Improving Family Relationship

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**Introduction**

 Man is a social animal who cannot survive alone and needs to get into some relation for social security and emotional support. Relationship is the connection that could be both physical and emotional. Relationship could be also defined as something that involves people who are attached with each other. There could be various types of relationships and it has been seen that there are mainly two types of relationships sexual and non-sexual. It has been seen that non-sexual relationships have always played more important role as they involve family, friends or acquaintances (Galvin,et,al,2015). By taking a look at the history of relationships it could be seen that the term relationship was first used in general philosophy and has complex and long history. Taking a look at the traditions it has been seen that history of the relations started with Aristotle when he first used the term relative in ***Metaphysics*** and that meant as the double of the half. Talking spiritually, it won’t be wrong to say that history of relationship is as old the history of human, as Adam and Eve were the first who presented a relationship of being husband and wife.

**Body**

 Relationship has been considered one of the most important things for the development of the personalities. Interpersonal communication is the main thing that helps for developing relationships. Family being the basic unit of society has been considered as the first institution for an individual. Internal personal communication is a process in which there is an exchange of message in relationships and its range vary from relation to relation. The closeness and intimacy of relationship defines what type of communication would be there between relationships (Sznitman,et,al,2019). There have been many researches done on relationships and their effect on health. From the researches it has been proven that unmarried males and females are at more risk of losing their morality than those who are unmarried. Family interaction directly effects the health and the well-being of the people because if people have good interactions with their families then it is very likely that they are going to be healthy then those whose interaction with their families is not healthy.

 Illness is also being related to family. This is because stress that is caused due to conflicts within families can inadvertly affect the health of not only elders of the family but of the children’s as well leading them to fall victim to various diseases. In most of the cases when a child becomes ill, the whole family become stressed. Healthy family interaction is the only thing that must be spotted for understanding the reasons behind family clashes and disputes. According to Fraenkel, Markamn and Stanely another concept that is getting popularity in present world is of primary prevention strategies that are being made for reducing increasing number of divorces (Segrin,et,al,2011). Divorce is one of the main things that cast unhealthy and drastic effects on children as the separation of parents would never have positive effects on the upbringing of children. There are always a number. of other programs that train people so that they their marriages could work for longer period. Family interaction and the interpersonal communication are the two main things that are going to define strength of any relationship.

 Behavioral Parent training is another major concept that has been introduced when family relations are concerned. This training help parents how to deal with daily life difficulties and challenges. Researches have shown that behavioral parent training helps people in coping with the issues that fades away family love and affection. Being an adult child I have personally experienced that family disturbance could disturb children a lot as whenever my parents have any arguments I get really disturbed.

 There are clear evidences that family abuse and violence has increased in these modern times and this has become a root cause of many social challenges. It is considered as a dysfunctional communication behavior that shows drastic consequences on the life of all the family members. According to Cahn, when in any family violence and abuse is being witnessed, in most of the cases it has being seen that perpetrator considers him /her powerful by showing violent and abusive behavior (Koerner,et,al,2002). In such cases, victim knowing the value of their relationship and having feelings of love and realizing commitment with partner refuse to depart or end the relationship. Social situational/stress coping theory explains abuse and other types of violence that shows lack of family cooperation and resources leading to stress. For example any family with low income and disabled members could be under real structural stress that would also affect family relationships.

**Conclusion**

 So as a whole, it could be concluded that interpersonal communication is important for keeping the relationship healthy. There are various theories, concepts and researches that show family members should have interaction that would minimized their internal differences. This would help them in relieving and courageously facing their internal and external stresses. This is also supported by psychology and sociology that family is the support system of any individual as emotional support is important for surviving in this world. Family communication has been severely damaged because of violence and abusive behavior that cast hazardous effects on children who start losing respect for family and become a victim of isolation. Most of the social problems are because of the lack of interpersonal communication. Taking in account the present conditions of relationships and family communication many programs have been introduced that help in improving family communication that would directly impact family relationships. It won’t be wrong to say that such techniques should be introduced that would improve interpersonal communication so that members would convey their feelings in a better way and it would be easy for other members to understand what one is going through.

References

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