

LACK OF EFFECTIVE COMMUNICATION AMONG YOUNG PEOPLE AS A CAUSE OF DISAGREEMENT

Aymuratova Zliyx Janabay qizi
Practical psychology specialty

Abstract: Effective communication is a fundamental skill necessary for maintaining healthy interpersonal relationships. Among young people, the lack of effective communication has increasingly become a significant cause of disagreements in schools, families, peer groups, and online spaces. This article explores how poor communication skills—such as inability to express emotions clearly, poor listening habits, misuse of digital communication, and lack of conflict-resolution skills—contribute to misunderstandings and conflicts among young people. The study highlights the role of emotional development, social influences, and modern technology in shaping communication patterns. By examining the causes and effects of ineffective communication, the article emphasizes the importance of teaching communication skills to reduce disagreements and promote mutual understanding among youth.

Keywords: Effective communication, youth, disagreement, interpersonal conflict, social interaction

Communication is the process through which individuals share ideas, feelings, and information with others. It plays a vital role in building understanding, cooperation, and peaceful relationships. Among young people, effective communication is especially important because adolescence and early adulthood are stages marked by emotional growth, identity formation, and social exploration. However, many disagreements among young people arise due to a lack of effective communication skills. Young people often experience difficulties in expressing their thoughts and emotions clearly. This may result from limited vocabulary, fear of judgment, low self-confidence, or lack of guidance. When feelings are not communicated properly, others may misunderstand intentions, leading to conflict and resentment. In many cases, disagreements escalate not because of the issue itself, but because of how it is communicated.[1]

The modern communication environment has also contributed to this problem. The increased use of social media, texting, and online platforms has reduced face-to-face interaction. Digital communication often lacks tone, facial expressions, and body language, which are essential for clear understanding. As a result, messages can be easily misinterpreted, causing unnecessary disagreements among young people. Additionally, many young people lack strong listening skills. Communication is not

only about speaking but also about listening attentively and empathetically. When individuals feel unheard or ignored, frustration builds, increasing the likelihood of disagreement. Without proper communication training, young people may resort to aggression, silence, or avoidance instead of constructive dialogue. This article examines how ineffective communication contributes to disagreements among young people, explores the main factors responsible, and discusses the consequences of poor communication on relationships. Understanding these issues is essential for developing strategies that promote effective communication and reduce conflict among youth.

One major cause of ineffective communication among young people is emotional immaturity. Adolescence is a period of intense emotional changes, and many young people struggle to manage and express their emotions appropriately. When emotions such as anger, jealousy, or frustration are not communicated calmly, they often lead to arguments. Young people may react impulsively, using harsh words or withdrawing completely, both of which hinder healthy communication. Another contributing factor is poor listening skills. Many disagreements occur because young people focus more on responding than on understanding. Active listening requires patience, attention, and empathy, skills that are still developing during youth. When individuals interrupt, make assumptions, or dismiss others' opinions, communication breaks down. This creates feelings of disrespect and misunderstanding, which can easily escalate into conflict.[2]

The influence of technology cannot be overlooked. While digital communication offers convenience, it also presents challenges. Text messages and social media posts lack non-verbal cues such as facial expressions and tone of voice. A simple message can be interpreted as rude or offensive, even when no harm was intended. Online interactions may also encourage impulsive responses, cyber arguments, and public disagreements, which further strain relationships among young people. Cultural and social backgrounds also affect communication styles. Young people come from diverse families and communities with different ways of expressing opinions and resolving conflict. When these differences are not understood or respected, disagreements arise. For example, some cultures encourage open expression, while others value silence and restraint. Without awareness of these differences, communication can easily fail.

Peer pressure is another significant factor. Young people often feel the need to impress or conform to their peers, which can prevent honest communication. Instead of expressing their true feelings, they may say what they think others want to hear. This lack of authenticity can lead to misunderstandings and broken trust, resulting in disagreements. Furthermore, the absence of communication education in schools and homes contributes to the problem. While academic skills are emphasized, communication skills such as conflict resolution, emotional expression, and empathy

are often neglected. Without proper guidance, young people rely on trial and error, which frequently leads to conflict.

Overall, ineffective communication among young people is shaped by emotional, social, technological, and educational factors. When communication fails, disagreements become more frequent and intense, affecting friendships, family relationships, and mental well-being.

In conclusion, the lack of effective communication among young people is a significant cause of disagreement in various aspects of their lives. Communication difficulties stem from emotional immaturity, poor listening skills, excessive reliance on digital communication, cultural differences, peer pressure, and inadequate communication education. These factors combine to create misunderstandings that often escalate into conflicts. Disagreements among young people are not always the result of major issues but are frequently caused by how messages are delivered and received. When emotions are expressed aggressively or suppressed entirely, communication becomes ineffective. Similarly, failure to listen and understand others' perspectives creates barriers that prevent peaceful resolution of conflicts. The rise of online communication has further complicated interactions by removing important non-verbal cues, making misunderstandings more common.

Addressing this issue requires deliberate effort from families, schools, and society as a whole. Parents and guardians play a crucial role in modeling healthy communication at home. Open conversations, active listening, and respectful expression of emotions can help young people develop strong communication habits. Schools should also integrate communication and life-skills education into their curricula, teaching students how to express themselves, listen empathetically, and resolve conflicts constructively. Additionally, young people themselves must recognize the importance of effective communication. Developing self-awareness, emotional regulation, and respect for others' viewpoints can significantly reduce disagreements. Encouraging face-to-face interactions and responsible use of digital platforms can also improve understanding and strengthen relationships.

Ultimately, effective communication is a skill that can be learned and improved over time. By investing in communication development, young people can build healthier relationships, reduce unnecessary conflicts, and contribute positively to their communities. Promoting effective communication among youth is not only a solution to disagreements but also a foundation for personal growth and social harmony.

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