

CONFLICT RESOLUTION

CR is a way for the opposing parties to find a solution to their disagreement that leaves everyone reasonably satisfied.

CR may include:

1) Avoiding: This method involves simply ignoring that there may be a conflict. People tends to avoid conflict when they do not want to engage in it.

2) Competing:

This is an uncooperative overly assertive method used by ppl who insist on winning & dispute at all costs. It is known as win-lose strategy.

3) Accommodating:

This strategy is also known as smothering, involves one party submit, giving the opposing party exactly what it needs to resolve the problem. This method allows you to resolve a problem in a short-term while working towards a long-term solution.

4) Collaborating:

This method involves working with the other

Party to find a mutually agreeable solution to a problem
It is known as win-win ~~strategy~~ strategy. → Another name - Another name

5) Compromising:
This strategy is also known as reconciling, that seeks a mutual agreement to settle a dispute. It is known as a lose-lose strategy. Since both parties willingly forfeit some of their needs in the interest of reaching an agreement.

ALTERNATIVES TO CONFLICT RESOLUTION

The concept of peace resolution is part of research for peace agenda. Conflict resolution refers to a variety of approaches aimed at terminating conflicts through the constructive solving of problems, distinct from management or transformation of conflict.

The conflict resolution includes:

1) Negotiations: This simply means a meeting of parties that are involved in conflict, identifying and framing it. It involves back and forth conversation between two or more conflicting parties. Negotiations include the direct process of discussion where at least two parties in conflict. The process concerned must realize that

there is a problem at hand and that it can be resolved through talking to each other. The method is only relevant in resolving conflicts that are still in early stage.

2) Mediation: This is a type of assisted negotiation. During mediation, a third party facilitates a discussion towards resolving any issue at hand. In mediation, the conflicting parties must accept that they genuinely have a problem that they collectively agreed to solve. The third party serves as a mediator who handles the conflict resolution process. Mediation process can be formal or informal.

In formal mediation, the parties involved will hire a professional, neutral third party while in informal, the mediator can be a friend, family member or trusted advisor. In case of informal mediation, it is key to select a person who both parties can agree on and who brings some form of expertise to bear on the situation.

3) Adjudication: This is a method of resolving conflict through the use of the law courts and

* Adjudication is use of court law *

litigation mechanisms. Rather than parties in conflict taking laws into their hands, aggrieved parties can seek redress in the law courts before a judge of competent jurisdiction. However, unlike in mediation, judgment passed in the court must be legally binding on parties in conflict. This is usually referred to as state apparatus for resolving conflict.

Adjudication is usually characterized by bitterness because the loser usually feels embittered and unhappy with the party that wins the case. However, it is one of the non-violent means of resolving conflict.

PEACE AND CONFLICT RESOLUTION

→ Introduction to peace and conflict resolution

→ Concept of peace and " " "

→ Misconception of Peace and " "

As simple as the word peace may seem, providing a clear definition, is more demanding or based on historical events, ideologies and peculiar regional circumstances have shaped the meaning of peace.

Galtung 1967, defines peace as a state of mind felt as a consequence of the actualization of a certain stated human desire. The same man

also describes peace as touching of concept of law and order

* * * Concept of conflict

Conflict itself is not evil but often time it arises from a process of seeking sustainable progress and Satisfactions.

We quickly forget our similar positive intentions dissipation energies on the contradictory ideas on the path to a common end. Among other things, conflict emanates as a result of misunderstanding and man's superiority complex or as a result of failure to compromise or reconcile ideas.

Conflict also emanates from beliefs, ideas, cultures and interest.

11/2/22

CONFLICT RESOLUTION STRATEGY

Conflict is derived from the Latin word
"CONFLIGERE" meaning to strike together. Conflict
arises over differences in opinion, values, interest
ideas, ideologies, distortion, perception, belief and
tendency between.

Conflict is a normal, natural and inevitable phenom-
enon. In any interactive situation of human life.
Contradiction exists at all levels of society
Conflict is an incompatible behavior between
whose interests or appear to be incompatible
or clashing.

CAUSES OF CONFLICT

- 1) Conflict over resources
- 2) Conflict in Psychological need
- 3) Conflict in involving values
- 4) Conflict in an adequate info

Two or more people are competing for inadequate resources
over a period of time. The competition may be assumed
negative or destructive dimension when the available
resources are not evenly, subdividing distributed.

Person can cause conflicts include can ded perspective, many variables, companies, shares

2) Conflict over Psychological Needs? This conflict arises of a

Group or an individual. They are conflict & cant be seen but affect the psyche of individual and group. self, actualization, need for individual and group respect tends to project and group to be better than d other. Prefer one to the other. Maslow theory when an individual Psychological needs is achieved or satisfied, such an individual becomes dominated by a drive for d other unmet needs and a process called FULFILLMENT PROGRESSION

3) Conflict involving values. These are most

These are most difficult to understand and resolve because most people can die because of what they believe in for info look to heaven ^{we have} some ppl that have been brainwashed (they can die with what they believe in)

4) CONFLICT OVER INADEQUATE INFORMATION

This plays a pivotal role of information in a social conflict which can not be over emphasize they can either be manipulated or constructive, the role of information become more crucial, difficult and dangerous, when info system in society is temp and with, there is bound to be a conflict.

Most

info

1) I

2) I

3) I

4) I

5) I

6) I

7) I

8) I

Mostly when people both live or going & resist
info and during time.

Types of Conflict

- 1) Intra-personal conflict ? This occurs when an individual e.g. uses of time, choice of partner, moral issues, goals and aspiration.
- 2) Inter-personal conflict: This refers to the conflict between two or more individuals or between two individuals and a group.
- 3) Inter-group conflict: This is a conflict between two or more groups such as class vs class, family vs family, or group vs group.
- 4) Intergroup conflict: This is a conflict between individuals or fashion in a group.
- 5) International conflict: This occurs within a nation performing diff group within the nation. This could be inter-ethnic group, inter-religion or inter-ethnic group resources.
- 6) Inter-national conflict: This conflict occurs with a nation which could be ideological, religion, territorial space and political reasons, territorial space and political reasons, territorial space and political reasons. eg. Myanmar, Sudan and

Name: Yinckal
Class: _____

CONFLICT RESOLUTION STRATEGIES

This aim to address dispute in a constructive and mutual beneficial manner.

1) Communication: This encourage open and ~~honest~~ ^{honest} dialogue to understand each other respectfully and find common ground.

2) Compromise: They try to be able to seek solution where ^{both parties} ~~both~~ ^{compromise} make a confession ~~to reach a~~ ^{to reach a} ~~mutual~~ ^{mutual} ~~agreement~~ ^{agreement}.

3) Collaboration: This is done by involving agenda to find ^a win-win solution that satisfy the interest of all parties involved.

4) Mediation: They involves neutral 3rd party to facilitate a discussion and helps party to reach a resolution.

5) Negotiation: This is done by engaging in participation and discussion to find or ~~win~~ ^{or interests} ~~and~~ ^{to} ~~find~~ ^{need of} all parties involved.

6) Problem Solving: This is done by discussing and identify the underlying issue to solving the conflict and brainstorm creating solution to solve a problem.

Avoid listening : Practise attentive listening deep to

2) Active listening : Practise active listening of others involvement in the conflict
Understand and emotions of others involve in the conflict

3) Empathy : We should be able to put ourselves
in the shoes of others to better understand their perspective
and build empathy

4) Conflict management training : We should be
able to provide a training and resources to
equip individual with skill needed to
manage conflict effectively

5) Setting a common ground : Identify
shared goal or interest to create a foundation
for resolving the conflict

Law and order. That is, an anticipated social order-achievable through the instrumentality of force and the threat of it. This concept, however, does not ignore violence; rather, it erects regulations and outlines punishment to produce and maintain a state of tranquility. Also, the idea of peace as absence of an mutually agreed hostility otherwise known as "negative peace". The characteristics of peace in "inter-national relations" could be cooperation and integration (Galtung 1967, Scherer, 2007)

Plato (1941) agreed that the utopian peace is only found in an 'ideal form' which can not be fully attainable. The idealists agreed that man by nature is not violent; man is a peace lover; he will always want to keep peace with his neighbor, but in case of probable violence, social and political norms, regimes and organization could inhibit such (Richmond, 2008). In ancient political theory, Heraclitus, the pythagorean philosopher and the greek ideal said:

Hermying - Peace in this context is an ultimate

Principle of state existence. They see it as physical and ethical and Ethical Principle; a property on human nature (Schmitt, 1973). That is, peace is inherent

Features of human being
* Binns, Kizza (2004) Peace is both a gift by God and an effort by d. ppl to achieve it individually and socially

* Chaos and man are inseparable
* Morgenthau (1949) describes peace as power, balance and stability and he argued that

Permanent peace can't be achieved
* Gaithung described peace as an umbrella concept

* Haberman (1973) Posits Peace and war as 'by-products' of d interplay of d-national interests of states

* The liberals are more optimistic yet also believe that peace in 'international relations' is a situation of cooperation and shared norms rather than the quest for power and security.

2 methods of conflict
Which country - Latin

15-07-2024

Sport, peace and ~~conflict~~ resolution
→ Sport is a physical competitive activity that involves physical exertion and vigor for a purpose of fun and enjoyment into one or two teams or an individual but ~~is~~ that's been guided by formal rules and code of conduct
* Sports has a general rules ~~for~~ the conduct while games can be performed without adherence (full) to rules.

TYPES OF SPORTS

- a) Contact sport: An individual player 2 allowed to have body contact with its opponent e.g. football, Rugby, basket ball, hockey.
- b) Non contact S: A sport in 2 an individual player 2 not allowed to -roped to contact body contact as well as his/her opponent e.g. volleyball, table tennis, badminton, swimming.

2) Social benefit and social health benefit;

SHB

3) Emotional function: P in sport controls how
one relates and enjoys the relationship with ppl
Emotionally - Sport controls one's hormonal/happiness

4) Physical benefit / physical health B
Participates in sport makes one to be physically

At a young person level p-physical in
Physical health is an ability of an individual
to participate in daily activity and experience
all the daily roles without getting tired or
anything to undue fatigue and who still
has the reserve energy for emergency

Two types of Physical health

1) ~~SHB~~ physical fitness component:

2) Performance " " " " " "

Cardiovascular endurance \rightarrow No reduction of speed
in muscle endurance & muscular activity.

3) Muscular " " " " " "

4) Muscular strength \rightarrow Ability of an individual

5) Flexibility and \rightarrow to stretch
6) Body composition \rightarrow Maintaining good body structure

CE: the rate at which the heart pumps the blood
(cardiac)
high physical activity, intensity, heart tends
to pump 100% of blood to the artery.

2) Performance related physical fitness components
Agility
Strength
Power
Time reaction.

They are gotten after the health related Physical fitness comparison.

1) Function of S in d Society

A social-functional function: Sport regulates the mood of an individual in d society e.g. depression, suicidal etc.

2) Integrating function: i.e S brings every part together to see one's region, district, cultural, political divisions, CS bearing all aspects.

3) Social mobility function: S may take anybody to any level in the society no matter

the background.

- 1) Political Factors: SP 2 being used to sanction country if their action against another country is not right
- 2) Socialization factors: Teachers relate to an individual (Cultural values) - what is needed as expected of an individual: love, loyalty, teamwork, obedience, respect, education

Factors responsible for

- 1) Hostility among players
- 2) Substance abuse
- 3) Poor officiating
- 4) Encouragement by mass media
- 5) Sentiment and part of a spectator's temporary of the rules of a game and Spectator and players' possible solution to their problems.
- 6) Illegal rules should not be allowed in a ground and sport
- 7) Spectator should use their knowledge of a game.

Name: VINCENT
Class: ...

3) Education about sport

4) Mass media should be regulated

5) Dangerous and harmful plays should be
banned

3) Intragroup Conflict...

This is a type of conflict that happens among individuals within a team.

The incompatibilities and misunderstandings among these individuals lead to an intragroup conflict.

4) Inter group conflict:

This conflict takes place when a misunderstanding occurs among different teams within an institution/organization. For instance, the sales dept of an organization can come in conflict with a customer support dept. This is due to a varied set of goals and interests of these diff groups. Competitions can also contribute for a rise of inter group conflict.

5) International / Global conflict:

This include conflict btw nations, states, global and regional competition over natural resources, political issues, ethnic or religion conflicts. e.t.c