

ABSTRACT

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Interpersonal Communication Strategies In Dealing With Conflict And Emotional Regulation In Newlywed Early Adult Couples

Keywords: Interpersonal Communication, Emotional Regulation

(xi + 94 + Attachments)

This research aims to find out how the Interpersonal Communication Strategies in dealing with conflict and emotional regulation in newlywed early adult couples. The research method used is Qualitative Method. The research analysis method used is Descriptive Qualitative analysis techniques. In this research, researchers applied data collection analysis techniques in the form of observation, interviews, and documentation. The result of this research are interpersonal communication strategies significantly influence newlywed early adult couples in managing conflict and emotional regulation. Effective interpersonal communication assists in resolving daily conflicts, with sensitivity to situations and emotional regulation being key factors. Couples who can regulate their emotions tend to employ more constructive communication strategies, enhancing the quality of their relationships and avoiding conflict escalation.

Bibliography (2010-2023)