

MY EXPERIENCE OF OVERCOMING CONFLICT

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Conflicts can be described as a situation where two or a considerable number of people have opposite kind of interest, perspective or ideology which leads from disagreement to arguments. The willing and rightful expression of thoughts in a disagreements can trigger a strong emotions such as anger. Based on my experienced of overcoming conflicts this firsthand with my ex-schoolmate in secondary school.

The situation began where after we're both playing football matches for selection to compete at the district level. Before our friendship became close, we used to have a circle of group of our own but they started to moving away due to previous physical intense fight between them. Anyway, after a few months they remained friends but not as close as before. So, him and I are still close even after it happened. We had always shared a good memories and friendship; we often got us into some trouble.

However, where the conflicts started with when I was playing on bad condition, this is because I got to play as defender which not a position I'm familiar with. This when I made mistake where I let the opposite team player pass through me because my lack of awareness. The team were already losing hope as we got scored by after. As I were feeling pressure that our coach scolded the whole team for giving a negative result of playing as a team. After the humiliating defeated, before we are on our own way back home we're not even talking as I believe the frustration and disappointment on both sides.

On the next day, I heard that my other friends told me that he had conversation with one of the team player that we were against yesterday saying that we would have a good competitive match if I was absent that day. Therefore, during our team talk we discussed yesterday's match the team were giving a really positive and morale support to me but him did not. On the other hand, he was looking mad or uneasy and stood his anger out by giving a hate speech. Yet I consider it as motivation, even slightly aggressive, I remain to calm, ensuring that no heated argument or unwanted incidents.

In the days of following the argument, the coaches caught our attention that we don't communicate neither faced each other during the training drills. Then, he called us into his office and left everyone on the pitch. It was necessary conversation where instead of pointing fingers, we expressed our frustrations and disappointments in constructive manner. The coach says that our conflicts may affects the team chemistry, and we need to make a decision to prioritize open communication and mutual respect. Instead of letting conflicts divide us, we viewed them as opportunities for growth and better understanding. We've learned that to listen each other's perspectives without judgement, enabling us to move on and managed to overcome the conflicts.

The importance aspect of overcoming the conflict was the significance on learning from our mistakes. This proactive helped to address our frustrations into motivation, allowed us to strive for better outcomes in the future. As time passed, the wounds of the disappointing match began to heal, but the lessons learned remained ingrained in our collective consciousness. We emerged from the experience with a sense of purpose and determination, united by our experiences and strengthened by our ability to overcome adversity.

In conclusion, the experience of overcoming conflict due to a disappointing performances in football match has taught me invaluable lessons in communication, and teamwork. So, through honest conversations and genuine efforts to understand each other's perspective, we were able to overcome our differences and emerge stronger as a team.