**Conflict**

Student’s Name

Institution Affiliation

Course Code

Professor’s Name

Date

Conflict

**Conflicts Perspective in relationships**

Conflict is a positive factor in a relationship because it creates a more profound understanding between the two parties after a long argument. It brings many benefits to a relationship, such as building trust, creating respect, and creating closeness (Adams, 2015). Therefore conflict is considered to be a greater contributing factor to a healthy relationship.

**Negative Impacts of Conflict**

Conflict sometimes attracts adverse outcomes when the two parties don’t arrive at a common understanding and none is willing to be outmatched. It may result in negative consequences such as;

1. Violence which can be evidenced when there is no proper mediation between the two parties in which the condition becomes more intense.
2. Conflict can result in either short-term or long-term psychological effects on the health of individuals who are affected or directly involved in the act.
3. Conflict may result in frustration of the affected parties since one party due failure to identify their opinions.
4. It causes a decrease in productivity as much time, and resources shall be wasted rather than focusing on other essential issues.
5. Conflict can also make one party quit a relationship following the frustrations and loneliness.

**Positive Impacts of Conflict**

Conflict is essential in a relationship since it has positive impacts within the individuals themselves. These positive Impacts can be;

1. Development in future communications which enables the two parties to develop a good understanding on the preferences of both parties.
2. Building up unity among the members as they can discuss their views and negotiate for their priorities.
3. It initiates a state of respecting other people’s opinions in which the members will be free to share their views without fear of harassment.
4. Conflict aids as a tool for the decision-making process as the pictures are being weighed to develop a more vibrant solution to the problem.
5. It enhances creativity when solving the problem within members as they will be viewing the problem from different perspectives.
6. Improving social change within the parties as it attracts flexibility when analyzing different opinions that exist, thus making the members accept present or future changes that may occur.

**Cumulative Annoyance**

Cumulative annoyance provides a loop for kitchen-sinking through following the individuals’ inability to manage and solve conflict making them to develop a negative attitude and anger towards any conflict that they encounter. This allows the other party to win an argument by highlighting the mistakes and weaknesses they noted from the other party to win against the other opponent.

**Reference**

Adams, D. (2015). Positive & Negative Consequences of Conflict in Organizations. *Pridobljeno iz: http://smallbusiness. chron. com/positive-negativeconsequences-conflict-organizations-10254.*