

## Book Review “Menyelesaikan Konflik” (Malay Version)

Written by Abdullah Hassan and Ainon Mohd., this book was written with special focus on communication in the context of household life and affection. This is because there is no problem in bringing in more inwardness than in the affair of love and marriage. However, communication techniques that the author describes in this book are still suitable for use in other interpersonal contexts as well. This book is written in the most simple language Style I can use. The purpose of the author is to make this book readable by anyone interested. Many communication books have been written or translated into Malay. However, the books were written for academic purposes. This book is written for the needs of the general public. Having long been involved in thinking skills, the author began to realize that not all problems can be solved using thought techniques. Similarly, not all problems arise from lack of thinking skills. Among the above types of problems are the problems arising out of communication. Therefore, the problem can only be solved by means of communication as well.

With that awareness, the author plans to write a special book to explain the importance of communication skills. The first of these skills can prevent us from creating various problems that arise because of errors in the way we communicate. Both skills can solve the problems that have arisen. The three communication skills are very important in their daily life. A study by psychologists confirms that the greatest factor of his role in human happiness is the close relationship with another human being. It outperforms money, career, and sex. A close relationship is so important because it has four very important functions for the human psyche. We need close relationships because such relationships can reduce loneliness and loneliness. We want to be someone who cares about us that person will keep our safety and ultimately hopefully he will love us. When we have a close relationship with another human, we know at any time we need to contact someone, he is always there for us to contact. When we are alone, there are times when many people around us can reduce our loneliness. However, sometimes, it just adds to the loneliness

we are experiencing. If we have someone close to us, it is better to get rid of that lonely feeling.

As a human we need stimulation. We need intellectual, physical, and emotional stimulation. Without that stimulation we will be depressed and according to psychologist, we can die. We also need a close relationship because of it we feel ourselves worth and noble. The presence of that person in our lives is enough to make us feel needed and important to others. If the person is supporting us, it will add to our sense of estimate. We also need to be in close contact with another human being as we need to increase the sense of enjoyment in our lives and to reduce the sense of misery in our lives. Everyone has a need to share luck and fun with others. “Likewise with misfortune and sorrow” with “They should also share grief in the event of an accident”. Since the early 90s, many psychiatrists began studying how couples maintain their marriages to stay. Among the things, they encountered in the study were that the couple had self-disclosure, being open, using oral language and body language to express their commitment to one another and to express intimacy. They also use constructive style when in conflict, and sometimes, they use lies. For couples who have long been happy together, they find that they have a high trust in each other. The feeling of suspicion, suspicion, and suspicion is minimal. They create an open climate and they share a lot of personal information like sharing what is in their minds and sharing the feelings they are experiencing. They even tell each other how they feel about their own marriage.

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