

Interpersonal relationships

[Life](#), [Friendship](#)



Relationship has many definitions. It can be defined as a connection, association, or involvement with someone or something; a connection between persons by blood or marriage; an emotional or other connection between people (eg: the relationship between teachers and students) or a sexual involvement/affair between two parties, male and female. The universal definition however, is a bond or connection between two parties. Interpersonal as the name implies, means “ between persons” Interpersonal Relationship therefore means a bond, connection or association, between two people or two groups of people. Online web source Wikipedia defines interpersonal relationship as “ an association between two or more people that may range in duration from brief to enduring. This association may be based on inference, love, solidarity, regular business interactions, or some other type of social commitment. Interpersonal relationships are formed in the context of social, cultural and other influences. The context can vary from family or kinship relations, friendship, marriage, relations with associates, work, clubs, neighborhoods, and places of worship. They may be regulated by law, custom, or mutual agreement, and are the basis of social groups and society as a whole. ” The forms of interpersonal relationships refer to the basis for which interpersonal relationships occur. Interpersonal relationships could be of any of the following forms: * Co-operation * Competition * Coercion * Exchange * Conflict They are explained below: 1. Co-operation: This is interpersonal relationship based on the presence of a mutual goal which both parties are willing and ready to participate in achieving. The formation of interpersonal relationships based on co-operation lies with the fact that the goal cannot be achieved individually, but

with the help of others. As the association between these people grows, so do their relationship with each other. An example of this is the relationship between players in a sports team who are aiming to win a championship. 2. Competition: This form of interpersonal relationship formed amongst those competing against each other. They compete for a certain achievement and as such get to understand each other's weaknesses and strengths in a bid to conquer their opponents. Thus, an inter-personal relationship is formed. When it brings about joy, it is said to be healthy competition, while when it brings sadness, it is unhealthy. 3. Exchange: This is the commonest form of interpersonal relationship, one based on mutual feelings or the rewards received from both ends. It is based on an interchange of one thing for another. For example, a relationship in a family is established by default when the parents provide for the needs of the children and in return are rewarded with good behavior and good grades in school. Other examples include reciprocal love established by two parties. 4. Conflict: As the name implies, this form of interpersonal relationship is based on disagreements of various kinds. Political instability, social disorder, religious bigotry, poverty, deprivation of human rights, etc. It is a negative form of interpersonal relationship 5. Coercion: Coercion is the action of making someone do something that you want to be done, usually for your own benefit alone and not necessarily the benefit of the individual. This is interpersonal relationship on the basis of force or use of force. This is a kind of master-slave relationship. It is primitive and should not be encouraged. On the basis of types however, interpersonal relationships can be classified as * peer-to-peer, which is relationship among age mates or people of the same grouping

according to age/intellectual competence/work level; * man-woman or husband and wife; eg between parents and between lovers References *

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