

Interpersonal relationships and understanding its development psychology essay



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Interpersonal relationships develop daily throughout the world and have occurred throughout history. An individual must have the basic understanding of the individual's needs in which they are trying to connect with. In order to do this the individual must understand how others see them and also how they see themselves in relationship to the individual they are seeking to connect with. This is a game that we often play when developing interpersonal relationships, similar to Sherlock Holmes use of deductive reasoning. "An interpersonal relationship gets you nowhere," said my friend after I told him about my paper topic. To think of interpersonal relationship as evil is not logical. Through a review of literature on interpersonal relationships, I have identified key areas that are important to its understanding which include satisfaction, commitment to the relationship, and trust. There are general rules in which we develop interpersonal relationships that also include how we choose our romantic relationships. The purpose of this paper is to examine some of the areas of interpersonal relationships throughout the adult lifespan. Satisfaction, commitment, and trust all seem to be related.

Satisfaction is an area within interpersonal relationships that is important but difficult to understand. When individuals are satisfied with the direction in which their relationships are headed, they are able to continue the development. Webster Dictionary (2010) defines satisfaction as the fulfillment of a need or want. When looking at relationship satisfaction it has been shown to be correlated with other areas. Relationship satisfaction is an indicator of whether the relationship is being successful and provides stability with the parties involved. Murray, Holmes, Dolderman, & Griffin

(2000) stated that relationship satisfaction is linked to authentic perceiving through the other partner. People tend to focus their time on individuals positive qualities. As many individuals get to know the people in whom they engage in a relationship with, they are being to notice behaviors that are potential trouble for them such as negative attitudes and bad attitudes. It is traits such as these that cause insecurities within the relationship. It is at that time that the individual starts to question if the person is who they thought they were and is worth their time of continuing the relationship. Even though all the questions that the individual has, including negative doubts, the individuals still remains realistic and hopeful about their relationship.

When individuals are not satisfied with their relationship, it often leads them vulnerable and open to hurt and disappointments. At the start of most relationships, individuals experience the excitement of getting to know each other and the joy of the honeymoon period. Although relationship satisfaction decreases during the early part of the relationship, it has been documented that it may increase later in life after the individuals get to know each other better. There are events that happen in one's life that impact the individual's relationship satisfaction. For example, a death of a friend might lead to the beginning to an emotional shut down, which may result in not allowing for new people to enter into your life. Difficult life events may lead to relationship difficulty and stop or prevent satisfaction.

Satisfaction is important when understanding the development of relationships. Satisfaction is different when looking at it across different

relationships. Although the relationships may be different, the individual may be looking for different satisfaction from the relationships.

Commitment within a relationship is a gray area. It involves whether to get involved with a certain person for a short period or long period. An individual can commit to engaging in a relationship with a person without completely caring about the person. Commitment involves making the decision to choose to keep a relationship with the person or to end it. In romantic relationships it has been shown that increase passion is linked with increased intimacy (Campbell et al., 2007). When it comes to commitment, the individual must determine what aspects of the relationships wants or allows them to commit. In some situations it is the physical affection that contributes to the commitment. In other situations it is the individual satisfaction that allows them to commit. While some relationships are develop slowly, there are many that develop rapidly.

As stated earlier, commitment directly affects whether a relationship will continue or ended. It has been documented that commitment is expressed through communication and experience over time. It is important to keep the lines of communication open with any relationship. Feelings for an individual promote commitment in many ways. One is through deeds, words, and nonverbal communication. As commitment between the two individuals grow so does the relationship between them. Commitment has been researched to show the persistence in relationships and it is also the predicator of the behaviors that the individuals involved will continue to display.

According to Tran & Simpson (2009) less committed individuals experience more negative outcomes with the people they are insecurely attached to. The individuals desire to maintain the relationships affect on commitment as well as their behavioral reactions. Personal commitment is the sense that one wants to stay in the relationship. One must ask themselves if they are real interested in keeping this individual as a part of their life. Once one has answered that question, it must be determined the aspect of commitment constraints. Constraints refer to factors that reinforce staying in a relationship (Rhoades, Stanley, & Markman, 2010). Types of constraint commitment involve perceived which is internal or external factors that are keeping one in a relationship with the individual, material constraint which are investments that keep the individual in the relationship, and felt constraints that are external pressures that force one to remain in the relationship. With all three of these constraint commitments, it helps the individual determine the length of the relationship as well as the relationship adjustment. Constraints are the things that lead to ending relationships and that are involved as relationships grow.

Commitment in relationships is an area that varies with each individual and depends on the individual preference. Making a commitment to an interpersonal relationship is a major decision that many of us struggle with. Many times the question about commitment arises in dating relationships. This is not determined by being led by the other person. With most interpersonal relationships, unlike other relationships, does not require one to give up choices when making a choice to commit. Commitment often times brings security to the relationship and shows that trust actually exist.

A person's attraction to be around the other person is what helps with the development of a relationship. It is the scene of mystery about the individual or getting to know the individual that helps to form that attraction. When individuals spend time with the other, they begin to see a pattern of satisfaction that is similar to an attachment. One would think that an attachment is natural and a part of life, others may believe that it is based on people experience. Attachments are not a part of commitment but often times can lead to commitment. Commitment can bring security to the relationship and decrease anxieties.

Trust is an area that is hard to build but easy to destroy. Trust is something that develops over time. It is a gem in any relationship. Trust can be the foundation that determines if someone is satisfied and will commit. It is something that promotes comfort in the heart of two people and is developed based on experiences that the two individuals have with each other. When someone knows that they can depend on the person that they are in a relationship with then that is the center of trust (Simpson, 2007). Trust is an area that is built on investing time with each other.

Trust is learned during infancy and as we grow we enhance of sense of trust through various experiences. As we grow, we make the choice to trust and see it through. It is an area that is built on our engagements of the world. Individuals have learned to provide trust based on others actions and behaviors. While counting on individuals to be responsible and fulfill your expectations, trust is formed. For an individual to trust it requires them to be confident in themselves and the other person.

One area in building trust in a relationship is time. Using the time that one have with each other to learn about each other is important. When an individual is able to learn the other person likes and dislikes, joys and pains, and favorites then trust begins to form. A major reason why many relationships fail is because they start off wrong. Both individuals do not communicate enough to know enough about each other or know what each other expect.

Trust makes the individual feel secure and confident about the other person. This will also create satisfaction about the relationship instead of the potential negative behaviors. Trust is developed and kept between individuals that share common values and attitudes often. Individuals will begin to develop and maintain trust with the focus and consistency of the other individual.

As one creates new interpersonal relationships, trust is an essential piece to the development. Quality interpersonal relationships between the two individuals recognize that trust is a main characteristic in its ability to function properly. Kramer & Cook (2004) suggest that learning to trust the individuals helps make all parties involved feel safe. A person behavior communicates that the lack of trust and plants the seed of doubt in the person mind, creates fear in the individual seeking the relationship.

Individuals like to believe that others are reliable. When people behave and display the desired outcome of the person seeking the relationship, they are able to trust them. One must be able to believe that the things that one's says and does are true. This is important to the understanding of trust. Trust

within relationships is taking the risk of being accepted by the individual in the beginning of the relationship. In any relationship the individuals show that trust is the respect of other's feelings.

Besides looking at the individuals trust, it can be important to know the other's feelings about trust. Trusting that one is a caring individual who is responsible in their relationship obligation offers the individual a sense of worthiness. Sometimes with trust the individual may sacrifice.

The development of interpersonal relationships is important. Most people live to have successful interpersonal relationships. Individuals are born into relationships and continue to form many relationships throughout their lives as they continue to grow. The importances of interpersonal relationships are reflected daily in the media. Individuals allow others to influence their relationships. Relationship satisfaction, trust, and commitment have shown to be important factors in its survival. Relationships often will fulfill a variety of the individual needs.

There is an old age saying that "birds of a feather, flock together", many individuals like to associate themselves with individuals that they can relate to. Research has shown that if the individual is less satisfied with their relationships they will not commit to it and lack trust. Once the individual has begun to establish a relationship other factors come into play. Relationships are at the central existence of individuals lives. Many individuals invest a lot of time and energy into their commitment to the relationship. Over time individuals find ways to connect with the individuals that they are associated

with. Individuals link their relationship satisfaction to their psychological well-being (Canevello and Crocker, 2010).

Real solid interpersonal relationships contribute to both individuals well-being. Interpersonal relationships are built on emotional well-being and attachment (Levy & Orlans, 2003). While American's view of interpersonal relationships appears to be changing daily, it is also stays consistent. It is important to understand the role of trust, commitment, and satisfaction within interpersonal relationships.