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## Understanding Human Relationship: A Psychological Perspective

Dr. Qazi Asim Alam

Assistant Professor, Department of Psychology, Shibli National (P. G.) College, Azamgarh - 276001

Email id: [qaziasimalam@gmail.com](mailto:qaziasimalam@gmail.com)

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### ABSTRACT

*In the present day modern society human relationship has nosedived to its lowest ebb. Once the most sought after topic, now a days no one cares to discuss it. Human relation is an asset for any progressing and developing society. Modern day society has pushed this concept in the back and technological advancement coupled with new discoveries and inventions in the front. The question here arises as to why there is disturbance and conflict in the society inspite of its technological progress. The root cause here is to give weightage to the ignorance of human values. No society in this whole world can claim to be tension free. The main aim of selecting this topic is to find out the root causes and unearth the factors responsible for deforming this concept. Human relationship depends upon numerous factors out of which some are inhibiting in nature. A close look at the complete picture is helpful in examining the negative impact of modern day technological advancements on human relationships. The main focus here is to find out ways and means to bring to the fore degradation being experienced and efforts to bring about improvement in human relationships. In order to do so the foremost objective should be the in depth study of the society as a whole. Man to man relationship must be honest and without any self interest. All types of concern must be side lined in order to enjoy harmonious relationships. So many psychological aspects play an important role in determining human relationships.*

**Keywords:** Human relation, Asset, Society, Human values and Psychological aspects.

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### Introduction:

In actuality relationship is an interdisciplinary field which has a scientific foundation because of the use of scientific method in the study of interpersonal relationship processes (Finkel & Simpson, 2015). This study is the sine qua non for the observation of human relationships. In reality the concept of human relationship is there since man set foot on earth or since the very existence of this world. Due to its overlapping content this topic forms the basis of study in so many disciplines like psychology, anthropology, sociology economics and biology etc. and the researchers who are engaged in its study are from various professional areas which are either within psychology like clinical, social and developmental or outside of it like anthropology, sociology, economics or biology (Finkel et al., 2017). Overall it has been seen that researchers working in this area are psychologists by training. It is obvious that this subject matter attracts the attention of psychologists the most. Moreover, the basic theme of this field revolves around how to maintain good

intimate relationship like that of married couples, parent - child contact, friendships, social networks in particular and some other less significant social bonds such as that of colleagues and acquaintances in general (Reis et al., 2000). A glimpse at the description and its interpretation leads to some more important information about it in the form of the different types of relationships. Under it, it can be said that the social relationship being enjoyed by two persons will carry on only when they are interdependent but their behaviour should be interconnected and they have mutual influence over one another (Kelley et al., 1983). The different types of human relationships may be categorized in three different ways.

1. **Personal relationship.** It is that type of relationship where there are only two people both of whom recognize one another as unique and irreplaceable. Personal relationships may be seen amongst colleagues, acquaintances, family members and others only when requirements for developing this type of relationships are met (Bradbury & Karney, 1983).
2. **Close relationship.** The second type of human relationship is close meaning thereby strong bonding and proximity. Fletcher, 2002; Furman et al. 2002; Furman et al. 2014 found close relationship to be deep and meaningful interpersonal connections between two individuals that involve a high degree of interaction, communication and shared experiences. It can reflect in myriad ways, including romantic partnerships, friendships, familial relations and those relationships which are meaningful in the life of an individual (Metts, 1989). Out of so many types of close relationships, the relationships that are thought to be specially important are known by the name (child and romantic relationships) because of the unique emotional, psychological and social dynamics (Mills - Koonce et al, 2018). Attachment theory asserts that bonds developed during close relationships particularly in childhood greatly affect the individuals life long (Bowlby, 1969).
3. **Social relationship.** This type of human relationship is formed in social environment. The object of this type of relationship is based on system of social relationship meaning thereby becoming conscious in a social circumstance. Social relationship is an indicator of connections between individuals found in a social setup. It includes nature of interactions and the strength of contact. Such relationships can be interpreted in the form of the bond which bring individuals on a common platform having same set of social connections.

Throughout the whole life social relationships play central role in the development and maintenance of health, controls a lot of function like promoting health, advocating to maintain healthy behaviours extending support, encouraging the feeling of kinship and carrying forward security of being identified (Bandeira et al., 2018; Rock et al., 2016; Smith and Christakis, 2008). In adulthood the nature of social relationship varies qualitatively and quantitatively. Young adulthood witnesses maximum number of fast friends and confidants which remains more or less stable during midlife (Antonucci and Akiyama, 1997). In the post-retirement life one may start to miss family and friends due to shifting to a new locale. Carstensen (1995) has found that adults when they grow old tend to become more selective in picking and choosing individuals with whom they are willing to interact meaning there by their social circle decreases. Social support is facilitating in nature during adult hood in general and later life in particular. Social support can be extended by both formal and

non-formal or informal sources. Antonucci and Akiyama, 1997 found greater social support to be correlated with long life.

The above-mentioned types of human relationship form the basic foundation on which other types of relationship rests. In fact these three are the core human relationship. Building new relationships or maintaining worn out relations are indeed very important for the homogeneity in society. Perhaps it is the reason why our Honourable Prime Minister gave the slogan, “sabka saath, sabka vikas, sabka vishwas aur sabka prayas.” It encompasses all. Human relationship is based on the trust which is to be restored among human beings in order to make this world a better place to live in.

## Conclusion:

In short the main aim of this research paper is to relook at the degradation of moral values and human relationships. The whole world is witnessing aggression, violence and war. Psychological analysis hints at the reasons thereof and the ways and means of getting rid of it. Social Psychologists can play a key role in stressing those factors which should be highlighted to reflect their significance. The question here arises as to how the environment can be created where every one can live in peace. It requires the effort of each and every human being.

The analysis of understanding human relationship from psychological viewpoint is highly significant because it may prove to be a turning point in putting forth the line of action (ways and means) required to maintain human relationship.

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