

Role of communication in relations

[Science](#), [Social Science](#)



Many psychologists agree that communication is the basis for the formation and maintenance of interpersonal relations. Communication is part of emotional intelligence that can help maintain a healthy relationship (Wall, 2007).

For example, maintaining interpersonal relations at work requires that every individual communicates with the other. The communication will allow an individual to express personal feelings and emotions. Good communication also works together with good listening. Therefore, communication in the workplace may help strengthen interpersonal relations and improve performance and productivity at work.

Communication is central to a healthy and long-lasting relationship. If communication fails between individuals, problems often occur and the relationship may break down. Through communication, people can reduce misunderstandings that usually occur in relations and strengthen the bond between them. However, communication should be two-way (Wall, 2007). An individual should learn to reciprocate communication. It is not always that individuals need to talk to each to maintain the interpersonal relationship. Feelings and emotions can be communicated through non-verbal means as well.