

ENHANCING LIFE SKILLS

INTERPERSONAL

RELATIONSHIPS

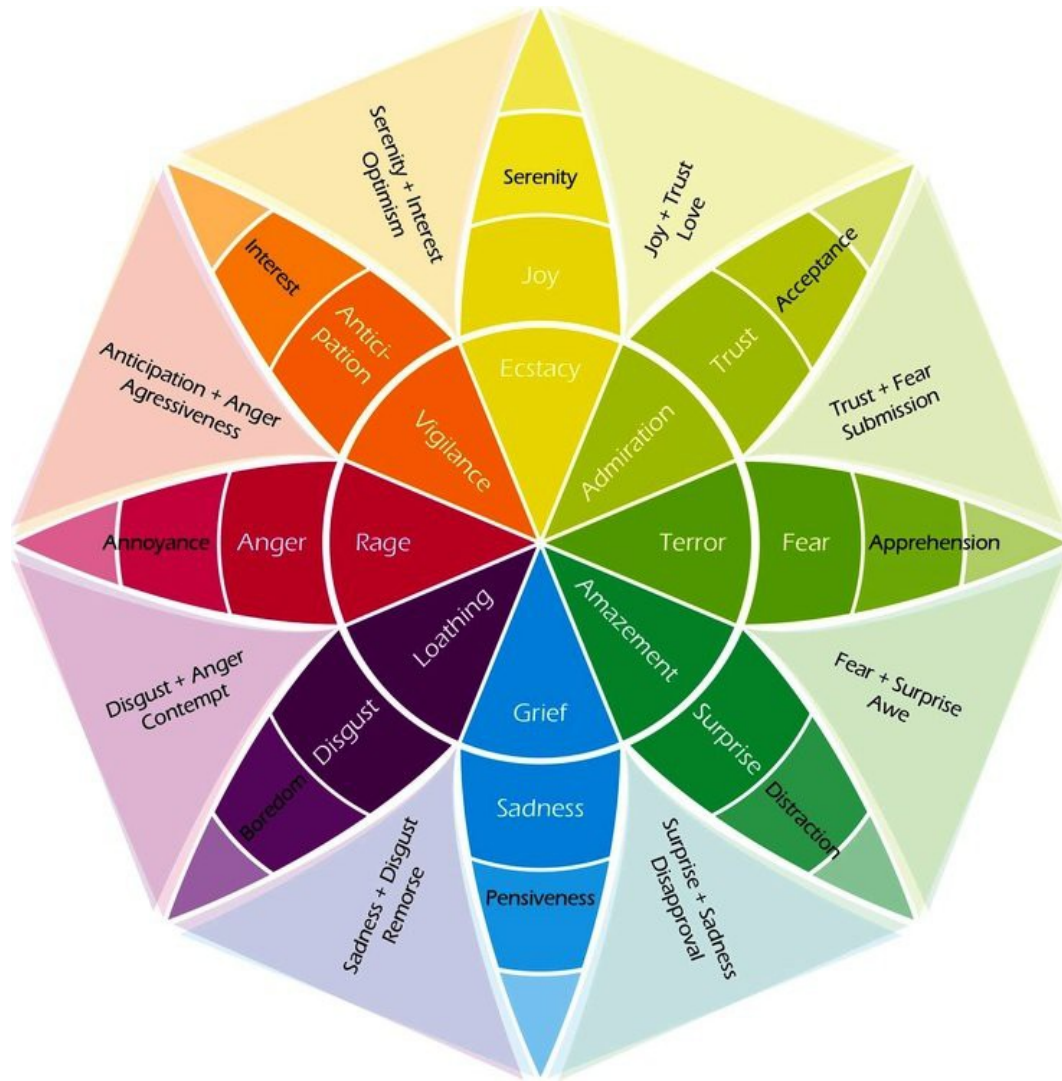


Apurva Tripathi is a gold medalist from Delhi University and completed her Masters in Development Studies from The Graduate Institute in Geneva. She is currently working as the Director of Education and Research in Udaya Public School, Ayodhya. She has been a keynote speaker for various organisations, notably The YP Foundation and TARSHI. Her work focuses on Mental Health, gender sensitisation and psychological resilience

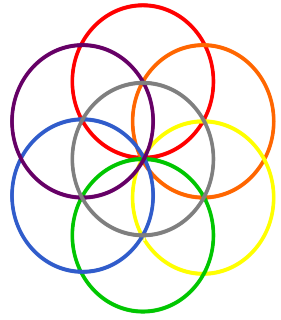
Email: Apurva@udayapublicschool.edu.in

RESOURCER
PREP

HOW ARE YOU FEELING?







PSYCHOLOGY

OF

INTERPERSONAL RELATIONSHIPS

INTERPERSONAL RELATIONSHIPS

Interpersonal relationships are social associations, connections, or affiliations between two or more people

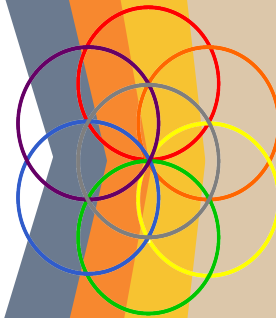
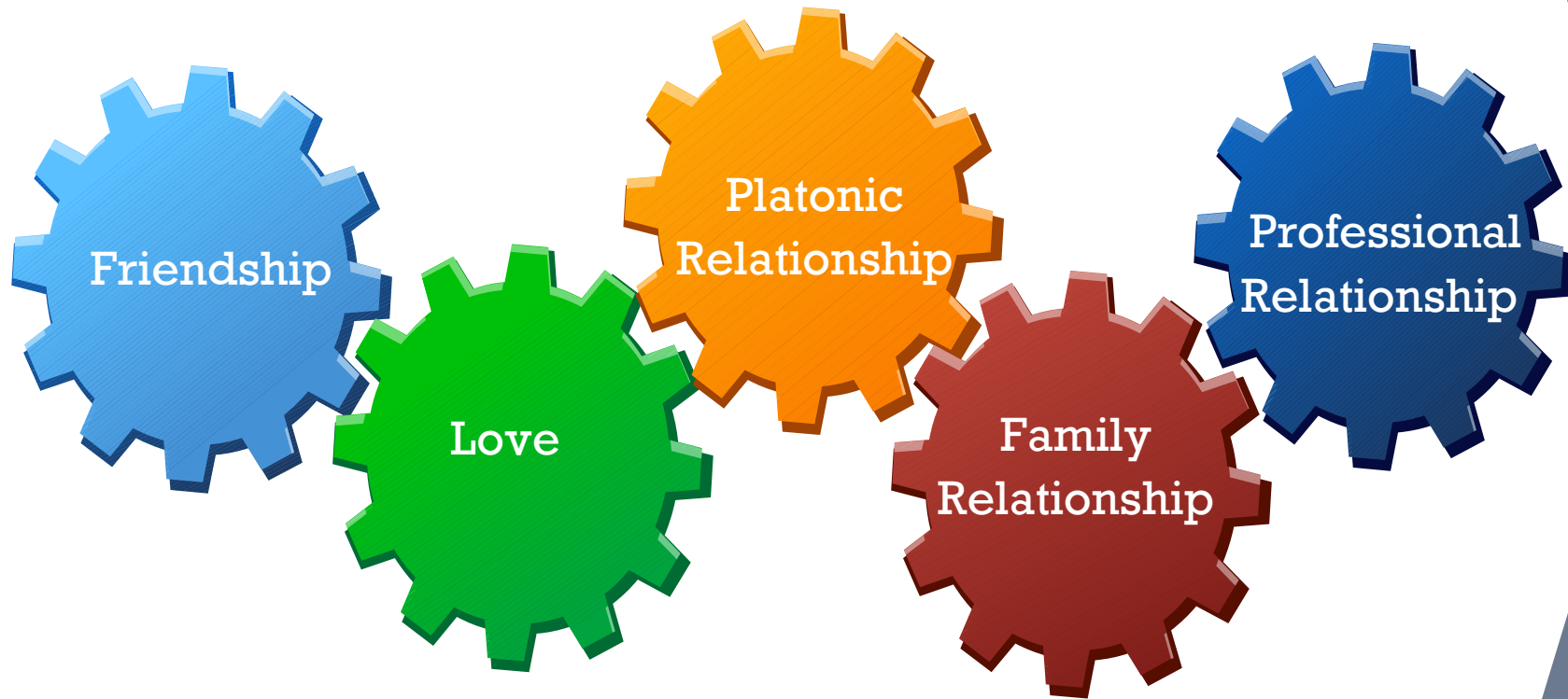
In interpersonal relationships, two participants are interdependent, where the behavior of each affects the outcomes of the other

Interpersonal relationships are dynamic systems that change continuously during their existence

They vary in differing levels of intimacy and sharing, implying the discovery or establishment of common ground, and may be centered around something(s) shared in common



TYPES OF INTERPERSONAL RELATIONSHIP



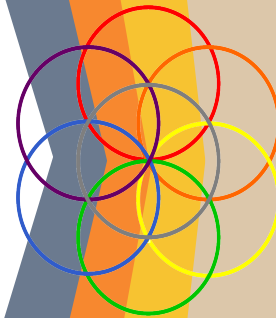
Stages in Interpersonal Relationships

I Stage – Acquaintance

- ✓ Acquaintance refers to knowing each other. To start relationship individuals need to know each other well
 - ✓ Common friends, social gatherings, same organizations also help people meet, break the ice, get acquainted with each other and start a relationship

II Stage – The Build up Stage

- ✓ This is the stage when the relationship actually grows. Individuals are no longer strangers and start trusting each other
 - ✓ The build up stage in a relationship is often characterized by two individuals coming close, being passionate and feeling for each other



Stages in Interpersonal Relationships



III Stage – Continuation Stage

- ✓ This is the stage when relationship blossoms into lasting commitments
- ✓ It is when people after knowing each other well decide to be in each other's company and tie the knot



IV Stage – Deterioration

- ✓ Not all relationships pass through this stage. Lack of compatibility, trust, love and care often lead to misunderstandings and serious troubles in relationship.
- ✓ Individuals sometimes find it extremely difficult to adjust with each other and eventually decide to bring their relationship to an end



Stages in Interpersonal Relationships

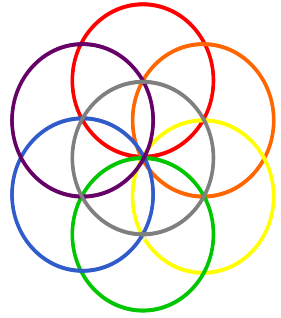


- ✓ Relationship terminates due to any of the following reasons
 - Death of any one partner
 - Divorce
 - Separation



Characteristics of Interpersonal Relationships





RELATIONSHIPS

BETWEEN

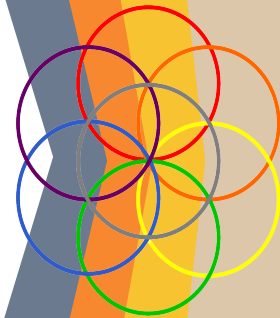
TEACHER CHARACTERISTICS

INTERPERSONAL TEACHER BEHAVIOUR

TEACHER WELLBEING

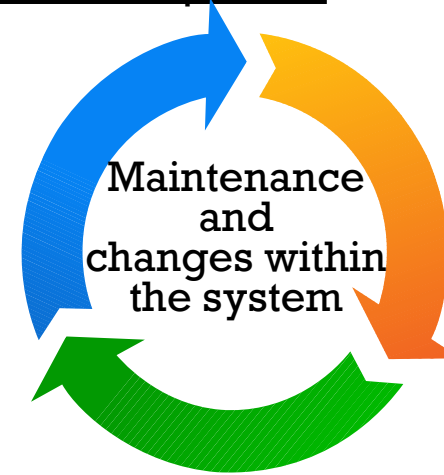
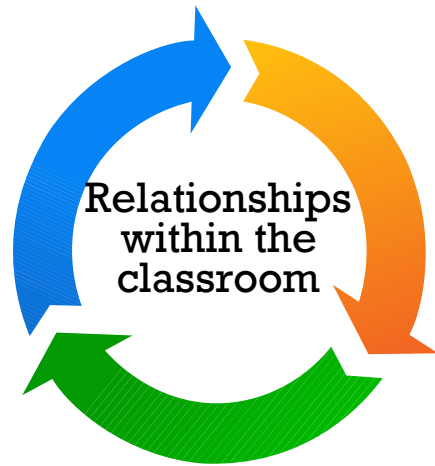
BRIEF OUTLINE

- * Teaching is a very **complex activity** that is affected by the subject matter, the character of the teacher, the disposition of the learners, resources, etc
- * A distinction can be made between the **pedagogical, methodological perspective of teaching and the interpersonal perspective**, which focuses on the interpersonal relationship between teacher and student
- * The teacher needs to **feel comfortable** in his working place, which is the school, and more specifically the classroom
- * It is expected that teachers' interpersonal relationships and preferences are to a large extent determined by their **background characteristics** such as gender and experience



Interpersonal Perspectives on Teaching

Three dimensions of classroom atmosphere



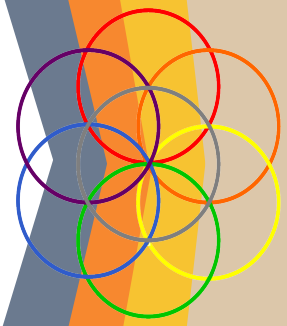
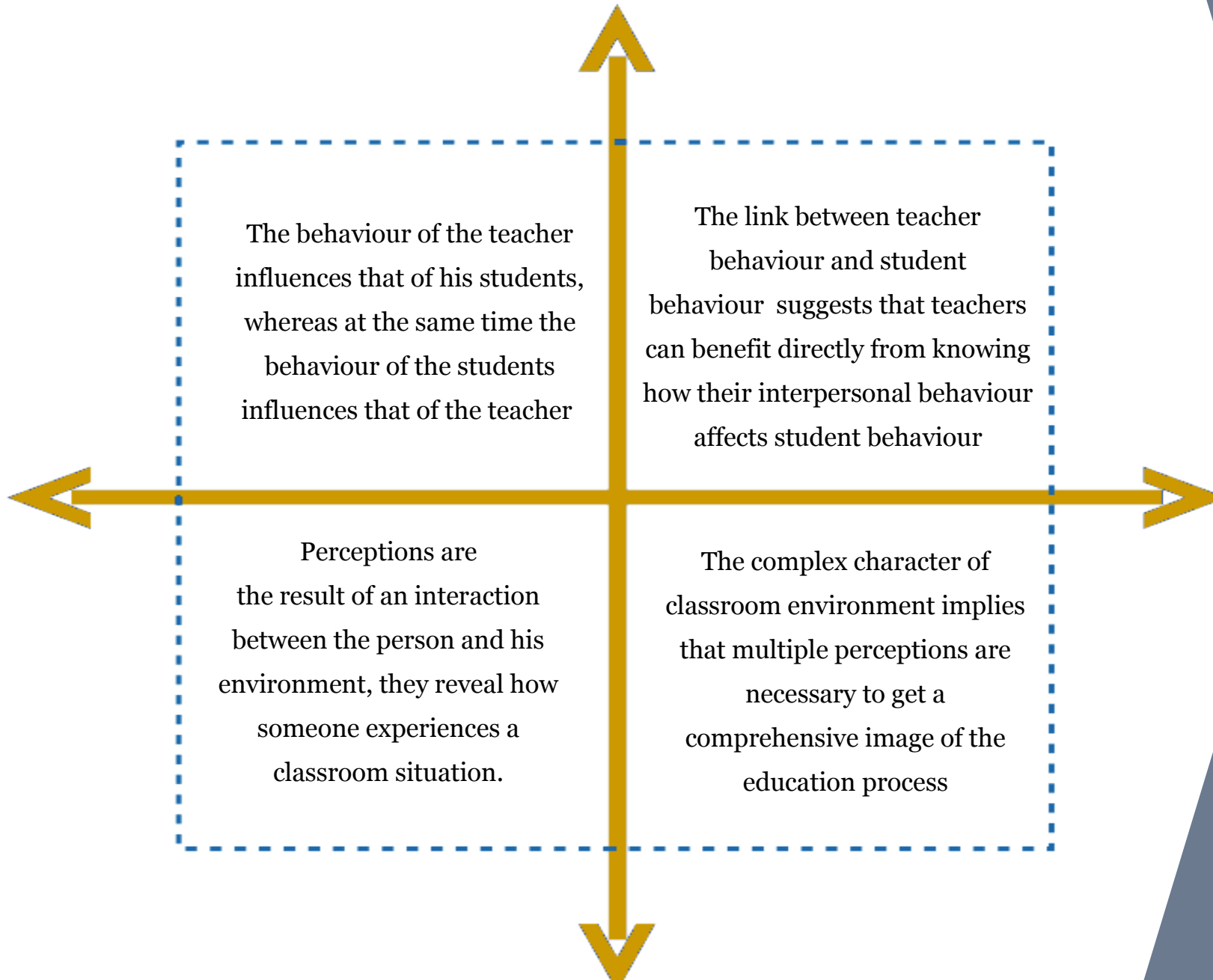
- ✓ This dimension represents the nature of personal relationships within the classroom, particularly the support a teacher offers his students.
- ✓ Involvement and affiliation are also classified under this dimension



The relationship between students and teachers is closely related to the classroom climate



Interpersonal Perspectives on Teaching



THE TEACHER'S WELLBEING

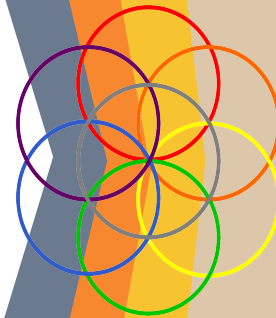
Wellbeing is defined as “a positive emotional state that is the result of a harmony between the sum of specific context factors on the one hand and the personal needs and expectations towards the school on the other hand

“a positive emotional state”

- * Incorporating a positive connotation

“harmony”

- * Refers to the attempt to create a Person-Environment fit model
- * Teachers have to be capable of attuning their own needs and expectations to specific context factors and demands of the school



Teaching Interpersonal Awareness: Interpersonal Skills

Take interest in others

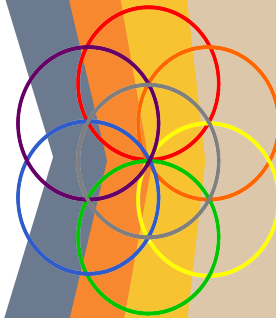
- * The first technique for showing increased interpersonal awareness is to take an interest in other people.
- * One way to do this is by simply being kind

Be friendly

- * Teach your students to:-
 - Ask people how they are doing or how their day is going
 - Make eye contact with the people you interact with throughout the day.
 - Remember to look at others and smile.

Take risks

- * Teach your students that:-
 - Risk must be taken by anyone who wants to interact with another human being.
 - Risk is taken every time we reach out from ourselves to touch another person



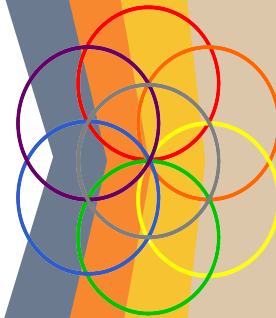
Teaching Interpersonal Awareness: Interpersonal Skills

Silence negative self-talk

- * Teach your students to silence negative messages and replace them with positive affirmations

Be a team player

- * When you think about it, getting along with others has always been a valuable skill
- * The ability to interact with co-workers, neighbors, family members and customers will always be important.



REFERENCES

* Interpersonal Relationship |

<https://www.managementstudyguide.com/>

* The Phases Of Interpersonal Relationships |

<https://harappa.education/>

* Interpersonal Relationships in Education |

<https://scholar.harvard.edu/>

* Teaching Interpersonal Awareness |

<https://www.conovercompany.com/>

* Teacher Student Relationship | <https://www.researchgate.net/>





Thank you

ANY

QUESTIONS?



APURVA TRIPATHI

apurva@udayapublicschool.edu.in

