

Example of self-disclosure gender and communication article review

[Sociology](#), [Communication](#)



Self disclosure is a vital approach for remaining in touch with others.

Through sharing information the intimacy in a relationship becomes more intense. The interpersonal relationship with my partner is also enhanced. I can certainly relate to the fact that quality communication is illustrated differently in different contexts. From experience, I believe that most people misunderstand the sense of disclosure to mean presenting information to another. This perception is far from the meaning of the word especially in a relationship context.

Self disclosure in relationships must however be reciprocated. This is the only way that partners can learn how the other person feels and thinks. Such reciprocated revelations among couples ultimately lead to profound trust in relationships. It is therefore important to note that unless both parties are willing to share, they can never be truly intimate with each other. The modes of disclosure are mainly conscious and subconscious (Barry, 2006).

Self disclosure connotes the aspect of susceptibility and taking risk on the part of the one opening up to another. While sharing one must be prepared to be judged, the conclusion of which may be a rejection. Consequently, one must be conscious that the other person will add influence in a relationship owing to the information they possess. Accordingly, my experience is that engaging in disclosure untimely more often leads to collapse of a relationship. With regard to the foregoing, satisfaction in a relationship is not necessarily pegged on self disclosure.

Some psychological aspects which I find comparable in interactions between the male and female gender include social, self esteem, susceptibility. With regard to the fore mentioned aspects, both genders reveal a level of

universality. For instance, although in gender deference arguments girls are depicted as more social than boys, the same is not conclusive on realistic day to day practical observation. Consequently, there are no apparent differences between genders on susceptibility and self-worth. These are the three aspects that I find similar in interactions in either side of the gender divide.

Accordingly, I do not fit in the generalizations as regards the similarities and differences provided by most studies (Gray, 1992). The generalized studies though have been widely publicized by popular media are not compelling. Not every person can fit in the generalization (Anderson, 1998). This is because no single male or female attribute can be proved to be analogous or diverse. A trait may only be predominant among a certain gender but the same cannot be termed as absolute. Some of the aspects which create variations or similarities among gender aspects include age and the context upon which gender studies take place.

Anderson, J., Leaper, C. (1998). Meta-analyses of gender effects on conversational

interruption: Who, what, when, where, and how. *Sex Roles*, 39, 225-252.

Barry, A. (2006). *Self Disclosure in Psychotherapy*. New York. The Guilford Press.

Gray, J. (1992). *Men are from Mars, Women are from Venus: A practical guide for improving communication and getting what you want in relationships*. New York: HarperCollins.