COMMUNICATION AND EDUCATION TECHNOLOGY

INTERPERSONAL RELATIONSHIP

UNIT II

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Definitions of Interpersonal Relationship

- Nursing is a therapeutic process & demands an association between the nurse & the patient.

- Interpersonal relationships refer to reciprocal social & emotional interactions between two or more individuals in an environment.

- Interpersonal relationship is defined as a close association between individuals who share common interests & goals.

PURPOSES OF INTERPERSONAL RELATIONSHIP

I.   Interpersonal relationship for an Individual

- Personal growth & development

- Source of enjoyment

- Sense of security

- Context of understanding

- Interpersonal needs

- Establishing personal identity

Contd…

II. Interpersonal relationship for nurses

- Building a positive functional multidisciplinary team
- Improving intra-and/or inter-team communication, coordination & cooperation
- Building mutual understanding & cooperation
- Understanding self

Contd…

III. Interpersonal relationship for patients

- Developing a sense of security & comfort

- Fostering trust & cooperation

- Facilitating communication

- Improving socialization

TYPES OF INTERPERSONAL RELATIONSHIPS

- Interpersonal relationships are classified based on relational contexts of interaction & the types of mutual expectations between communicators.

Contd…

Some common types of interpersonal relation are:

Friendship	**Platonic relationship**
Family & kinship	**Casual relationships**
Professional relationship	**Brotherhood & sisterhood**
Love	**Acquaintances**
Marriage	

Contd...

- **FRIENDSHIP**

Theories of friendship emphasize the concept as a freely chosen association where individuals develop a common ground of thinking & behaving when they enter into the relationship by including mutual love, trust, respect & unconditional acceptance for each other.

Contd…

- **FAMILY AND KINSHIP**

- Family communication patterns establish roles & identify & enable personal & social growth of individuals.

- Family relationships can get distorted if there is an unresolved conflict between members.

CONTD...

- **PROFESSIONAL RELATIONSHIP**

- Individual working for the same organization are said to share a professional relationship & are called colleagues.

- Colleagues may or may not like each other

Contd…

- LOVE

- A informalized intimate relationship characterized by passion, intimacy, trust & respect is called love.

- Individuals in a romantic relationship are deeply attached to each other & share a special bond

Contd…

- **MARRIAGE**

- Marriage is a formalize intimate relationship or a long-term relationship where two individuals decide to enter into wedlock & stay together life-long after knowing each other well

Contd…

- **CASUAL RELATIONSHIPS**

- In these relationships, the individuals usually develop a relationship that exclusively lacks mutual love & consists of sexual behavior only that does not extend beyond one night.

- These individuals may be known as sexual partners in a wider sense of friends with benefits who consider sexual intercourse only in their relationship.

Contd…

- **BROTHERHOOD & SISTERHOOD**

- Individuals united for a common cause or a common interest (may involve formal membership in clubs, organization, associations, societies, etc.) may be termed as a brotherhood or a sisterhood.

- In this relationship, individuals are committed to doing good deeds for fellow members & people.
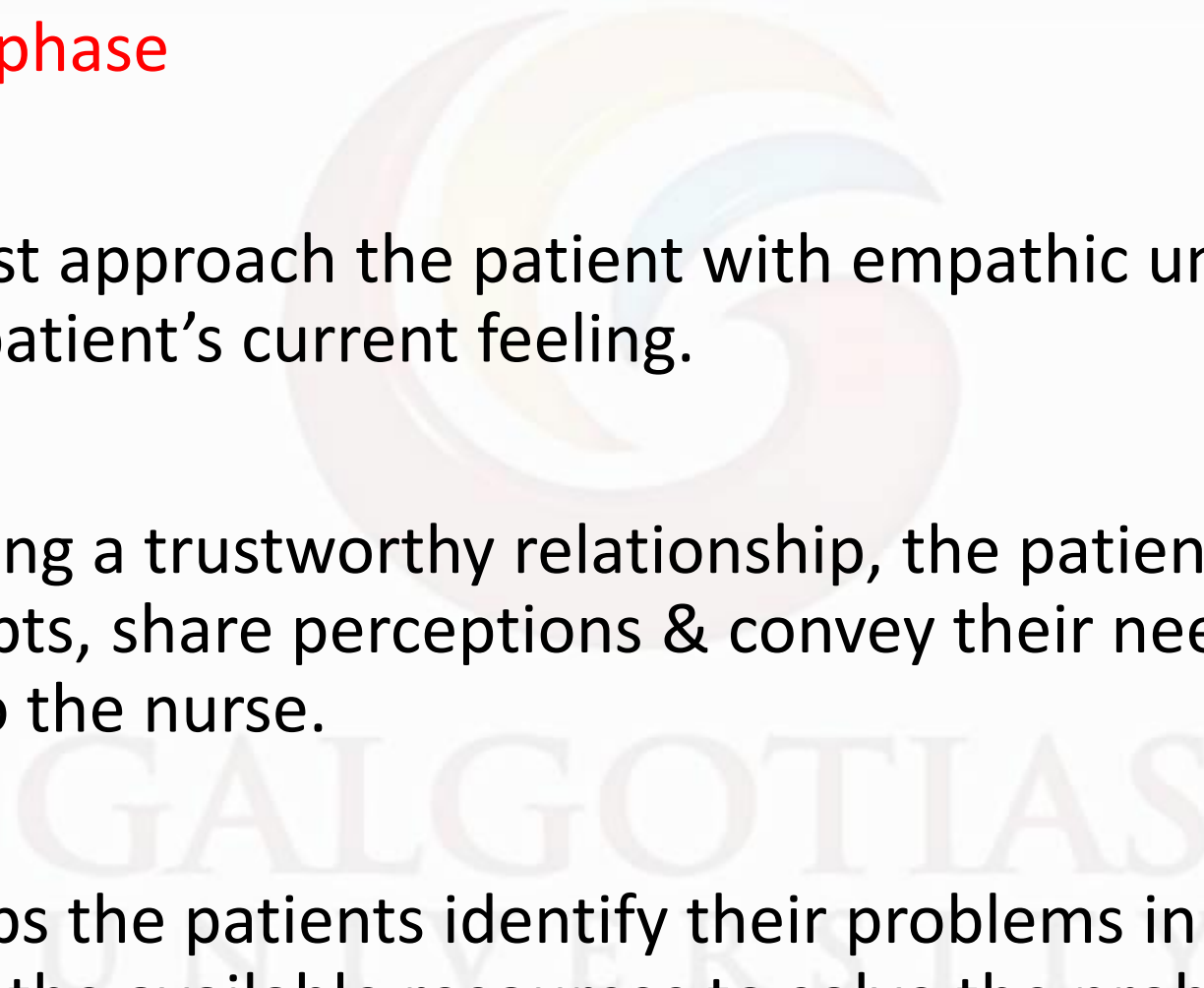
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- ACQUAINTANCES

- An acquaintance is a relationship where someone is simply known to someone by introduction or by a few interaction.

- There is an absence of close relationship & the individuals lack in-depth personal information about other.

- This could also be a beginning of a future close relationship.

PHASES OF INTERPERSONAL RELATIONSHIP IN NURSING

- ORIENTATION PHASE

- Start with an initial encounter with nurse & patient.
- The pact formulation begins between the nurse & the patient.
- The nurse clarifies his or her roles & responsibilities within the therapeutic boundary to the patient.
- The Nurse identifies the patient's problem & settles on the type of nursing services needed.

- Identification phase

- The nurse must approach the patient with empathic understanding to perceive the patient's current feeling.

- After developing a trustworthy relationship, the patients start clarifying doubts, share perceptions & convey their needs & expectation to the nurse.

- The nurse helps the patients identify their problems in their own context & use the available resources to solve the problem.
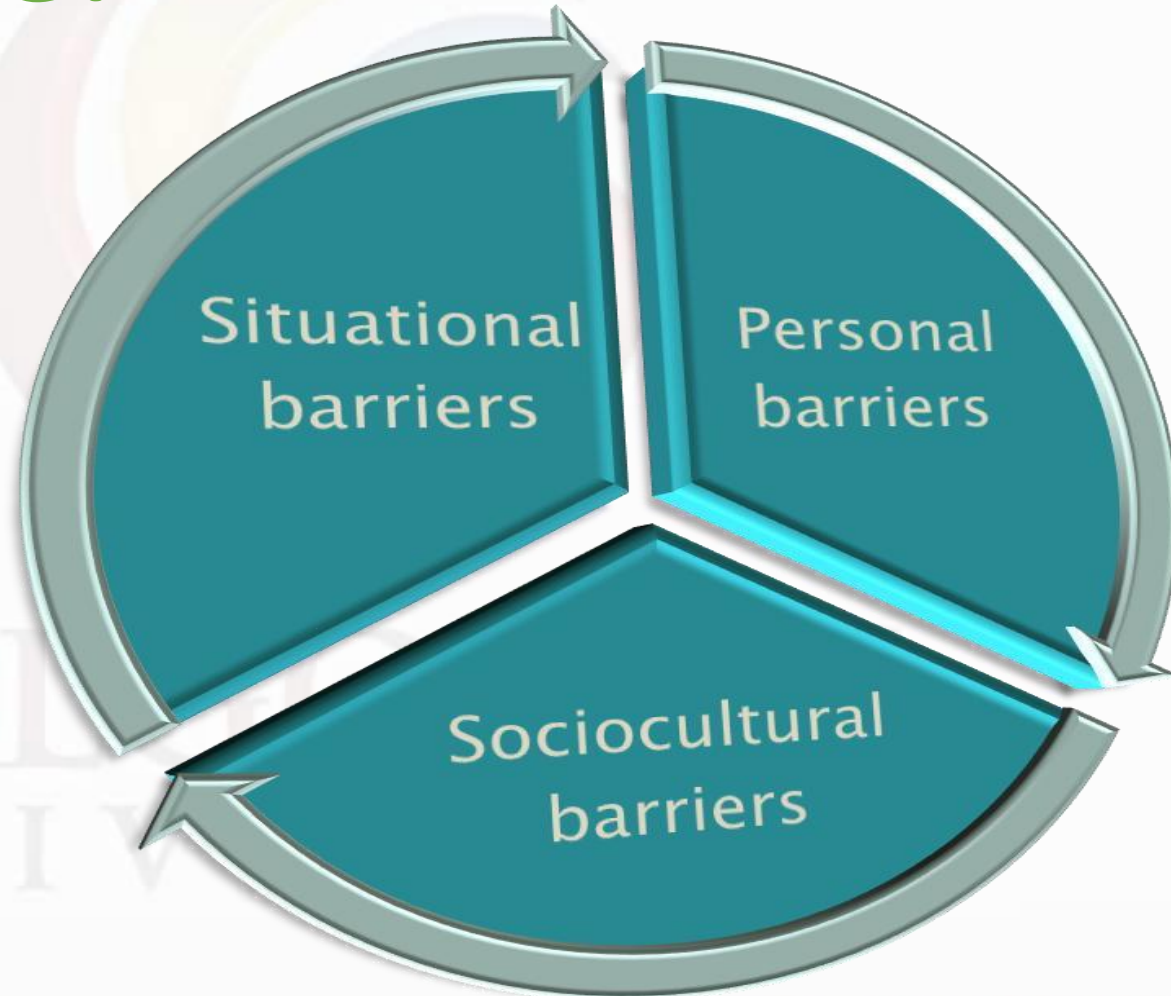
- Exploitation

- The patient's self esteem will be boosted by having feelings of belongingness.

- In this phase, the patient are made to understand the problems by exploring all available avenues to solve the problem.

- The nurse can help the patient by extending minimal professional assistance to learn how to solve the problem

- Resolution phase

- The patient starts using all the available resources in spite of making requests to others to extend help

- Finally the patient is able to deal adequately with his or her problems.

- This is the termination of the professional relationship that begins with convalesce &rehabilitation stage of hospitalization
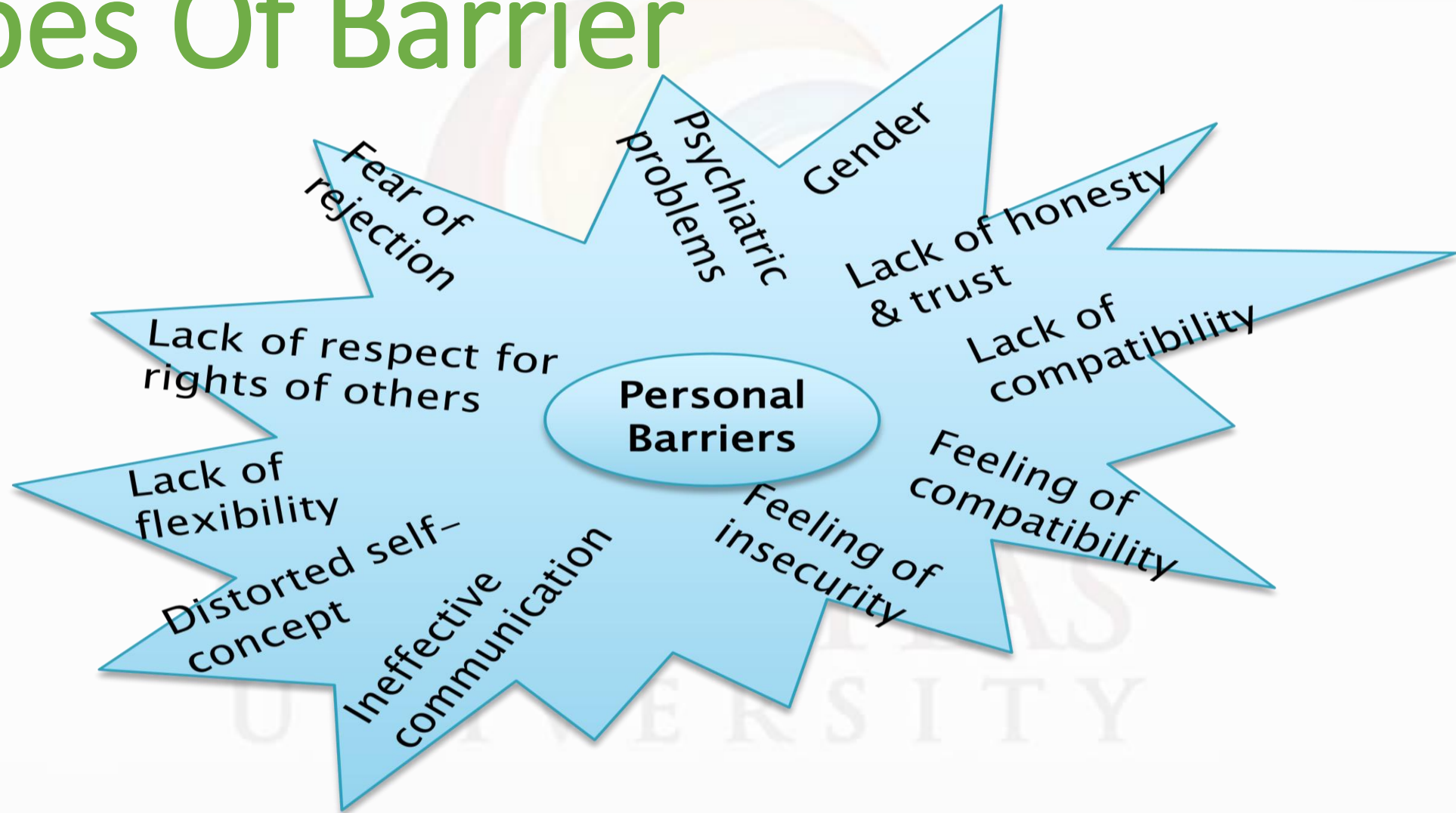
Types Of Barrier

Types Of Barrier

Personal Barriers

- Fear of rejection
- Psychiatric problems
- Gender
- Lack of honesty & trust
- Lack of compatibility
- Lack of respect for rights of others
- Feeling of compatibility
- Lack of flexibility
- Distorted self-concept
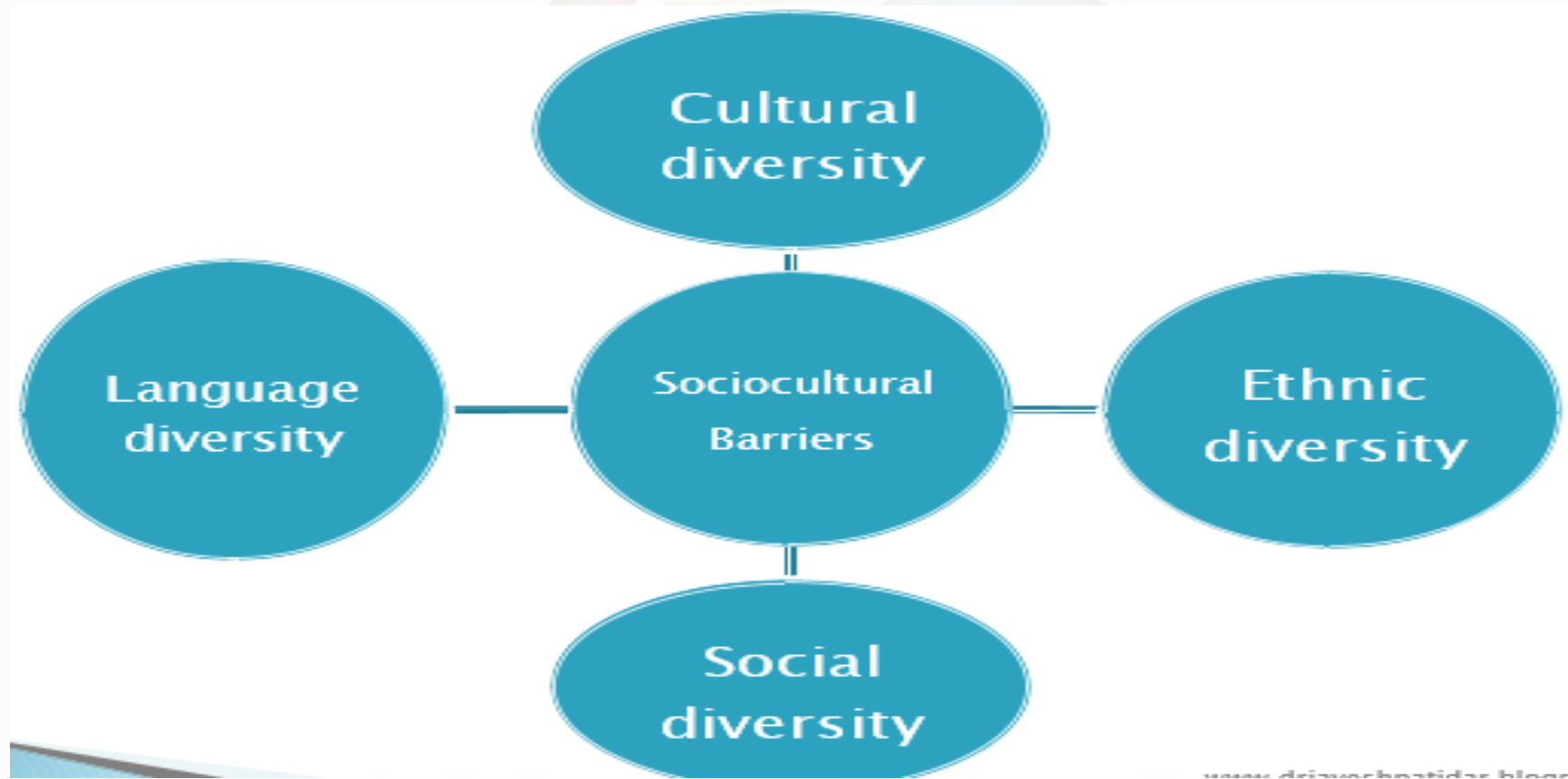- Ineffective communication
- Feeling of insecurity

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Situational Barriers

- Complex interaction settings
- Adverse environmental situations
- Lack of territoriality
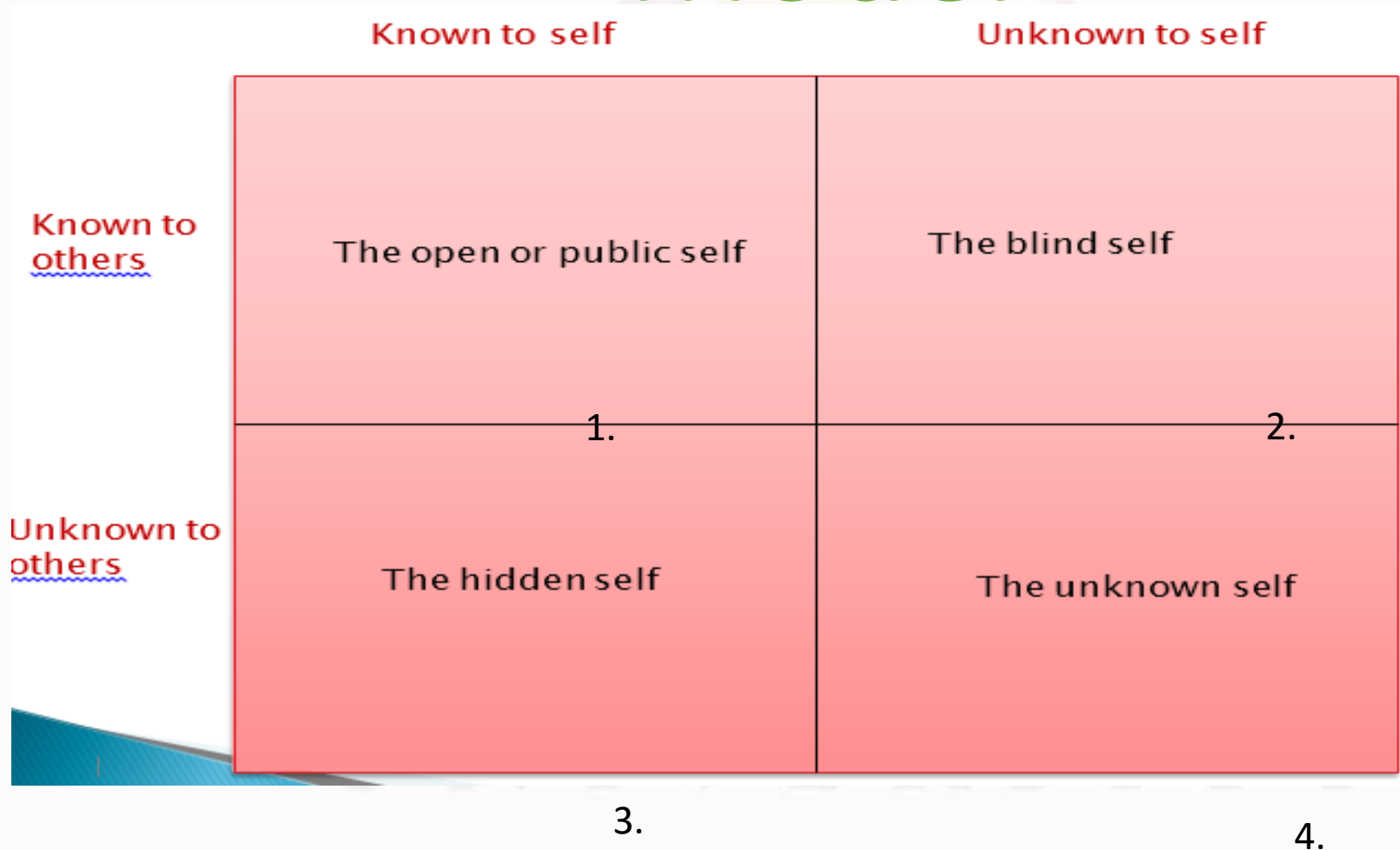- High density of individual
- Large distance
- Lack of time

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JOHARI WINDOW MODEL

- The johari window model is a simple & useful tool for illustrating & improving self-awareness & mutual understanding between individuals within a group.

- The johari window terminology refers to self & others.

- Self refers to the person subject to the Johari window analysis & others refers to other people in the person's group or team.

- The Johari window model represents self awareness of an individual towards himself or herself, & later on become a widely used model for self-development by helping the person understand & learn about improvement of communication skills & IPRs

Model

	Known to self	Unknown to self
Known to others	The open or public self	The blind self
Unknown to others	The hidden self	The unknown self

1.   2.

3.   4.

Contd...

1. The open or public self

- The upper left quadrant of the window represents the part of the self that is public; that is, aspect of the self about which both the individual & others are aware.

Contd…

2. The blind self

- The upper right (blind) quadrant of the window represents the part of the self that is known to others but remains hidden from the awareness of the individual.

Contd…

3. The hidden self

- The lower left quadrant of the window represents the part of the self that is known to the individual, but which the individual deliberately & consciously conceals from others.

Contd...

4. The unknown self

- The lower right quadrant of the window represent the part of the self that is unknown to both the individual & to others.

FUNCTIONS OF JOHARI WINDOW MODEL

- It has become a widely used model for understanding & training self-awareness & personal development & improving communication, IPRs, group dynamics, team development & inter-group relationships.

- It puts emphasis on soft skills, behavior, empathy, cooperation, inter-group development & interpersonal development.

- It can also be used to improve an individual's relationship with others or a group's relationship with other groups.

- The model is a simple & useful tool for illustrating & improving self-

Contd...

- The Johari model can also be used to assess & improving self-awareness & mutual understanding between individuals in a group

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- The Johari window actually represents information – feelings, experiences, views attitudes, skills, intentions, motivation, etc. - within or about a person in relation to their group from four perspectives.

- The Johari window provides a useful way to graphically visualize the process of self-disclosure.

Any query?

Thank You

QUIZ

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