parents for protection and assistance (Hogan *et al*, 2014).

Reasons of conflict in families

When presented with physical and social difficulties, Lowry and Rankin assert that people are prone to act conflictively (1977). According to the writers, Kwiek and Antonowitz (2013), a conflict arises when two or more individuals disagree or fight. Conflicts often erupt as a consequence of poor judgement on the part of the people involved. When it comes to combat, it's a game of whose will has the greatest influence; no one wants to lose. While the choice itself may not be contentious, couples can quarrel about how the decision was reached due to a lack of forethought on their side. Avoidance of responsibilities, carelessness, unfaithfulness, and rejection may come from an angry family (Clark *et al*, 2014).

Influence of family conflicts on children

When considerable differences of opinion between individuals remain and are not addressed, marital problems occur (Bernet, Wamboldt & Narrow, 2016). For some individuals, confrontations occur on a regular basis, while for others, they do not. The purpose of conflict is to put family relationships to the test and alter the family structure. It's tough to remain out of family disagreements. They have an effect on individuals, relationships, and society as a whole. Each family conflict involves a struggle for power and closeness. It is the result of a person's development undergoing changes. Adultery, intermarriage norms and traditions, as well as a lack of forgiveness for alcoholism, HIV/AIDS, gossip, lack of communication, and money are all examples of family difficulties (Brody *et al*, 2013).

Relationship between family conflicts and academic performance

Performance of the students may be influenced by family as an overwhelming factor. A student's performance and learning capacity are accessed by their academic performance (Procentese, Fortuna, Flora Gatti, and Immacolata Di Napoli, 2019). Family conflict may have a direct or indirect effect on the academic performance of students (Overbeek, de Schipper, Lamers- Winkelman & Schuengel, 2012). It is strongly considered that family conflict and broken homes adversely affect the personality, mental development, and emotions of young children, and similarly adversely affect their academic performance (Fearon, 2015).

As per Cumming (2014), the productivity of children belonging to conflict-free families is considerably higher than that of children from conflicted families (Sherrill, Lochman, DeCoster & Stromeyer, 2017). Families having high conflict and disputes may have lower involvement of parents in educational activities for their children. Academic achievement is impacted directly by family factors. It is usually believed that the cognitive performance of children is adversely affected by divorce. Children in divorced or father-absent families have less cognitive performance than children in intact families. Similarly, the performance of children in school is much better when they are living with two parents than children living in separated or divorced families (McTavish, MacGregor, Wathen & MacMillan, 2016).

As per Bulduc, Caron, & Logue (2012), a child belonging to a separated or divorced family may have more difficulties coping with financial and residential change than intact families. The research of Bulduc, Caron, & Logue (2012), Mulholland, Watt, Philpott, & Sarlin (2011), suggested that the academic performance of both boys and girls who belong to separated families tends to be lower than that of children who belong to intact families. However, Ross & Wynne (2010) suggested that there is no clear difference among children who belong to divorced as well as intact families. Kwiek & Antonowitz (2013) explored the relationship between academic performance and family background by using a descriptive research design, having a target population of 1081 parents and 1081 students. In this study, a proportionate stratified random sampling method was used and 338 students and parents were selected as a sample. The study discovered that parents' marital status, financial position, and education level have a positive effect on the academic performance of students (Albright, Hilgeman & Allen, 2020).

Counselling and guidance in schools

Guidance is defined as a constant process of identifying and addressing pupils' developmental needs at home and in the classroom. It includes teaching, counselling, and assisting a person in acting in accordance with their principles. Counseling is the ethical and professional use of human connection to facilitate the client's development of self-awareness, emotional acceptance, and personal progress. This tool has a variety of applications, including aiding in issue resolution and crisis management (Cowan et al, 2014).

There are a few households where conflicts and disputes are common. As a consequence, pupils feel underappreciated and irritated. Children with divorced parents have just one person in their life. As a result, kids are always on the lookout for ways to get their professors' attention. According to research, those who have a tough home life are more likely to engage in disruptive behaviour (Soomro, Breitenacker & Shah, 2018). Parental attention and emotional support are insufficient

for the pupil. Due to their impoverished living situations, some students develop undesirable behaviours. Domestic violence has been demonstrated to raise the probability that children would join gangs, get addicted to drugs, or end up with weapons of mass devastation, in addition to the psychological and physical damage it may cause.

RESEARCH OBJECTIVES

1. Determine the degree to which student academic performance is adversely affected by family disputes.
2. Determine the nature of the link between students who encounter family difficulties and their classmates.
3. To ascertain if male or female pupils are more impacted by family conflict.
4. To ascertain the nature of the interaction between kids who face familial strife and their instructors.
5. To ascertain kids' attitudes toward their parents, classmates, and school while they are involved in family issues.
6. To identify the role of the school counsellor in aiding kids who are involved in family issues.

RESEARCH QUESTIONS

1. To what degree do family disputes effect pupils' academic performance?
2. What is the nature of the interaction that exists between kids who have family difficulties and their peers?
3. Which gender, male or female, is more influenced by family conflicts?
4. What is the nature of the interaction between kids who have family problems and their teachers?
5. How do kids who have family issues see their parents, friends, and school?
6. What role does the school counsellor have in aiding children who are dealing with family issues?

RESEARCH METHODOLOGY

For any given research, the data is collected by using a quantitative or qualitative research approach. In the qualitative method, the data is collected by using methods like case study or observation. However, in the quantitative method, survey is conducted and several checklists are used. The choice of the research method is made according to the needs of the research. There are both merits and disadvantages associated with each method used in the research. However, the benefits of using quantitative methods are that they consume less time and are easy to administer to a large population of people. For instance, the use of the survey method suggests that it can be easily used to find the opinions of a large group of people in a short amount of time.

In this research, the type of method that was used was a quantitative approach in which questionnaire survey research was employed. So, there was a questionnaire through which the survey was conducted in order to get the responses of the research participants. There were questions in it about family conflicts and how they affected the students in terms of their academic performance. Moreover, these questions also included information regarding interpersonal relationships and how their gender plays a major role in them. The method used for the research is useful for administering a large group of people for research purposes.

The type of questionnaire that was used for the survey was the closed-end one, which had the items that included the questions about one's family. The questions were mostly targeted at finding the interpersonal relationships of the family members and how they get along with each other. The sample of the research were the students at the secondary school level in the district of Rahim Yar Khan. They were asked to complete the questionnaire by filling in the answers with the right kinds of responses. They had to pick the right response to complete the survey for this research to be completed. Therefore, this study seems to be of great importance because of the fact that it has specific guidelines for the students. Not only is this study targeted towards parents, but it has special significance for the teachers as well. Furthermore, it has a significant reformative role that can aid in bringing about a social revolution in society. Therefore, the findings and results must be taken seriously and should be administered in schools on a daily basis.

In the next section, the results of the research are described and interpreted. There are various themes in the section of data analysis that will be included so that a detailed analysis can be obtained. There were themes about the challenges that the students were facing, and it indicated the extent of those challenges. These themes include a complete discussion about the way findings could be interpreted in a meaningful way. The questions that were asked in the survey were the ones in which they were asked personal and family-related questions. These questions were divided into certain themes so that each and every aspect could be investigated thoroughly by the researchers.

DISCUSSION AND RESULTS

This section will include the tables from SPSS that were prepared in the software for the purpose of data analysis. Each table set includes various statistical values that show the average and mean values of the data in order to understand the study's findings. These tables have the data which is taken from the sample of the research. The sample includes the students of the 9th and 10th grades. It includes both male and female students from these classes, which were part of the sample. They were given various questionnaires and they were asked to answer the items in their response of choice.

There are tables given which have information about the average number of responses to every item given in the questionnaire. Let us analyze each table and explain what is meant by them:

Table 1.1: Description of the class

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	9 TH	328	82.0	82.0	82.0
	10 TH	72	18.0	18.0	100.0
Total		400	100.0	100.0	

In Table 1.1, the description of the class is given by using statistical methods of data analysis. This is the variable in the research in which it has been specified how different values are compared with each other. The results show that there was a percentage of 82% for the class of 9th. On average, the percentage of the 10th class was 18% that could be considered valid. In other words, the population that was part of the sample belonged to students in classes 9th and 10th. Their respective percentages have been mentioned here to be 82% for the 9th and 18% for the 10th class. The statistics given in the table show that the population which belonged to the 9th class belonged because of the heavier percentage of 82% as compared to the 18% of the 10th class.

Table 1.2: Genders included in the study

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	MALE	212	53.9	53.9	53.9
	FEMALE	188	46.1	46.1	100.0
Total		400	100.0	100.0	

Case Processing Summary

		N	%
Cases	Valid	400	100.0
	Excluded ^a	0	.0
	Total	400	100.0

a. Listwise deletion based on all variables in the procedure.

Table 1.2, which is given above, shows the percentages of the genders included in the study's sample population, which is 53.9 percent for males and 46.1 percent for females. It shows that in this study, there were more males included in the sample as compared to females. So, the number of males was 212 out of the sample of 400, in which 188 females were included. The detailed description of the items of the

questionnaire in the tables as well as their responses will be provided in the appendix for reference. These tables have been made through the latest version of SPSS.

Table 1.3: Chronbach alpha Value
Value should be in between 0.7 to 0.9

Reliability Statistics	
Cronbach's	
Alpha	N of Items
.821	20

Table 1.3 shows the Cronbach’s Alpha value of the result. The value as per indicated should lie in between 0.7 to 0.9 bracket. This table shows the reliability of the result data. The Cronbach Alpha value in the above table is 0.821 which clearly shows that result data is reliable and accurate.

Table 1.4: Correlation Value

		pupil	Parents who experience conflict are concerned with their children’s academic performance.
Pupils whose families experience conflict look forward to going home after school.	Pearson Correlation	-0.02	-0.006
	Sig. (2-tailed)	0.767	0.936
	N	400	400

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Correlation

0.1 to 0.4 weak

0.4 to 0.6 moderate relation 0.6 to 1 strong relation

Correlation is considered as weak between to variables if lies in between 0.1 to 0.4 while 0.4 to 0.6 bracket is considered as moderate and onwards is shows strong relation between variables. The above table 1.4 shows correlation among Pupils and Parents. The correlation value for pupil is 0.76 while for parents is 0.93. This shows that pupil correlation lies in moderate bracket relation while parents correlation lies in strong bracket. Which in turn indicate that parents are more concerned regarding impact of

conflict among families on their children's academic performance.

Table 1.5: Reliability Statistics

Chronbach alpha

Cronbach's	
Alpha	N of Items
.724	28

The cronbach value in reliability test shows strong relation among the variables as the value lies in range of 0.6-1

Here, the section will focus more deeply on several aspects of the study in which various themes of the study will be discussed. Since, it is easier to divide the data into themes for understanding, it will be incorporated here as well. These themes are based on the social relationships and the things which are faced by the students. It is important to consider these themes in research because it will help the researchers to talk more on these issues in their research. Let us discuss the various themes here in detail:

Theme 1: Family Relationships

For studying this aspect, there were certain questions in the questionnaire which explained how various relations have their impact on the people. This themes includes the items through which it is necessary to find out how various types of misunderstandings appear in the lives of students. However, during the course of the research, it was found that the students were getting affected by the differences in the point of views of the members of the family. So, the findings of the study showed that the students were showing poor performances due to the conflicts in their families. The reason is because family is the place where the students are living and they spend the majority of their time with their family. So, these relationships must be prioritized the most because of their great significance.

Theme 2: Extent of Family Conflicts and its Impact

It has been found in this research that there are various types of conflicts which can be found in the families. However, it can be assumed that sometimes, the conflicts are found in the relationships of both parents and at times, it is associated with the siblings. Therefore, many times it has been seen that the cause of conflict emerges from various reasons and it can be internal or external cause. However, many cases are here in which the financial conflicts become the reason for the children to get affected. There may be other causes as well and the severity of reasons actually becomes the major factor for the conflicts to be increased or not. So, the extent of the way one is affected by the conflicts varies from person to person. Here, the role of the personality of the students is also important because some people are not generally very sociable and remain

distant from others.

Theme 3: Classroom Environment

It has been observed that there are various levels on which the students remain affected by the way they are facing conflicts in their family. So, the way the students behave in the classroom and maintain their peer relationships has a background. The type of conflicts they face in their family tend to make them behave either coldly or warmly with their peers. So, there is a big role of the factors of the family environment which directly or indirectly affects the way classroom environment is settled. Therefore, it should be taken care of how the students and teachers interact because it is the basis of the environment set for the classroom. The conflicts which emerge in the lives of the students must be strongly dealt with and it is necessary that they should seek the counsellor's advice in their lives. It will help them to know how they can solve their own problems with grace and tact.

Theme 4: Role of Gender

It is important to mention that the gender of the person is an important factor in understanding the way students perform in their classroom. Sometimes, the specific gender gets affected more by the family conflicts due to their sensitive nature. So, at times, the men get more affected but they do not show it. The way they express could be different in different cases where some men may try to act aggressively. However, in other cases, the girls tend to take the effect of the family environment more and they become shy and withdrawn. It all depends on the gender as well as other personality traits of the person which determines their actions in a certain way. Moreover, it is not just the way of expression which is different for both men and women, but how they perform in their studies also varies.

Theme 5: Relationship with Teachers

It was shown in the results that there were certain things which seemed to affect the relationship of the students and their respective teachers. The behavior was sometimes strong but at other times, the relationship was stern. So, indirectly the type of family conflicts the students were having affected their relationships with their teachers also. When they seemed to face serious challenges in their family, it had a bad impact on their relationship with the teachers. Moreover, if there were smooth relationships in their family, the students tend to behave more warmly towards their teachers also. It has also been found that the behavior of teachers is also sometimes different towards different students which also influences the responses of the students in the classrooms. So, the bonding of the teachers cannot be just made with standalone efforts of one party, but there is the role of both student and teacher.

Theme 6: Behavior towards School

The students are also having their positive or negative impact on the school because of their family conflict which they seem to be experiencing. So, sometimes, their families are always quarrelling with each other which is why it has a bad impact on the environment of the school also. Since, it is the students who create an environment, the way they deal with it or behave with others makes their environment at school good or bad. The performance of the students in schools severely declines due to the conflicts which they face in their families. At times, they cannot express themselves and remain under psychological distress because of the conflicts they are facing. It also creates a bad impact on the way their bonding develops with their peers and the teachers.

Theme 7: Role of School Counsellors

There is a certain type of role which is played by the counsellors at school which could affect the environment there. They must be actively playing their part in helping the students deal with their family conflicts and other types of crisis. They must be taking surveys to get to know about the students' family environment and help those who seek it. Moreover, they should inform the school authorities about this development so that they can do their job in a dutiful manner. For this purpose, they must also consult the teachers at school to understand the true picture of what is happening in the schools.

On the basis of the above described results, one can find that it can lead to certain discussion. It can be found that there are various findings which have been taken from this research which can be used by other researchers. They can learn from it and incorporate in their own researches to obtain various insights on the related topics. It can be found that when there is less communication in the members of the family, it leads to certain conflicts and misunderstandings. So, as a result, the children get the negative impact of this type of situation of their family conflicts. Moreover, it has been found that the parents refuse to give quality time to their children. It also makes them busy and they remain in conflict about not giving time to their family.

Considering the aspect of not giving quality time to children, it has been assessed that there are many reasons because of which they are unable to spend time with their kids. It is due to the modern world in which people are mostly reluctant to give someone their time, which they can spend making money. People are leading materialistic lives, which causes them not to take their families seriously. That is why it leads towards conflicts, which makes the children not focus on their studies. Since parents have a big role in the development of their children, if they fail to focus on them, the children cannot progress in their studies. It is, therefore, recommended that parents take their children seriously and help them progress in their studies.

The role of teachers is of paramount importance for children because they act as role models for them. Through them, the children learn how to progress in their lives and studies. That is why it is necessary that an interest in learning should be developed in young children's minds. Teachers must take their jobs seriously and should ensure that the children are not going through any major issues in their studies. In any case, they must try to be in contact with their students' parents to inform them about the progress of their children. In this way, they can be useful to the children and help them deal with their issues in an effective manner.

The role of counsellors is important in schools because they help students face their life's challenges with positivity. They are responsible for helping the students deal with their crises at home and improving their studies as well. They can teach them the value of being responsible for their own situations in life and the need to become independent learners. They have a big role in instilling the desire to progress in their students, who can later become good professionals in their respective fields of life. In this way, it can be found that the counsellors do have an impactful role for the students as they know how to empathize with them. They are the people students can rely on and depend on during their troubles and conflicts in life.

DISCUSSION

The research findings show the significance of this research as the findings prove to be of great value for teachers, parents, and schools. It has been found in the research that the nature of family conflicts must be considered so that students can remain safe from their ill effects. These conflicts need to be dealt with a proper mechanism so that there is no bad impact on their studies. For this purpose, the parents must also be able to ensure that they are being good with their children. They should not neglect their children and must give them quality time to become good parents. At the same time, there must be panels in schools in which such type of cases are reported, and an effort must be made to resolve these types of family conflicts. As a result, all efforts to create a healthy school environment must be developed. These schools must also ensure that they have a school counsellor on staff who is experienced enough to tackle the issues that students are facing.

It is important that there is a healthy degree of communication among the members so that they can sort out their issues. There must be an amicable environment created between the parents and the teachers, and they must work together on the students' problems. The counsellors must also be included in this team so that they can contribute towards the development of the students. They should be given their due rights and status in order to help them facilitate the learning of the students. They should be heard and their suggestions must be implemented in the schools because of their vast experience in the area of mental health. The counsellors must work in a team

to assist teachers and parents of the students who are going through traumatic situations because of the family conflicts they have encountered.

Moreover, certain research should be conducted in the future because of the topic, which is of great importance. Hence, such type of studies will be able to bring about sociological change and will be helpful for removing social problems from society. In this way, parents should be cooperative, and they must take care of their children in the best manner. They should not throw away their responsibility entirely to the teachers, but must also play their part in a responsible manner. However, they must also consult with the teachers and the counsellors so that they can use their guidance. There should be research done on the need to understand the causes of family conflicts in order to know how to overcome them. For this purpose, it is important that the nature of these conflicts be explored so that they can be resolved. In addition, not only the causes of these conflicts must be explored, but the solutions to these problems also must be considered in order to overcome them. In this way, the environment at schools will be great and the students' performance in academics will be increased.

RECOMMENDATIONS

Parents or guardians who are having family disputes should look into counselling alternatives as soon as possible to save their children from adverse impact and for their better grooming.

Ministry of Education should provide training programs for peer counsellors to enable them to help their fellow students.

The student should be recommended to seek guidance and counselling from experts in order to refrain from adverse consequences as soon as a problem is identified.

Teachers should regularly plan parent's day where parents or guardians can visit the school and meet with the students to discuss their overall performance.

There should be panels in schools to identify the cases of family disputes and accordingly an effort must be made to resolve these types of family disputes that will ultimately improve the overall performance of a child.

For all instructors who lack basic training in guiding and counselling techniques, the Ministry of Education should implement in-service training in these subjects. This will provide the instructor the tools needed to deal with students that need help.

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