

# NEED FOR INTERPERSONAL COMMUNICATION FOR HEALTHY RELATIONSHIPS

Dr. K. Jayaraju

HOD of English, SGK Govt. Degree College, Vinukonda – 522 647, Guntur Dt., A.P

E-mail: [jrkuraganti@gmail.com](mailto:jrkuraganti@gmail.com)

**Abstract—Importance of interpersonal relationships:**

*It is important to develop interpersonal relationships with people and communicate effectively to experience success and happiness in life. Effective inter personal communication stands at the heart of every relationship whether it is interacting with a friend, colleague, family member or an unknown person such as an officer in a bank or a sales person in the shop next to your house, communication between people is the basis for interpersonal relationship.*

*One must understand that Interpersonal relationships involve more than just a verbal communication between people. A person communicates with others with his/her body language, tone of the voice, expressions on the face and gestures. Effective communication attracts people to you, it is important to make people comfortable. At the same time it becomes very important to listen to the other person. Listening skills help a lot in developing interpersonal relationships. Communication is always a two way street, good communicators know the importance of listening and understanding what the other person is saying and respond accordingly..*

**Index Terms—Interpersonal relational ship, communication**

## I. INTRODUCTION

### **Importance of cultivating the art of Communication:**

It is very important to cultivate the art of communication with people. This can be done if one is fully engaged in the conversation with the other person. It is very important to listen to others and give them full attention also it is very important to respond to the facial expressions of the other person at the time of listening. This makes the person feel important and is then willing to listen to what one has to say. Today we live in a world that is moving at a great speed and new forms of communications have evolved. It just goes on to show that even though man has become very busy he still craves for personal interaction and wishes to be heard. This is very evident with the popularity of social networking sites.

### **Different Interpersonal levels of communication:**

Interpersonal communication helps us to understand why and how people communicate and behave in different ways depending on the context like different groups or organizations. It is important to understand that a person's interpersonal communication skills are acquired behaviors which can be improved through practice, reflection and feedback.

Interpersonal communication looks at communication where a few people are involved. It is important to note that individuals communicate at different levels for example an individual communicating with a family member will be different from his communication with friends or acquaintances. Interpersonal communication can be face to face or computer mediated. A successful interpersonal communication is where both the persons interacting receive, understand and interpret the message.

### **Different conditions that surround communication:**

Communication depends on the events that occur in the present or past. The immediate surrounding atmosphere also has an impact on communication. Surroundings do not necessarily influence the message itself but can change the meaning of the message. Therefore communication depends on:

1. The physical location where the communication takes place, the season the climate etc
2. The cultural background where the communication is taking place
3. The language in which the communicator and receiver are comfortable
4. The emotional state

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5. Roles of the people in conversation example, teacher and student, parent and child, boss and employer.

## **Effective Interpersonal Communication:**

Humans have an inherent ability to communicate as they are the most expressive creatures in the planet. When we communicate in our personal and professional life we have to learn to nurture relationships to create a positive environment for living. Therefore the role of communication in our lives is invaluable. It becomes important to convey our messages to the other person in an effective manner. To build good interpersonal skills it is very important to have very good communication skills and use them on daily basis. It has now become common for corporate firms to train their employees in effective communication skills as a part of their training programme. Some of the important skills are:

### **Listen and not hear**

A crucial aspect ignored in communication is listening. It is vital for understanding and deciphering what the other person is trying to say. Be it in office meetings or while talking to close friends and family members, one must ensure that they are listening carefully to what the other person is trying to say. At the same time it is important to be impartial while listening. It is not correct to jump into conclusions and express your views without listening to the other person. It is also wrong to interrupt people when they are talking.

### **Personal involvement**

For a good interpersonal relationship it is important to treat the other person as an equal and respect and acknowledge their views. At the same time it is important to get involved in the conversation or discussion. If the other person is comfortable in your company: then he/she will open up and communicate in a much better way. Ignoring on the other hand sends a very negative vibe which can hamper proper communication and create misunderstanding.

### **Appealing body language**

More than 75% of our communication is non verbal. The way one speaks, moves, uses hand gestures, facial expressions, voice modulation, body posture indicates the interest or disinterest in communication. Therefore if one wishes to engender positive interpersonal relationships then it is important that he should have an appealing body language. More over the non verbal communication also reflects on the confidence levels of an individual.

### **Accept Criticism**

Criticism is a part of life. It can be both positive and negative. While communicating with others it is not necessary that everyone accepts your views. This may lead to an argument which in turn is a spoiler for good interpersonal relationship. What is essential is that one should accept criticism as a part of life. Positive criticism points to areas where one needs to improve. It can be a blessing in disguise and help to improve the overall personality.

The maturity of the person gets reflected in being calm and composed while in a debate or discussion.

### **Assert yourself**

A good communicator is one who speaks with confidence and his/her message is backed by facts. This is very important in a workplace during official meetings, project discussions etc. Confidence matters the most while presenting the views. One is more confident when one knows about the subject or topics one is talking about. It is sometimes very important to stand on your view point even if one is faced with criticism. This reflects one's ability to communicate effectively. Therefore it is important to be assertive in both personal and professional life.

### **Be true to your words**

To reflect a strong personality it is imperative to be true to your words. If one does not carry out what he/she proposes then there will be a breach in the communication. A responsible communicator is one who is true to his words.

### **Social skills**

Interpersonal skills do not come naturally to us we need to develop them. They are essential ingredients of good communication and social finesse. One acquires social skills due to the way one is brought up and therefore they reflect ones: inner feelings, level of confidence and degree of interest in others. When such skills are missing in the home environment, group or office, it leads to loneliness, frustration, non-cooperation. Interpersonal social skills are required at three levels: personal, social and occupational. Acquiring good skills helps an individual to communicate with a lot more confidence and assurance. For example, now days almost everyone has a

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phone, it has become an indispensable tool but not many are aware of good telephonic skills. Often people dial a number and do not have any idea about the pleasantries or how they should start a conversation with the person on the other end. They are either abrupt or are very nervous and start mumbling, they eventually waste time.

## **Essential to cultivate Social Skills**

Good interpersonal skills bind and bring people closer together. The lack of these skills makes people a misfit in the society. People with good interpersonal communication skills readily share ideas, appreciate others and also offer constructive criticism at the same time welcome criticism as a means to improve themselves. People who are shy are also very poor at building interpersonal relationships because their self appreciation is so low that they do not build a favorable image about themselves and hence are afraid to interact. It is therefore very essential to hone good communication skills to interact with others. These skills can be acquired with constant practice and by building one's self esteem.

## **I. CONCLUSION**

Communication skills are essential for conveying ones thoughts, ideas and arguments to the people with whom one interacts in daily life;. It is important to develop interpersonal relationships with people and communicate effectively to experience success and happiness in life. Effective inter personal communication stands at the heart of every relationship whether it is interacting with a friend,

colleague, family member or an unknown person. It is not difficult to appreciate others, speak clearly and concisely, make people feel welcome, being able to join in a discussion, appreciate a colleague openly or logically argue a point of view, all these are useful personal skills which enhance ones competence and general appeal. Good interpersonal communication binds people together in all walks of life therefore they are essential for a happy life.

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