

When going on to communication between friends, the following points should actua...

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Communication in relationships journal

Family communication is important as without it, the family will break down and will not function accordingly. In fact family systems are interdependent, manifested through communication, are nested and more than the some of their parts.

One of the most important elements in family communication is conversation. Lack of conversation indicates that the family is not functioning well and that there are problems in getting the message across. Often, families which do not have conversation as part of their communication system, fail since a certain amount of laissez-faire is imbued in and how this actually functions. It is also important to avoid top down communication as this creates rivalry and conflict which will result in eventual breakdown.

- Is the friendship a Youthful vs. Mature one?
- Long term vs. Short Term?
- Relationship oriented vs. task oriented?
- High vs. low disclosure?
- High vs. low obligation?
- Frequent contact vs. Occasional contact?

Communication patterns in friendship are obviously important for their success. So if the friendship is between a youthful and mature person, it is important to be careful that the mature person does not become overbearing when compared to the youthful one. Long term relationships need to be nurtured properly if they are to survive, and this is often due to good

communication whilst on the contrary, short term relationships are affected by tumultuous issues which lead to a breakdown.

One must also consider whether a relationship is conducive only for a specific task. This will affect the level of disclosure in that relationship as well as the level of obligation in same. Communication is also affected by contact and one should assess if this is frequent or occasional – this may also affect the levels of communication in a friendship relationship.

Messages

Disconfirming messages are also signs of bad communication as follows:

- Impervious response
- Interrupting
- Irrelevant Responses
- Tangential Responses
- Impersonal Responses
- Ambiguous Responses
- Incongruous Responses

The level of response varies from impervious to ambiguous. These are also very important for successful relationships as if the messages are to be assessed properly. Breakdowns in relationships are very often affected by irrelevant responses to messages and ambiguity is also very much a factor here. The importance of messages cannot be overstated.

On the other hand positive messages improve and nurture the level of relationships at ever level as follows:

- Recognition
- Acknowledgement
- Endorsement

Recognition helps in creation a situation where all those who participate in a discussion will feel that their point of view is being listened to.

Acknowledgement of ideas is also important for any relationship success.

Finally endorsement of a message is the biggest certificate for those who put forward their point of view.

Relationships also succeed when defensiveness is prevented and there are various ways and means of doing this as follows:

- Evaluation
- Control
- Strategy
- Neutrality
- Superiority
- Certainty

One should also, as much as possible respond assertively to messages which will enhance communication levels. Messages may be delivered in mixed order. You should also construct the message to suit your style and when appropriate combine two elements to a single phrase. Most important you should take your time to respond.

Works Cited:

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