

PSYCHOLOGY BEHIND GOOD COMMUNICATION AND BETTER RELATIONSHIPS

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Abstract

Relationships can never flourish if there is ineffective communication between parties. Good communication is the cornerstone of a successful, long-lasting partnership. An open and honest exchange of ideas and feelings is a sign of Good communication between spouses. Being vulnerable is a necessary component. It entails asking insightful questions of your spouse as well as listening to them intently and judgment-free by being in the moment. Respecting and understanding each other's boundaries and needs is more common among couples with Good communication skills. Furthermore, they are more capable of handling disputes in a healthy and productive manner.

Many individuals and couples find it difficult to communicate, despite the fact that it's crucial to keeping a healthy connection. Communication breakdowns increase the likelihood of arguments, misunderstandings, and upset feelings between partners in a relationship.

Fortunately, there are techniques for improving communication skills. You can develop healthy, useful, and successful communication skills if you have the correct techniques and resources. You can settle disputes and improve the ties that bind people in any kind of relationship by having strong communication skills. In order to improve your relationships, communication is crucial. This article explains what communication could entail in a relationship and offers doable strategies for improving communication.

Keywords: Good communication, Thoughts, Feelings, Healthy relationship, Honestly.

1.0 Introduction

The process of sharing information between two or more people is called communication. It can be expressed by writing, body language, nonverbal cues, or words. Maintaining a strong connection in a partnership requires open communication. It entails communicating with your

partner about your needs, wants, and feelings. It involves reading your partner's body language and reacting appropriately to the messages it conveys. Suler, J. (2011).

In order to communicate effectively, one must respect their partner's feelings, express themselves, and refrain from using derogatory or harsh language at all times. Open and honest communication strengthens the emotional tie between partners and fosters the development of trust. This is how communication in a relationship can be powerful. Afifi, W. A. (2017).

Clear understanding between us is made possible by the two-way exchange of thoughts, emotions, and information that is known as communication. It entails paying close attention when speaking and listening, appreciating one another's viewpoints, expressing empathy, and utilizing nonverbal clues and body language. O'Sullivan, H. (2013).

Relationship-building and relationship-improvement techniques include active listening, sympathetic remarks, clarifying directions, resolving misunderstandings, refraining from using derogatory language, and customizing conversations to the requirements of the listeners. Understanding one another's viewpoints and points of view is frequently the main goal of meaningful conversations as opposed to trying to outwit or outlast one another. Considering opinions from all parties promotes cooperation and trust since each person feels valued for their contribution. Kothe, E. J. (2010).

2.0 Benefits of Good communication in a Relationship

Any relationship must include open communication, according to Darcy Sterling, host of E! Network's *Famously Single* and a registered clinical social worker in New York. According to her, "the best measure of the health and fulfillment of the relationship is how well each partner can express themselves, their needs, and their preferences."

Studies reveal that talking to someone can not only help you voice your worries in a partnership but also facilitate problem-solving. Marriage and family therapist Sarah Epstein, who practices in Philadelphia and Dallas, says that effective communication is essential for keeping couples feeling like they are working together to solve difficulties rather than against one another. She also says that courteous and fruitful disagreements can be had by partners who communicate well. Sung, M. (2017).

In any relationship, having a clear conversation is important. However, Sterling points out that communication is important in all contexts. Some people may place more emphasis on the quality of communication in close relationships and have higher expectations of love partners than they do of family or friends. To ensure that relationships, romantic or otherwise, remain healthy, certain abilities must be upheld in order to keep lines of communication open. "The degree of communication in a relationship determines how fulfilling it is for both parties, and communication is essential to every relationship." Mollen, D. (2009).

3.0 Importance of communication in relationships

Whether it is between love partners, family members, or friends, effective communication is crucial to any kind of connection. Sustaining a robust emotional bond is contingent upon this. Couples are better able to comprehend one another as a result. It fosters constructive dispute resolution behaviors as well.

3.1. Recognize the needs and emotions of one another

In a relationship, each individual has needs and sentiments of their own that can clash with those of the other. Nonetheless, couples who communicate well are better able to comprehend the motivations and sentiments of their partner. The dynamics of disagreements and misunderstandings improve with increased clarity. Arguments and miscommunications become less abrasive and more productive when both parties feel heard and understood.

3.2. State their own requirements and emotions

Good communication requires self-expression between a couples. People sometimes find it difficult to be vulnerable, but in partnerships, it is necessary. Identifying and recognizing your feelings and needs from your relationship is the first step.

Ask yourself, "What am I feeling right now and why?" instead of reacting to the emotion. What does my spouse currently require from me? It's crucial to communicate yourself using "I" statements rather than "you" phrases. Speaking your mind is about you, not about what your partner does or does not do. Argyle, M. (2013).

3.3. Address disagreements

Good communication is necessary for conflict resolution. Too frequently, instead of pausing to consider our thoughts and feelings, we respond hastily to stimuli. We pay attention to the words,

deeds, or reactions of our spouse.

We should make an effort to comprehend our partner's motivations more fully in order to address their actions or reactions. In a quarrel, we need to be curious about our partner and ourselves in order to communicate effectively. Increased comprehension and the removal of personalization-related triggers can result from communicating by being more deeply honest in our expressions of truth and showing genuine curiosity about our companion.

3.4. Foster intimacy and trust

Any connection must be built on the foundation of trust. Everyone is looking for a stable, mutually beneficial relationship. A partnership cannot be secure without trust. Building trust requires the capacity to be open, truthful, and vulnerable. This fosters a closer bond between partners and raises feelings of security and closeness. As you learn to open up to one another and resolve challenging issues, trust will inevitably develop. Dirks, K. T. (2017).

3.5. Compassion and understanding for one another

Couples can better comprehend and react to one other's feelings when they possess the essential emotional abilities of empathy and compassion. The capacity to comprehend another person's viewpoint and emotions is known as empathy.

The urge to assist someone who is in pain or suffering is known as compassion. When a couple is empathetic and compassionate toward one another during trying circumstances, they can support and soothe each other. This may contribute to their relationship becoming stronger.

4.0 Types of Communication Styles in better relationships

Communication is typically divided into three types by researchers: aggressive, passive, Nonverbal Communication and assertive communication. Furthermore, nonverbal communication is a means by which individuals communicate with one other without using any words at all. Four distinct communication styles are listed below:

4.1. Assertive Communication

According to the experts, this is when you communicate compassion and a willingness to make concessions in order to meet your needs while speaking directly. According to Epstein, "Assertive communication involves clear, appropriate, respectful expression." "It originates from a clear understanding of what an individual needs."

4.2. Passive Communication

According to Sterling, when it comes to making decisions, people who communicate passively typically yield to others. Those who communicate passively usually make accommodations for others and steer clear of conflict. "They have a very long fuse, are very conflict averse, and are more likely to end a relationship than to speak up for themselves in it,"

4.3. Aggressive Communication

Advocating for your rights at the risk of potentially neglecting the feelings of others is a common component of aggressive communication. According to Sterling, someone who uses this strategy may have a low threshold for emotional discomfort and a tendency to become upset more easily than others. "When they are escalated, they feel pressure to settle the dispute right away, which usually leads to the situation getting worse because they are too focused on their feelings to consider whether their partner is willing or able to talk about it," the statement reads.

4.4. Nonverbal Communication

People can convey information about their wants, attitudes, emotions, and intentions without using words when they use this kind of communication. When employed in non-passive-aggressive ways, nonverbal communication can be a healing and educational tool for couples. According to Epstein, "good nonverbal communication looks like relaxed posture, mirroring body language, and eye contact while talking." However, learning to recognize some indications may take some time.

5.0 Strengthen Your Relationship with Talk-space

Studies indicate that Good communication is a reliable indicator of a fulfilling and prosperous partnership. Fortunately, you may try to develop solid, healthy communication skills even if you're not sure how to talk in a romantic setting just yet. You and your spouse can take a lot of actions to enhance your communication.

It can be intimidating to learn how to communicate with your spouse, particularly if you're unsure of what constitutes constructive communication. Online counselling for couples could be helpful if you're going through a difficult period. In therapy, you can collaborate to recognize harmful habits and discover strategies for improving communication.

Talkspace might be a good place to start if you and your spouse are prepared to make the

necessary changes in your relationship in order to make it healthier, stronger, and kinder where you both know how to communicate and respect one other's opinions. Talkspace is an online counseling platform that facilitates quicker, more comfortable, and economical work on issues including relationship communication. Because therapy sessions are conducted virtually, the process is straightforward and relieves the burden of cramming therapy appointments into already hectic schedules. Bodenmann, G. (2013).

6.0 How Can Good communication Strengthen Your Relationship?

Many benefits can come from having Good communication in a partnership. A partnership might end due of unclear communication, unfavorable body language, or indifference. Nonetheless, you can transform your relationship into a pure happiness by becoming an expert communicator. Here's how to do that:

6.1. Avoid Misunderstandings

Misunderstandings are nothing more than a circumstance brought on by a breakdown in communication. In addition, two partners may view a particular event from various angles. Things begin to get ugly when such delicate situations are not handled with caution. A mutually agreeable resolution can be reached by sitting down to discuss your disagreements and prevent misunderstandings. A happy existence is largely dependent on having healthy relationships with others.

6.2. Make Your Love Stronger

Everybody has a distinct definition of love. Nonetheless, when two individuals with disparate conceptions of love enter a partnership, they frequently express their differences to one another. It is foolish to assume that your partner will always share your views on the relationship when you are at odds with your own thinking. However, if you value and accept one another's viewpoints and resolve disagreements via skillful dialogue, your relationship will be strengthened for the rest of your lives.

6.3. Avoid Guess Work in a Relationship

It's possible that your job will ruin your relationship. The majority of disagreements begin with statements like "I felt," "I thought," and so forth. Managing a relationship based only on conjecture or hazy assumptions might backfire. You'll continue to do the things that really irritate

your lover. Furthermore, speculation effectively illustrates miscommunication, which is the inability to convey your ideas to others. When a relationship is pure, both parties can clearly hear and comprehend one other's heartfelt communication.

6.4. Maintains Long-Distance Relationships

Being able to communicate effectively becomes crucial in long-distance relationships. Long-distance relationships can be challenging to manage, but with time and consistent communication, they can endure and even grow. If not, partners may become aloof and lose interest in one another. In addition, the romance in the relationship begins to wane. As a result, you must be aware of the appropriate times and frequency of communication with your significant other. Even in short time, brief but thoughtful conversations can save a failing relationship.

7.0 Ways to improve communication and foster a healthy relationship

7.1. Pay attention more than you talk

While speech is sometimes assumed to be the only aspect of communication, listening is equally crucial. Effective listening is a vital component of Good communication. Our partners can tell we care about them and their experiences when we listen to them. We also obtain a deeper comprehension of their viewpoint, which might assist in settling disputes. The next time you converse with your partner, try listening with the intention of understanding rather than just responding.

7.2. Avoid making assumptions

Presuming to know what our partner is thinking or feeling is one of the main communication issues. Frequently, we carry out this action unconsciously. We might believe, for instance, that our spouse should be aware of our desires or that they are aware of how we feel about a certain issue. Conflict and misunderstandings may result from these presumptions. We ought to be inquisitive about our companions rather than assuming anything. This will ensure that there is no possibility of misunderstanding.

7.3. Aware of body language

Nonverbal cues like body language can convey more information about our feelings than words ever could. A furrowed brow or crossed arms, for instance, are signs of defensiveness.

Conversely, we can convey our interest and engagement in the conversation with open body language, which includes a casual stance and direct eye contact. Enhancing communication can be facilitated by being aware of our partners' body language as well.

7.4. Take breaks if needed

It might be challenging and annoying to communicate at times. Taking a pause could be beneficial if you start to feel tense or upset. This can involve anything from pausing the talk for a short while to taking a few deep breaths. Taking a pause can help you relax and clear your mind. It also allows your nervous system to settle. In order to let your partner know why you're taking a break and that you're not ending the conversation, it's critical to communicate with them.

In any relationship, communication is crucial. Building and strengthening the foundation of a relationship is never too late. In a relationship, there's no doubt that enhancing and increasing communication can enhance your bond. You can be certain that using these pointers will yield fruitful outcomes. Our goal in couple's therapy sessions at Healing Collective Therapy Group is to improve communication within a couple. Using this idea, we have assisted numerous couples in various types of relationships to grow closer and more intimate.

7.5. Willing to compromise

Every relationship will have moments when we have to give something up in order to find a solution that benefits us both. This can include choosing what to watch on TV or how we want to spend our weekends. In communication, it is crucial to make compromises since they demonstrate our willingness to meet our partner halfway. It would be useful to keep in mind that reaching a compromise doesn't mean giving in or succeeding, but rather finding a way to satisfy both parties.

8.0 Conclusion

In conclusion, relationships need to be built and improved, especially when there is disagreement. Effective communication is essential for this. In order to have effective communication, one must prioritize active listening, empathy, refraining from using derogatory language, and adjusting talks to the requirements of the other person. Empathy and mutual understanding are also necessary for effective communication. It's helpful to handle confrontations with composure and clear communication, employing techniques like sharing the

burden of speaking and listening, acknowledging one another's emotions, and summarizing assertions. Building solid connections and resolving problems can both be facilitated by courteous and productive communication. Remember that there is no end goal in sight when it comes to strengthening communication in your relationship. There's always work to be done, and you can revert to your previous routines. A successful partnership aims to make a long-term commitment to each other's communication improvement.

Good communication is crucial for establishing and maintaining good relationships, whether they are romantic or involve other types of interactions. One of the best ways to improve communication and deal with problems in happy marriages is through couples counselling. Couples therapy can help partners build a more solid and fulfilling relationship. When you provide a safe space for communication, instruct on successful communication methods, resolve communication obstacles, heighten emotional closeness, and encourage the development of long-term relationships.

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