SOCIAL RELATIONSHIPS: AN EVOLUTION IN ADULTHOOD

Dr. Radhika Kapur

ABSTRACT

For the progress and wellbeing of the individuals, development of social relationships is important. Formation of social relationships takes place between individuals, belongingtodifferent backgrounds and categories. Forming social relationships in an effective manner and establishing communication terms with each other proves to be beneficial to the individuals, belonging to all age groups. The formation of emotional bonds takes place first with members of the families and then at a later stage, an individual begins to develop ties with teachers, friends, colleagues, supervisors and employers. The people whom oneis close to, especially those with whom he spends time during the childhood stage, are significant in forming ones attitudes, behaviour and beliefs. The main purpose of this research paper is to understand the significance of social relationships and how they influence the wellbeing of the individuals. Emphasis is placed upon this aspect with regards to the individuals, belonging to all age groups.

Keywords: Social Relationships, Individuals, Communication, Social Norms, Behaviour,Society, Wellbeing

INTRODUCTION

Societies are the realms of social relationships, which can be dealt with and observed from different perspectives and viewpoints, each of which intends in a better or lesser degree, to define, elucidate and, within some theoretical variables, acquire the understanding of characteristics, dynamics, structures and processes of the complicated human societies. The social world is theexistence and a paradoxical unidentified factor, since it demonstrates and withholds, displays and surpasses, agrees and recollects, produces and subtracts, enhances and weakens, equals and distinguishes, though with outstanding distinctions in accordance to the implementedschemes. The theories, principles, policies, beliefs, ideas and practices attempt to get to know, to understand or transform this complicated social space through different perspectives and ways to come to terms with it. It must be admitted that, in spite of all kinds of accomplishments and disappointments, these are forms of knowledgeable methods to social universes, which are difficult to investigate and transform (Labourdette, 2007).

For individuals belonging to all age groups, it is vital to recognize the significance of social relationships. Loneliness is stated to be a chronic and a distressful state, which hampers the psychological mind-sets of the individuals. As an individual reaches the age of four years, he recognizes that outside the home, also there is a world, which they have to get acquainted with. Social relationships, an individual begins to create when he gets enrolled in a nursery

1

school and this concepts continues to exist in an individual's life, till the adulthood stage. Social relationships are mainly formed outside the home, an individual's teachers, supervisors, employers, colleagues, friends, and community members are primarily included in one's social relationships. When establishing social relationships, there are certain areas that need to be taken into consideration. An individual has to follow the norms, values and ethics that are essential to form peaceful and trustworthy relationships and terms with each other.

SIGNIFICANCE OF SOCIAL RELATIONSHIPS

Social relationships are referred to as the processes of learning values, beliefs, norms, ethics, ideas, practices and roles; it is about becoming a socially aware and socially skilled member of the society. Social status of an individual and the multiple interdependencies that he gets compelled to form within the societymay impede the effectiveness of enforcement devices (Binzel, & Fehr, 2010), hence, it is vital for the individuals to be cautious of aspects that need to getimplemented in social relationships. In such situations, transactions will depend on the principal's information or knowledge about the agent's type, i.e. whether the agent is trustworthy or not, as well as on his social preferences.From the stage of early childhood, when the child begins to learn, he is first of all acquainted with the significance of social relationships. He begins to recognize his mother and other family members, then when he grows up he gains familiarity with teachers, relatives, neighbours, and friends. In order to acquire an adequate understanding of social relationships, it is essential to understand the meaning of socialization. There are two kinds of socialization, primary and secondary (Social Influences on Health and Wellbeing, n.d.).

Primary Socialization –The primary socialisation of an individual as a member of society initiateswithin the family, during the stage of early childhood and infancy. A child's family mainly comprises of his parents, caregivers and siblings. These are known as managersof primary socialisation. They usually train and familiarise an individual with the standards, norms, valuesand expectations of the society, the individual learns to differentiate between what is appropriate and what is inappropriate, he or she learns basic social skills, such as the importance of saying please and thank you and ways to put into practice proper conduct before the individuals and especially when one goes outside the home. Young children are taught how to behave normally so that they can become accepted members of the social groups and the comprehensive society. Primary socialisation also has an important impact on a child's ways of thinking and their expectations of people outside of their family.

Secondary Socialization - Secondary socialisation takes place from the stage of later childhood onwards and continues throughout the life of the individuals. It involves learning a range of new skills, approaches, outlooks and attitudes, and also bringing changes within the existing approaches, values, morals, standards, principles and behaviours. The individuals, with whomsecondary socialisation is implemented, primarily include,friends, neighbours, community members, teachers, professors, instructors, supervisors, trainers, employers,

2

colleagues, workers, helpers,faith leaders, such as priests, andsocial workers. One developsand bringsabout changes in their behaviour and perspectives as individuals as a result of getting enrolled in educational institutions, getting a job and spending time with individuals, who are not family members.For example,schools, mass media, workplaces, friends and peer groups in the present existence,contribute an important part in the secondary socialisation, shaping the person that one turns into. The process of secondary socialization continues throughout the life of the individual.

HOW SOCIAL RELATIONSHIPS GET FORMED?

The processes of socialization are sometimes thoughtful, considered and easy to perceive. Socializing and forming social relationships are not difficult or cumbersome processes. When a child recognizes the outside world, when he starts going to school, when friends and relativesmake a visit to their homes, then he gradually becomes acquainted with them, establish communication terms and begins to form social relationships. Parents and caregivers, as well as siblings and other people, who have a close relationship provide information to the individual, regarding how he should behave and conduct himself, when he goes into the outside world. The family is stated to be the first and foremost institution that trains the individual, how to socialize and form social relationships. The agents of socialisation make an attempt to form and develop the child's approaches, values, norms and behaviour to enable them to fit in with social norms. Social relationships can also get formed in more refined ways too, these are, when a young person learns from the example being set by a parent or sibling or when they are appreciated for behaving in a way that conforms to what is expected and is acceptable within society (Social Influences on Health and Wellbeing, n.d.).

When an individual gets enrolled in educational institutions or training centres, his main purpose is to learn, to acquire an effective understanding of the concepts or any other skill ordexterity. In order to enhance his understanding, do well in examinations, tests, class assignments or homework assignments, he has to form social relationships with teachers and fellow students. In higher educational institutions, when the individuals are pursuing their masters or doctoral programs, it is essential for them to form appropriate social relationships with professors, supervisors, fellow students and other staff members. Forming appropriate social relationships with these individuals, would contribute in an effectual manner in enhancement of their careers and obtain the desired educational qualifications. On the other hand, lack of effectiveness within social relationships, may prove to be barriers within the course of acquisition of guidance, knowledge and information.

After completion of education, individuals desire to obtain a good job. In organizations, it is imperative for the individuals to obtain appropriate terms and social relationships with employers, supervisors, managers, colleagues, and subordinates.Work environment emerges from the formation of social and interpersonal relations between the members of the organization. It is the result of formal and informal interactions and

3

discussions and negotiations among employees, and between employees and management, through which the patterns of conduct, attitudes, approaches, and perspectives are defined as authentic. Over time, agreed upon activities and behaviours get transformed intoroutines, norms, and institutions that give organizational members a shared meaning or understanding of the workplace and the job duties that they are required to perform (Saksvik, Hammer, &Nytro, 2013).

There are numerous benefits of social relationships within the organizations, such as promotional opportunities, better performance of job duties, adequate understanding of methods, enhancement of productivity, job satisfaction, and adequate pay and benefits. The employment opportunities are considered as the primary means that enable individuals to sustain their living, an individual may leave jobs, whenever they desire or they may be in their jobs for long term, therefore, in order to perform job duties in an appropriate manner and incur job satisfaction, it is essential for the individuals to maintain social relationships with other members of the organizations. Social relationships mainly get formed in educational institutions and organizations by communicating in an effective manner with each other, having mutual understanding, and trust and implementing the traits of honesty, decency, morality, principles and ethics.

EFFECTS OF SOCIAL RELATIONSHIPS

A wide range of socialising agents contribute towards the formation of social relationships that run through the whole of the human life course, having a major impact on an individual's personal individuality, associations, relationships and behaviour. Social relationships have an influence upon,what the individual becomes and how he is able to contribute towards the wellbeingof the society, as well as most of the lifestyle choices and behaviours (Social Influences on Health and Wellbeing, n.d.).

Gender Roles - Gender refers to the behaviour and the outlook that a society expects from men and women. The gender expectations that are imposed upon girls and boys during childhood and adolescence have a stronginfluence on the kind of people, men and women become. In western societies, girls are socialised to express the feminine qualities, such as being kind, sympathetic, caring and gentle. This leads to assumptions about gender roles, such that women are meant to perform the household chores, look after the children, prepare meals and get engaged in non-manual work. On the other hand, men are socialised to show masculine features such as, being energetic, forceful and strong. They were meant to perform manual jobs and also get engaged in other employment opportunities and contribute to earn a living.

This leads to assumptions that men usually go to work, get engaged in physical and manual jobs and take decisions. Parents, schools, friends and the media, all play an important part in gender socialisation. The gender expectations that an individual experiences have an impact upon the way their identity develops, how they relate to others and the opportunities that may be open to them. The viewpoint that boys and men should experience better opportunities than girls and women, especially in the acquisition of education and

4

employment, is not correct and women and girls should also be made available equal rights and opportunities in education and employment. However, gender does play an important part in an individual's intellectual, social and emotional development,the reason being, ideas about socially acceptable ways for men or women to behave remain strong within the society.

Attitudes, Values and Social Norms - Parents are considered as the main socialising influence upon the individuals. They are the ones, who teach their children how to form social relationships with individuals, when they go into the outside world, whether it is an educational institution, employment setting or community. In particular, children learn basic attitudes, cultures, values and norms from their parents as well as from the experience that they gain as they grow up. Individuals absorb and learn norms, principles, attitudes and values from their parents or caregivers through, what they hear their parents say, observing the way their parents respond and behave and listening to what their parents tell them about how they ought to behave and think. For example, if individualsobserve their parents statingprejudiced attitudes about a minority group, they are likely to observe this behaviour and the attitudes being articulated as acceptable. Individuals are not born with discriminatory attitudes towards others, they learn or acquire them through what they see, hear and experience from others.

Social Norms and Behaviour –In order to form effective social relationships, it is vital to take into consideration social norms and behaviour. When an individual possess adequate knowledge of social norms and positive behavioural traits, then he is able to form a wider social circle, and inculcate an approachable nature.It is apparent, within the society, the individuals, who are amiable, people take pleasure in interacting with them. On the other hand, the individuals, who are secluded and do not express interest and enthusiasm usually have weakened social relationships. It is vital from the initial stage, parents and family members should make the person understand the differences between what is appropriate and what is inappropriate. When he becomes acquainted with all the acceptable behaviours, he is able to differentiate between right and wrong.

Most of the parents demonstrate what they see as acceptable social behaviours so that the child may replicate them. For instance, criticising and using inappropriate language against anybody is not proper, hence, family members should avoid this at home. It is vital to speak positive and good things regarding other individuals. These norms then become a characteristic of the child's social behaviours inside and outside the home. The parents, who inspire and strengthenopen-minded behaviourswithin their childrenare more likely to raise a tolerant child than a parent, who does not value tolerance or who neglects this aspect of their child's behaviour. When a person's parents show less respect or are antagonistic to those in positions of authority such as, teachers, supervisors, managers, employers, the person is likely to absorb this kind of attitude. When this happens, the individuals usually develop negative feelings and are unlikely to form effective social relationships.

Making Moral Choices –As the individual grows, he learns to make moral choices by identifying the differences between what is appropriate and what is inappropriate. In social relationships, these experiences can help the individuals to make moral choices and maintain

relations only with those individuals, who are moral, ethical and principled. The knowledge regarding these aspects are usually acquired from parents, teachers and other experienced and professional individuals. Individuals usuallyfollow the rules and policies,for the reason that they will avoid being punished and they will receive rewards. The principles of morality that are taught or demonstrated by the parents tend to have a major influence on individuals, who aspire that they will always follow the path of righteousness and truthfulness.

In higher educational institutions, forming effective social relationships, would enable the individuals to make good career choices. There are individuals, who come to educational institutions from other regions, and for them effective social relationships would certainly prove to be productive. Upon completion of their education, they aspire to obtain a good job, therefore valuable guidance, ideas and suggestions from professors and supervisors would enable them to obtain a good employment opportunity. Effective social relationships enable the individuals to makeproper decisions, for instance, there have been many cases, when individuals consult their friends, supervisors, and teachers, which leads to generation of awareness and information to take the right decisions.

Lifestyle and Behaviour - Most people live their lives as part of a family at some point during their early life. Parents are considered as powerful role models and influence progress and lifestyle selections in both thoughtful and direct ways. When an individual forms his social relationships, then in most cases, his family members are aware of and guides him in case there are any negativities involved. There are a range of other socialisation factors that can also influence an individual's lifestyle choices. These include, for example, when and in what way,individuals enterinto an employment setting or experiences unemployment, particularly, when they are young.Individual'sselection of career and the subsequent choices, they make in developing their career, whether theyselect the use ofprohibited substances, which are all likely to have a damaging effect on health, whether they marry or develop a long-term relationship and the extent to which this contributes to their health and wellbeing.

An individual's religious beliefs or participation in an alternative lifestyle, such as communal living, environmentalism or veganism, and the extent to which a person participates in sportsor gets engaged in physical activities and uses medical and health care services to maintain their health and wellbeing. The ways in which these and other factors develop a communication to influence personal growth will vary. However, as a general rule, anindividual's lifestyle and the influence this has on their health, development and wellbeing is strongly affected by the development of social relationships.

The Influence of Social Relationships on Health and Wellbeing - Primary and secondary socialisation can form an individual's health and wellbeing in different ways. The positive influences of socialisation includes, learning effective social and relationship-building skills, developing self-confidence and self-esteem, learning effective practical skills to deal with daily life situations, developing encouraging, positive attitudes and values and learning basic problem-solving and managerial skills. However, not everybody has optimistic early socialisation experiences, in other words, there have been cases of individuals, who in the initial stage are secluded and do not participate within the social setting and when they

6

grow up, then they recognize the significance of social relationships that they are crucial to live a fulfilled life. Negligent, inconsistent or ineffective social relationships can lead to the development of poor social skills and negative self-esteem. It is vital for the individuals to ensure that when they are forming social relationships, they are proving to be beneficial to them and leading to their wellbeing. Similarly, unconstructive and negative experiences of education or employment settings in which colleagues are unaccommodating, critical or even unfavourable can destabilise a person's self- confidence, leading to a variety of emotional worries and mental problems.

INFLUENCES OF SOCIAL RELATIONSHIPS ON INDIVIDUALS

There have been cases, when maintaining social relationships prove to be stressful and cumbersome to the individuals. They give rise to various obligations, which the individuals have to fulfil. They are thought to have an impact upon the individuals, both in a positive and in a negative manner. On the negative side, social conflicts are stated to be the common cause for stressed environments, both within the home and outside the home in educational institutions and employment settings. On the positive side, social relationships have numerous benefits, including facilitating the motivation to care for oneself and for the family members, allowing for more effective regulation of emotional responses and providing support and assistance during the time of need (Cohen, 2001).

People create different types of relationship at various stages of their life. Family relationships tend to be the most important during infancy and childhood. There is then a regular transformation in adolescence as friendships become more important, though emotional support from within the family and from other supportive caregivers is also indispensable for the effective growth and development of individuals. A whole range of new personal and working relationships are formed as the individual advances into adulthood. The social relationships of the individuals have been classified into four categories, these are, family relationships, working relationships, social relationships and intimate and sexual relationships(Social Influences on Health and Wellbeing, n.d.).

Family Relationships - There are many different types of relationships in a family structure. Whatever type of family structure a person lives in, the maintenance of social relationship with parents, siblings and other family members will contribute a major part in his development, health care and wellbeing. Relationships with grandparents and other relatives, such as aunts, uncles and cousinsare also important within family relationships. An individual's approaches and outlooks about family and the norms, values and ethics,which they acquire and implement in their lives in relating to others within the family contribute an important part in the relationships they develop with others outside of the family during each life stage. The various types of family structures include, lone-parent family, nuclear family, shared-care family, same-sex family, extended family, foster family, adoptive family and blended or step family. An individual's family relations develop and change as they progress through different stages of their lives.

7

Working Relationships - Working relationships are different as compared to other forms of relationships.The reason being, this relationship assists in a particular, non-personal purpose, it is about getting a specific job done and in meeting organizational goals and objectives. Most of the working relationships are formed between individuals, who are not of equal status.One person usually has more power or authority in the relationship than the other, the individuals, who are superiors and subordinates form working relationships. Relationships between teachers and students, between employers and employees and between colleagues within the working environment are examples of working relationships. Appropriate working relationships require trust, respect, honesty, co-operation, reliability, mutual support, clear communication and sharing of information and shared goals. Effective working relationships have the main aim of working in collaboration and in achieving the goals of the organization. They can lead to higher self-esteem, positive self-image, development of new skills and understanding, a positive sense of self-confidence and a clear sense of personal identity.

Social Relationships - Social relationships are voluntary, they are made out of choice by individuals, who are not related to each other, the main reason usually is, they take pleasure in each other's company and feel that forming relationships would enable them to share their joys and sorrows. Friendships and membership of religious and secular groups are examples of social relationships.The term friend is the most common that is made use of in social relationships. There have been classification of four types of friends, social friends, they usually have shared interests and values and normally belong to the individual's age group; social friends are usually formed in places where the individual works or studies. Associates are the individuals,whom one meets from time to time and know casually. Close friends are the ones, with whom the individual regularly interacts and shares all kinds of problems, they are just like family members and provide each other support and assistance. Acquaintances are the individuals, whom one knows but they do not spend much time with each other. They are communicated with in a formal way, in case one has any kind of requirement or need.

Intimate and Sexual Relationships - People usuallybegin to take interest in personal relationships in their early teens. Adolescents usually become familiar with intimate and sexual relationships, when they study in co-education and they experience infatuations during puberty. This can be emotionally stressful and in some communities, it is not even considered appropriate. The individuals are of the viewpoints that adolescence period is the time to concentrate on studies and think about future development. But there have been cases of most teenagers, who make use these experiences to learn more about the expressive aspects of relationships and to extend their understanding of their own needs and preferences. There has been prevalence of child marriage, in some communities, when girls and boys are married, before they have attained the age of 18 and 21 years respectively. When girls get married at an early age, they are compelled to get engaged in intimate and sexual relationships. This is in most cases worrying, to both girls and boys. When it is the time to acquire education, play, focus on skill development,develop effective communication terms and social relationships,

and individuals are compelled to get engaged into intimate and sexual relationships, then it imposes detrimental effects upon their lives and wellbeing.

INFLUENCE OF SOCIAL RELATIONSHIPS UPON HEALTH AND WELLBEING

Health and social care workers are aware that formation of social relationships influencesthe individual's experiences of health and wellbeing. Research studies that show the connections between social factors and health refer to the patterns of experience within a large population of people, such as a social class. There may be individuals within a social class, whose health experience does not follow the universaltendency or arrangement. However, the main point is to understand the general arrangement or tendency that is revealed by research. The influence of social relationships upon health and wellbeing of the individuals have been identified with respect to the following factors: (Social Influences on Health and Wellbeing, n.d.).

Education - Educational experiences are part of secondary socialisation. Friends, colleagues and teachers in schools or colleges, all have an influence upon an individual's attitudes, values and behaviour in relation to their health and lifestyle. Acquisition of education is viewed as a positive influence upon the health and wellbeing of the individuals. Through education, one is able to generate knowledge and awareness, regarding the significance of social relationships and development of effective communication skills. In addition, individuals are able to understand, how social relationships help in maintenance of good health and wellbeing.

Income and Wealth - Income refers to the money that a family or individual receives on a regular basis. People generate income through getting engaged in employment opportunities, pension payments, welfare benefits and other sources, such as investments. Wealth refers to the assets and resources that people own. People with high incomes tend to generate greater levels of wealth than people with low incomes. An individual's or a family's income and wealth, and the things they spend it on, have an effect upon their quality of life and health. As a result, people from wealthy families tend to have better opportunities to make the most of their capacity and to reduce their health risks than people belonging to low income families.

Values and Behaviour – It is vital for the individuals to form appropriate behavioural traits and inculcate values in order to live their lives successfully. Within the home as well as outside the home, when theindividuals depict the traits of morality, decency and ethics, then they would be able to augment their social relationships. Implementation of appropriate values and behaviour will enable the individual to form social relationships in an effective manner. Lack of values and inappropriate behavioural traits lead to bringing about communication terms between individuals to an end.

Occupation and Social Class –Well paid employment opportunitiesare the ways in which most adults not only in India, but throughout the world generate income and sustain their living. However, some jobs provide better income and working conditions and have a greater status as compared to others. A person's employment status determines hissocial class within the community. People in higher status employment are distributed to higher social class groups, and vice versa. Individual'sprofessions may influence their self- concept, personal development and expose them to working situations that have an impact upon their health and wellbeing.

Culture - Culture is a multifaceted and wide-ranging social influence on health and wellbeing, it can affect ones dietary choices, types of social relationships and general health beliefs. One often take these cultural aspects for granted and just think of them as being the rightway of doing things. However, in multicultural societies, cultural differences do result in different forms of health and wellbeing. There are differences in the cultural traits between communities and individuals. The family of the individual is the foundation that transmits the cultural traits to the individuals, helps them in recognizing their significance and how they should be put into practice in an efficient manner.

Family and Peers - The family is often viewed as the foundation of society because of the primary role it plays in human development. The relationships with parents, brothers and sisters ensure that oneis provided for, supported and protected as one grows and develops. An individual's familyprovides him with informal education and socialisation during infancy and childhood, supports himenthusiastically, socially and financially from infancy through the adulthood and safeguardshis health and wellbeing by giving informal care, advice and guidance as he progresses through life. Peer groups influence a person's social and emotional development and affect their sense of wellbeing. Adolescents often want to belong to a group of friends and would want to be appreciated, respected and accepted by their peers.

Media - The media, including newspapers, television, radio and the internet, have a strong effect on the ideas and images that people develop about themselves and their health behaviour. Media in the present world is regarded as a powerful means that contributes in the generation of awareness amongst the individuals and in making them more informative. Through media, the individuals who, belong to deprived, marginalized and socio-economically backward sections of the society are able to enhance their health conditions and wellbeing. These individuals are making use of technology to develop communication and social relationships.

Living Conditions - A person's living conditionsmakes provisionof physical shelter and protection. This is an important aspect for physical health and development. For instance, when the living conditions of the individuals possess adequate facilities and civic amenities, then one would be able to take care of one's health and wellbeing in an appropriate manner. On the other hand, lack of proper heating and cooling facilities, clean drinking water, shortage of electricity, under-nutrition, dampness and overcrowding can enable theindividuals, belonging to all age groups to develop health problems such as, illness, stress

and mental health problems. Individuals, who reside in overcrowded homes are more likely to get prone toaccidents.

APPROACHES NEEDED TO FORM SOCIAL RELATIONSHIPS

It is vital for the individuals to acquire understanding of relational models, especially when they are understanding the concept of social relationships.The important relational models are, generating own social action, getting familiar with the action of others, remembering and thinking about interaction, co-ordinating interaction, evaluating the actions of own, others and the third parties involved, structuringsanctions and redress and being inherently meaningful and motivated (Fiske, n.d.). There have been cases of individuals, who maintain their social relationships even for long term period. The various approaches that are important for the individuals to understand and implement in order to maintain their social relationships have been stated as follows:

Effective Communication – It is vital for the individuals to adopt effective communication skills with everybody, whom they are interacting with. Listening and responding are the main tactics that need to be taken into consideration, when communicating with others. When one is speaking, then others need to listen and give adequate feedback. Communication can take place in a verbal form or written form. Verbal communication can be face to face or over the telephone. On the other hand, written communication can be in the form of emails, messages, letters, notices, pamphlets, or any other written form. When one has received messages or emails, then it is essential that he should give prompt and concrete responses. On the other hand, inability to give replies, do not lead to strengthening of social relationships. The absence of effective communication does not enable the individuals to maintain social relationship for long term.

Caring and Sharing Attitude –There have been cases of individuals, when they have small families and are not in contact with many people. The individuals, who have large families and a wider social circle, learn to develop this attitude within and outside home. On the other hand, individuals, who do not have families and live alone, need to develop this attitude towards other people, whom they interact with. For instance, elderly individuals, who are solitary survivors, when their spouse and children are not around, they need to form social relationships with the community members. The other individuals, may include their friends, caregivers, relatives, and neighbours. Forming social relationships, enables an individual to recognize the need to possess a caring and a sharing attitude towards everybody. The individuals, who possess a caring and sharing attitude are considered as approachable and this attitude helps in augmenting their social relationships.

Truthfulness and Reliability – When an individual has to form social relationships, then it is fundamental that he should be honest, truthful, reliable and follow the norms, ethics, principles and values. In the maintenance of effective social relationships, it is vital for the individuals to be sincere and decent in their conduct towards each other. The individuals should learn to adjust to different situations and circumstances. On the other hand, the implementation of deceit, dishonesty and untruthfulness, does not enable the individuals to

11

form social relationships in an adequate manner. There are individuals, who live in isolation and do not express willingness in communicating with others. They mostly keep to themselves but are honest and reliable. Therefore, to form effective social relationships, it is vital for the individuals to possess willingness and enthusiasm to communicate with others in an efficient manner.

Peaceful Resolution of Conflicts – There have been numerous causes of the occurrence of conflicts between individuals within home as well as outside home. Conflicts do sometimes take place in educational institutions and organizations, but it is vital for the individuals to bring about their solutions in a peaceful manner. The occurrence of conflicts can be over major issues or minor issues, whenever, there is any kind of disagreement that occurs between the individuals, than it is vital that they should come to a conclusion in a pacific manner. Peaceful resolution of conflicts can be brought about by having mutual understanding between each other and taking into consideration the reason behind disagreements or differences in perspectives and viewpoints.

Curbing Anger and Frustration – When an individual goes into a social circle and interacts with a number of individuals, then it happens sometimes that one may say such things, which may not be appreciated by the other. In such cases, in order to form social relationships, it is vital for the individuals to curb their anger and frustration. The reason being, if one is of a short tempered nature and expresses anger, then he may bring an end to the communication terms. Therefore, in social relationships, it is vital for the individuals to remain calm. For instance, when helpers and caregivers are unable to perform their job duties successfully, then one should explain them the consequences in a peaceful manner, rather than expressing anger or resentment. Family members may forgive and forget each other, but in organizations and educational institutions, showing anger and frustration may have detrimental effects.

Personnel Appearance – It is vital for the individuals to have an appropriate personnel appearance, especially when they are going out into the community. The individuals need to wear proper and clean attire, dress neatly, hair should be tidy, and overall grooming should be done in an appropriate manner. When the personnel appearance of an individual is well maintained, then he will creategood friends and people will take pleasure in communicating with him. On the other hand, when one does not dress neatly or is not well groomed, then individuals do not enjoy communicating with him and in this manner, social relationships get weakened.

CONCLUSION

The individuals belonging to all categories and backgrounds need to acquire understanding of social relationships. In rural societies, research has indicated that individuals form communities, close ties and have strong perspectives regarding social relationships. There have been cases of individuals, who prefer to live in seclusion and just form communication terms with their immediate family members and not with relatives, friends or community members. On the other hand, there are individuals, who have large

12

families as well as create a wide circle of friends. In the formation of social relationships, it is vital for the individuals to possess effective communication skills, follow norms, values, ethics, principles and standards, implement conflict resolution procedures in an operative manner, be honest and truthful, develop a caring and sharing attitude, curb anger and frustration and have a decent personal appearance.

Effective social relationships have proven to be beneficial to the individuals, irrespective of their age groups, categories and backgrounds. Individuals are able to obtain adequate support, assistance and protection, they are able to take care of their health conditions and wellbeing, they are able to share their joys and sorrows with someone and they also contribute in helping an individual achieve his career goals. For instance, taking ideas and suggestions from someone regarding enrolment in educational institutions and employment opportunities. Individuals are able to augment social relationships, if they follow the traits of morality and ethics. On the other hand, lack of these traits may weaken social relationships.

BIBLIOGRAPHY

Binzel, C., & Fehr, D. (2010). Social Relationships and Trust. Retrieved June 01, 2018

fromhttps://edoc.hu-berlin.de/bitstream/handle/18452/4908/28.pdf?sequence=1

Cohen, S. (2001). Social Relationships and Susceptibility to the Common Cold. Retrieved June 01, 2018 from http://www.psy.cmu.edu/~scohen/ryffsing01.pdf

Fiske, A.P. (n.d.). The Four Elementary Forms of Social Relations. Department of Anthropology, Centre for Behaviour, Evolution, and Culture Centre for Culture, Brain, and Development Interdisciplinary Relationship Science Program. Retrieved June 02, 2018 from
https://pdfs.semanticscholar.org/3bd1/e2ae530b2e3e8d4163145c07c4ada4b0abc2.pdf

Labourdette, S. (2007). Social Relations and Power. National Council for Research in Science and Technology. Retrieved June 02, 2018 from http://www.scielo.org.ar/pdf/orisoc/v7/en_v7a02.pdf

Saksvik, P.O., Hammer, T.H., &Nytro, K. (2013). Social Relations at the Collective Level: The Meaning and Measurement of Collective Control in Research on the Psychosocial Work Environment. Nordic Journal of Working Life Studies, 3(3), 31-46. Retrieved June 01, 2018 from https://tidsskrift.dk/njwls/article/viewFile/26744/23516

Social Influences on Health and Wellbeing. (n.d.). Retrieved June 02, 2018 from http://resources.collins.co.uk/free/175966BTECHSCU4.pdf