

Category: Relationships

## **Learning More About Interpersonal Relationships**

### **Introduction**

As what most people used to say, "No Man is an Island". Yes, it is true that an individual can never exist alone. Even from the moment people are conceived they already started forming a bond with their birth mothers, and as they grow older new types of relationships start to form. Generally, humans live in a world that is surrounded by different kinds of interpersonal relationships. In a more technical sense, interpersonal relationship is defined as a long-term association of two or more individuals. The relation among these individuals can be based through blood consanguinity, social acquaintances, or other forms of social commitment.

When you talk about relationships, various contexts come in the picture. It could mean family, peers, significant others or co-workers. In fact, the society is composed of a variety of interpersonal relationships. People can be bounded through blood, culture/custom, law or even just a simple mutual agreement. Each of these types of relationships includes a certain level of interdependence. They are unique in their own way and are literally distinct from each other. There are lots of factors that influence a relationship including mutual interests or feelings, and shared thoughts or likes.

Technically, the study of interpersonal relationship is a combination of various social sciences involving psychology, sociology, social work and anthropology. These branches work hand in hand to connect the dots on how people actually develop these types of relationships. To give you a more detailed idea, read on and find out how relationships are formed.

### **A strong foundation**

Family relationship is considered as the basic foundation of any relationship. It is an interpersonal relationship that associates people through genetics and blood relations. This include the father, mother, brother, sister, uncle, auntie, son, daughter, grandparents and cousins.

This type of connection helps people to develop other types of relationship from individuals who are not blood-related. As they learn social interaction, their emotions begin to develop as well. People are gradually introduced to a whole new context of forming commitments, and this is where different kinds of emotions slowly develop. In the entire existence of man, they will continuously encounter change even with relationship since it is a very dynamic system.

### **Building relationships**

From the time you meet a stranger, you are already given a chance to start a new relationship. Getting acquainted to other people is practically the first stage of developing relationships. With

constant interactions and physical proximity, it is inevitable that two consenting individuals decide to take things to the next level.

However, there are those who choose to continue as mutual acquaintances for an indefinite time. These individuals are tied to a stage called friendship. It basically involves a mutual understanding among people who trust, care, accept, respect and even unconditionally love each other but not on an intimate level. Commonly, these people share the same interests, have lots of similarities, and connect on almost everything. Thus, explains the strong bond they have created.

While for those who have started to like each other, they begin to discover the world of intimacy. Intimate relationship is yet another form that is recognized as the core of human experience. Love plays a big role in the development of a more intimate emotional attraction. Although physical attraction is the very first stage of admiration, as two individuals form trust and respect their emotional relationship grows deeper.

### **Elements of a good relationship**

In any relationship, it is important to have trust. In order to establish trust, loyalty and honesty must be present. It is in fact a key factor to a happy marriage. However, this does not mean that your whole world should revolve around your significant other. Being loyal and faithful simply means that you are giving importance to your relationship. Indeed, temptations are just around but if you are really focus on building a happy marriage you will try to avoid them. Aside from trust and loyalty, respect and most of all love are crucial elements to ensure not only a happy marriage but fulfilled life as well.

### **Taking care of your marriage and avoiding divorce**

Various factors can affect your relationship. Personal circumstance and differences are two common factors that influence a relationship. If you will notice, during the first years of becoming a couple things seems smooth sailing but after sometime, challenges and hurdles start to arise. This is where the foundation of your relationship will be put to the test. It will either make or break you. If you have established a strong foundation for your relationship, no matter how hard the trials would get you will always try to stay firm to your commitment.

It is important that you understand each other and respect each other's views if you want to make the relationship work. You have to make sure that your communication lines are open and that you hear each other out. Most importantly, find and spend quality time with each other. With a very busy life, some couples just forget to give enough time for their personal lives, resulting to lack of communication that weakens the very foundation of their relationship. For those who have decided to spend their time together, remember that being married is not always a bed of roses. You have to anticipate numerous obstacles that you must face as a married couple. Additionally, when there are kids involve your priorities will gradually change. Financial problems, misunderstanding and indifferences may start to take its toll on your marriage. With a weakening foundation, your marriage will soon suffer the consequences. If

you want to save your marriage, confront the issue early on. Discuss one issue at a time and work together to resolve them.

Deciding when to hold on and let go is tough. Most of the time, couples want to hold on and blindly hope that there is still a chance. However, you can never start anew if you do not learn to let go. You need to let go when the other party does not want to be with you anymore. Keep in mind that you deserve someone who wants to be with you. You also have to let go if you have been abused, whether physically, verbally or emotionally. No one deserves to be treated that way. Moreover, it is not healthy to be with someone who cannot even respect you as a person. You have to let go when love, trust and respect for each other is already gone.

### **Elder care and retirement**

Not all difficulties have to end up in separation. You cannot stop loving your mother just because she has gone old and forgetful. Remember, a mother-child bond is a lifelong relationship. You may send her in a home for the elderly but you cannot stop being her child.

Children want to assure that their parents are comfortable when they grow old. They put them in a good facility where they can be given utmost care. Some even manage to fix their parents' retirement. They want to ensure that they will receive benefits after years of hard work. They want to indulge their parents on a well-needed break to show them how grateful they are for supporting them over the past years. Now, as they age it is time that they return the favor to their parents by making them feel appreciated and loved.

There are certainly different types of interpersonal relationships but all of them require trust, honesty and loyalty. Whether it is family, friends or a special someone, never take them for granted. Remember that these people play an important role in your life.