

Interpersonal Relationship



Meaning

- An interpersonal relationship is a strong, deep, or close association between two or more people that may range in duration from brief to enduring.
- This association may be based on inference, love, solidarity, regular business interactions, or some other type of social commitment.
- Interpersonal relationships are formed in the context of social, cultural and other influences.
- The context can vary from family , friendship, marriage, relations with associates, work, clubs, neighborhoods and places of worship.
- They may be regulated by law, custom or mutual agreement, and are the basis of social groups and society as a whole.

Forms of Interpersonal Relationship

It refers to individuals with similar tastes and mindsets entering into an association. Individuals who share identical goals and interests enter into an interpersonal relationship. It is essential for individuals in a relationship to get along well.

- An interpersonal relationship can develop between any of the following:
- Individuals working together in the same organization.
- People working in the same team.
- Relationship between a man and a woman (Love, Marriage).
- Relationship with immediate family members and relatives.
- Relationship of a child with his parents.
- Relationship between friends.

Importance of Interpersonal Relationships

- Individuals in an interpersonal relationship must share common goals and objectives. They should have more or less similar interests and think on the same lines. It is always better if individuals come from similar backgrounds.
- Individuals in an interpersonal relationship must respect each other's views and opinions. A sense of trust is important.
- Individuals must be attached to each other for a healthy interpersonal relationship.
- Transparency plays a pivotal role in interpersonal relationship. It is important for an individual to be honest and transparent.

Types of Inter-personal Relationship

The different types of Inter-personal Relationship are:

- 1. Peer Relationship:** Is a relationship that exists among people within the same age bracket, political or social group, classmates, etc.
- 2. Platonic Relationship:** This is the type of relationship that exists between people of the same or different genders without any intention of marriage or intimate affairs. It can exist between a man and a woman, boy and girl, etc.
- 3. Relationship between man and God:** This is the relationship between a creator and His creatures
- 4. Family Relationship:** This exists between members of the same family. It is known as biological relationship
- 5. Relationship between man and man:** It is a friendship between two people of the same gender who agreed to become friends. They share similar interests. It can also exist between woman and woman , girl and girl or boy and boy
- 6. Opposite gender relationship:** Most times, this exists between unmarried man and unmarried woman.

Stages of Inter-personal Relationship

- There are 5 stages of Inter-personal Relationship - according to a Psychologist, George Levinger. They are:
 - **Acquaintance stage:** Inter-personal relationship starts from the point when two people meet each other.
 - **The building up stage:** This is the stage where relationship extends beyond knowing each other. At this stage people develop strong and deep trust for each other.
 - **Continuation stage:** It is the deepening stage of a relationship. Here, there exist deep down level of closeness , joy and passion for each other.
 - **Deterioration stage:** This is the stage where all the flakes of the relationship begin to wane i.e a stage when you begin to get tired of your relationship
 - **Termination stage:** This is the stage where the relationship ends either by event of death of one partner, separation or divorce.

Factors Affecting Interpersonal Relationship

- Compatibility
- Communication
- Honesty
- Stay calm
- Forgiving
- Smile
- Time

Skills that can promote Inter-personal Relationship

The various skills that can promote inter-personal relationship include:

- 1. Respect /cheerfulness:** for any relationship to work out well, the people involved must learn to respect one another and be cheerful at all times.
- 2. Tolerance:** For any relationship to last, people must learn to tolerate one another
- 3. Patience/ Endurance:** Anybody involved in any kind of inter-personal relationship should learn to be patient and endure in any situation.
- 4. Honesty:** Honesty is a key to a successful relationship;Partners of any form of inter-personal relationship should learn to be truthful and honest to each other for a lasting relationship.
- 5. Appreciation and contentment:** Friends should learn to appreciate one another for any little assistance rendered and should learn to be contented with the little things that they have.
- 6. Forgiveness:** To avoid hatred, friends in inter-personal relationship should forgive one another for any offence or else such relationship will not last. Counting and recording mistakes will not help any type of relationship.

Obstacles to Inter-personal relationship

1. Lack of communication
2. Inability to forgive
3. Deceit
4. Malice and gossip
5. Bad character and behaviours



Thank You