

Interpersonal relationships in the military



**ASSIGN
BUSTER**

In the military where you are constantly working with one another on a day to day basis including deployments to various parts of the world relationships tend to form. In order to be able to keep the relationship healthy an understanding of perceptions, emotions, and nonverbal expression must be understood. While working in the same area the individuals need to recognize how the use of words can have an impact and affect their attitudes, behavior, and perceptions. While maintaining a healthy relationship in the military the individuals need to find strategies that will help manage interpersonal conflicts.

Needless to say in the military relationships can happen at any moment so being aware of any and all situations that someone may encounter could avoid an unhealthy relationship. At any given time when an individual is in the military he/she is in a position that no matter what you have to interact with the opposite sex. Even though the individuals may have never met each other or trust each other they have to do whatever it takes to be able to communicate successfully to be able to work together without any problems.

Along with having to work next to each other on a daily basis you tend to build friendships in the work center and along with that relationships are formed. Some of those relationships are formed due to the fact that from working together on a daily basis we may tend to build a bond with an individual from the opposite sex more than the other relationships we carry amongst our peers. Along with building a healthy relationship in the military one of the things that is the hardest to maintain is a long distance relationships due to the needs of your expertise in different parts of the world.

Being in different parts of the world whether it is during peace or war time it puts a major stress in the relationship due to the significant other not being there as much as you used to be and not being able to communicate with each other like you would want to. Relationships in the military are formed fast due to the fast lifestyle that we live but they also end fast due to multiple things like one member being deployed too often, having to move every 2-4 years, infidelity from either part, working unusual hours and alcohol abuse.

A reason why military members have a tendency to form relationships within the military itself is because they are not always close to home and its easier to build a relationship with someone that is familiar with the lifestyle and has a better understanding of the different situations brought upon each other. Being far away from home has a tendency to make military members a little more emotional than non military because we are away from our families and our loved ones so we always have a part of our life that is missing being able to share our feelings with a significant other.

In the military individuals that are in relationships can be found working among different people that are seeking to find a partner or just working together to solve a problem at hand. It is very important in order to be able to keep the relationship healthy in the workspace a good understanding of the different perceptions that are brought upon any circumstance must be understood. Being in a relationship in the workspace brings a lot of different perceptions from each significant others relationship with any other person than.

Perceptions can be misunderstood due to a feeling of jealousy towards the person that is making you feel that way towards your partner. It is important to have an opened mind about the situations at hand because they could not be more than what seem. It is also important to be able to communicate accordingly with your partner to ensure that everything that is happening in the work space is brought to each others attention to keep the relationship healthy. Among every relationship in the military the thing that is affected the most is the emotions of both parties whether the relationship is a success or not.

In relationships whether they are long distance or not emotions is a big key factor that can be easily misunderstood by one another and can cause any relationship to end. In addition to any misunderstanding of emotions from any party it can cause an even bigger deeper emotional deficit because of the feelings that one person had for the other. In addition to having relationships in the workspace nonverbal expressions must be understood from each individual so a misunderstanding does not occur. The way non verbal communication can be expressed in the workplace can be in such way to let the significant other know how they feel.

Non verbal communication is very important because it can tell you a lot about a person or how they feel without the use of words. Not being able to communicate efficiently can cause the relationship to end or even worse it can cause trauma and headaches for everyone around them do to the animosity from them. While working in the same section it is essential the need to recognize how the usage of words can have an effect in the attitudes between couples. The need to watch what you say in the workplace has a big

<https://assignbuster.com/interpersonal-relationships-in-the-military/>

key part because not everyone wants to hear the love birds chit chat it up and be all over each other during work hours.

As soon as you come near the vicinity of the work building the individuals behaviors should switch to work mode and should stay that way until they leave the premises. During the work hours the individuals should conduct themselves accordingly and should adhere to each other like they would another worker. When individuals in the workspace dont know how to use words properly they tend to break the unit cohesion because it may hinder the ability to make proper judgment calls to avoid favoritism between the two. Their behaviors play a big role because they can cause others to feel uneasy having to deal with someone elses problems.

Not being able to control your behavior at work shows signs of unprofessionalism and not being able to be the go to person because you are not mature enough to keep your problems at home. The perception of relationships in the military plays a key role specially at work. Not being able to adhere or control the way a person perceives themselves towards another says a lot about the person and their self control. While maintaining a healthy relationship in the military finding strategies that will help manage interpersonal conflicts in the workspace will greatly enhance the way the relationship may progress.

Being able to manage conflicts in the workspace enables the individuals in the relationship to handle their problems at home or if a problem occurs at work he/she is able to handle them accordingly without letting it get out of hands. Problems at work occur all the time but being able to handle them in

such way that the units morale is not hindered in any way shows that you are able to find numerous strategies. While finding the right person may be hard from time to time.

It is highly essential that when deciding to choose and interpersonal relationship in the workplace whether it be in the military, corporation, or career field of your choice that both the individuals know how to conduct themselves accordingly and with the outmost respect for the rest of the coworkers. A respectful work environment should be established to prevent any form of favoritism towards one another in any way, shape, or form. That being said relationships in the military should be taken just like any other but with a closer look because there are more eyes on the both of you in everything that you do.