

An Investigation into the Concept of Interpersonal Communication: The Art of Establishing Personal Connection

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Abstract

Interpersonal communication is the sharing of information between two or more people. People interact with one another in this little social institution to develop morality, communicate, and share messages. They establish strong associations by meeting in person to talk about meanings and messages. Affinity and bonding are cultivated through spoken words, gestures, eye contact, accent, vocal and non-vocal signals, and touching. In today's world, men are reluctant to discuss their problems with others because of a number of issues that have arisen during this communication process, such as poorly conveyed messages, slow responses, and interactions that don't give people an opportunity to express their opinions in a way that makes engaging with others difficult. Two people are required for interpersonal communication. Without a dyad, a connection cannot exist. Interpersonal communication might therefore take place between a couple, a pair, or even adversaries. In order to determine the nature of the relationship, it is the responsibility of both individuals in a dyad to interpret the interaction. The relationship ends if one person leaves, at least for the time being or until they can get back together.

Keywords: Interpersonal Communication, Relationship, Dyad, Personal Connection, Necessity

Introduction:

Information exchanged between two or more individuals is known as interpersonal communication. Interaction in a variety of interpersonal contexts, including those between family members, peer groups, and coworkers, is another aspect of interpersonal communication. In human life, interpersonal communication is crucial for motivation, achievement, teamwork, and fulfillment. Nowadays, people only communicate with each other through social media and cell phones. Men in the present world are reluctant to talk about their troubles with others, but they enjoy doing so on social media and with friends, but the issues remain unresolved. The necessity, significance, and difficulties of interpersonal communication are emphasized in this paper (Chacko 2021).

History and Interpersonal Communication: Numerous academics consider the early 1910s research of Georg Simmel and other sociologists to be the origin of the field of interpersonal communication studies. Topics like social connection kinds, dyad features, interaction rituals, and secrecy provide the groundwork for comprehending how individuals interact on a more intimate level. In the 1960s and 1970s, interpersonal communication was formally established as a subfield of communication studies and as a subject to be researched alone, as opposed to as a supporting or auxiliary field to be studied in conjunction with other forms of communication. By the late 1970s, a number of theories pertaining to

interpersonal communication had emerged, the majority of which involved psychological components of interpersonal interaction, although many of the early studies of interpersonal communication were a theoretical. By the 1990s, the subject of interpersonal communication had given rise to a number of interest groups within academic associations, and researchers were paying close attention to various forms of interpersonal communication, particularly social contact and family communication. As computer-mediated communication, interpretive qualitative studies of relationships, and biological components of interpersonal interaction have gained popularity in the twenty-first century, this study has persisted (Manning 2020).

In social groups or at business, interpersonal communication might take place. However, the basis of interpersonal connection is frequently found in the family, which is the fundamental unit of human existence and consists of individuals who interact in small groups. Therefore, face-to-face contacts between spouses, parents, siblings, children, and other relatives by blood are included in the family context of interpersonal communication, but they are not the only ones. In this little institution of society, people engage with other family members to learn how to communicate, exchange messages, and form morals. They physically meet to discuss meanings and messages, forming strong associations. Spoken words, gestures, eye contact, accent, vocal and non-vocal cues, and touching are all used to foster affinity and bonding.

1. Necessity or Significance of Interpersonal Communication: Interpersonal communication defined as a dyad communication and proved its importance by this that it happens within two people which means we need someone to share our emotions, ideas, thoughts. Let's take a look that why it is the necessity of life.

1.1. Interpersonal Communication is an Ongoing Endeavor: The degree to which we develop and demonstrate interpersonal skills determines how effective our connections are with others. How each person approaches and processes interpersonal communication depends on their culture, gender, surroundings, and personal objectives. Every new relationship makes us more at comfortable interacting with people who are different from us in terms of attitudes, life experiences, and viewpoints, in addition to those who share our traits.

1.2. It Takes Two to Communicate Interpersonally: When it comes to interpersonal communication, two people are needed. It indicates its unique nature. It is difficult to have interpersonal conversation without another person being involved. Thus, a couple, a pair, or even enemies are the parties to interpersonal communication. There is no relationship without a dyad, and there is no communication between individuals without a relationship. This implies that if one partner leaves the relationship, it ends—at least temporarily or until they can reconnect.

1.3. The Focus of Interpersonal Communication is Relationships: Based on the number of participants, the formality of the exchange, and the chance to provide and receive feedback, we differentiate one form of communication from another. It is the joint duty of the two people in a dyad to interpret the interaction in order to ascertain the nature of the relationship. Therefore, interpersonal communication occurs whenever we speak with someone else, be it a close companion, parent, fellow worker, or boss (Julia T. Wood 2014).

1.4. Presentation Proficiency and Interpersonal Effectiveness: Higher education must provide graduating students with the soft/essential skills that will increase their competitive advantage in the job market and for advancement, according to recent experts and practitioners. Knowledge-based resources encompass all of the intellectual skills and knowledge that employees (and graduating

students) possess, as well as their ability to learn, grow, or acquire new information that would improve their performance levels, as claimed by Hitt and Jackson in 2003 (Okoro 2017).

1.5. Confirmation and Projection of Identities: "People constantly create their personalities or characters as they go through life by working with and reconciling the raw material of their social situation." At the forefront of this effort is communication. Through our encounters, we develop and shape who we are. In this way, identity is a reality that is formed in our interactions with other people rather than just something we express. According to Guerrero et. al. in 2018, the practice of acting in a way that persuades others to accept the specific self-image that is being offered is referred to as impression management and self-presentation. Creating the correct impression can lead to a number of potential benefits. In addition to monetary gains, it can result in social advantages including authority, companionship, and approval (Hargie 2022).

2. Challenges of Interpersonal Communication: The Latin term communicate, which meaning to participate, inform, or make something common, is the root of the English word communication, according to Politiko in 1982. The process of transmitting and receiving symbols with meaning is what he defined as the communication process. He also said that every message that the communicator sends to the communicant is intended to persuade the communicant to think in a way that the communicator desires. The message does not reach the intended audience if the intended effect is not achieved (Hastuti 2024).

2.1 Unwillingness to Share: People who are reluctant to express themselves find it difficult to interact with others, meet with them, form bonds, and other forms of interpersonal contact. Having a busy lifestyle makes it difficult to build wholesome relationships with other people.

2.2 Interpersonal communication in times of necessity: When people are in dire need, such as when their families' financial circumstances prevent them from continuing to provide services, they no longer contact with one another. They occasionally speak only when absolutely necessary otherwise, they neglect or abstain from public activities. They don't always reach the highest levels of their lives because of this mindset or intimacy.

2.3 Insufficient confidence in social interactions: Individuals are not confident in their capacity to engage in interpersonal communication. They are reluctant to talk to them because they feel humiliated, especially when they are in person, since every person has a unique set of communication abilities. While some people lack the courage to speak directly, others do. They become confused and defamed simply for acting in such an insecure manner in a social setting.

2.4 Communication Concern: People's relationships with one another are not always seamless; some conversations do not go well, and not everyone understands what is being said. Interpersonal communication involves messages being sent from one person to another, and not all interactions go as planned. Numerous challenges emerged during this communication process, including inadequately communicated messages, delayed responses, interactions that don't give people a chance to voice their thoughts or argue, and telephone communication habits. Since the response you receive when speaking on the phone is indirect and the communication you conduct cannot be effective (Nurjati 2021).

2.5 Disclosure of Self: Boyle & O'Sullivan in 2016 said that the usage of self-disclosure, in which individuals divulge private information about themselves to others, is another issue with interpersonal communication. During a literature review on self-disclosure by Jiang et al. in 2010,

found that self-revelation of private thoughts, feelings and emotions' is common on social media and social networks, according to data from different writers. It usually involves personal information that is typically kept secret from the majority of people. People do not distinguish between those who receive such sensitive and personal information, so excessive self-disclosure is viewed as undesirable. Sharing private, intimate details about oneself encourages intimacy and reciprocity in relationships, even when those people are complete strangers (Venter 2019).

3.0 Conclusion:

Humans frequently take for granted their capacity for meaning sharing and communication. A distinctively human action is shown by interpersonal communication. For example, as described by Chasi in 2015, humans share, give, and inform through communication in a different way than animals do. According to Burger in 2015, a "meaning-centered approach to communication" is when two or more people discuss their opinions or feelings about a problem until they come to a "shared meaning" or mutual understanding. Giving and receiving feedback is essential for meaningful contact. Fundamentally, humans are social creatures. For them to live a meaningful life, they must be connected to others. Feelings of loneliness and isolation may arise from sitting by oneself or engaging in the web chats, depriving the individual of a crucial component of being truly human. Warmth, social presence, and a sense of belonging are frequently lacking when there is no communication or merely online discourse. Group engagement, social gatherings, and face-to-face contact may be preferable ways for people to interact when their emotions, sentiments, attitudes, and intents are all intertwined.

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