



INTERPERSONAL RELATIONSHIP

FRIENDSHIP AND ROMANCE

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FRIENDSHIP



Friendship is a relationship of choice that exists over time between people who share a common history.

Qualities of friendship
(respect, trust, openness, self-disclosure)

Values of friendship
(help each other, bolster our confidence, shape our beliefs and attitude)

Common principles of friendship

MAKING FRIENDS

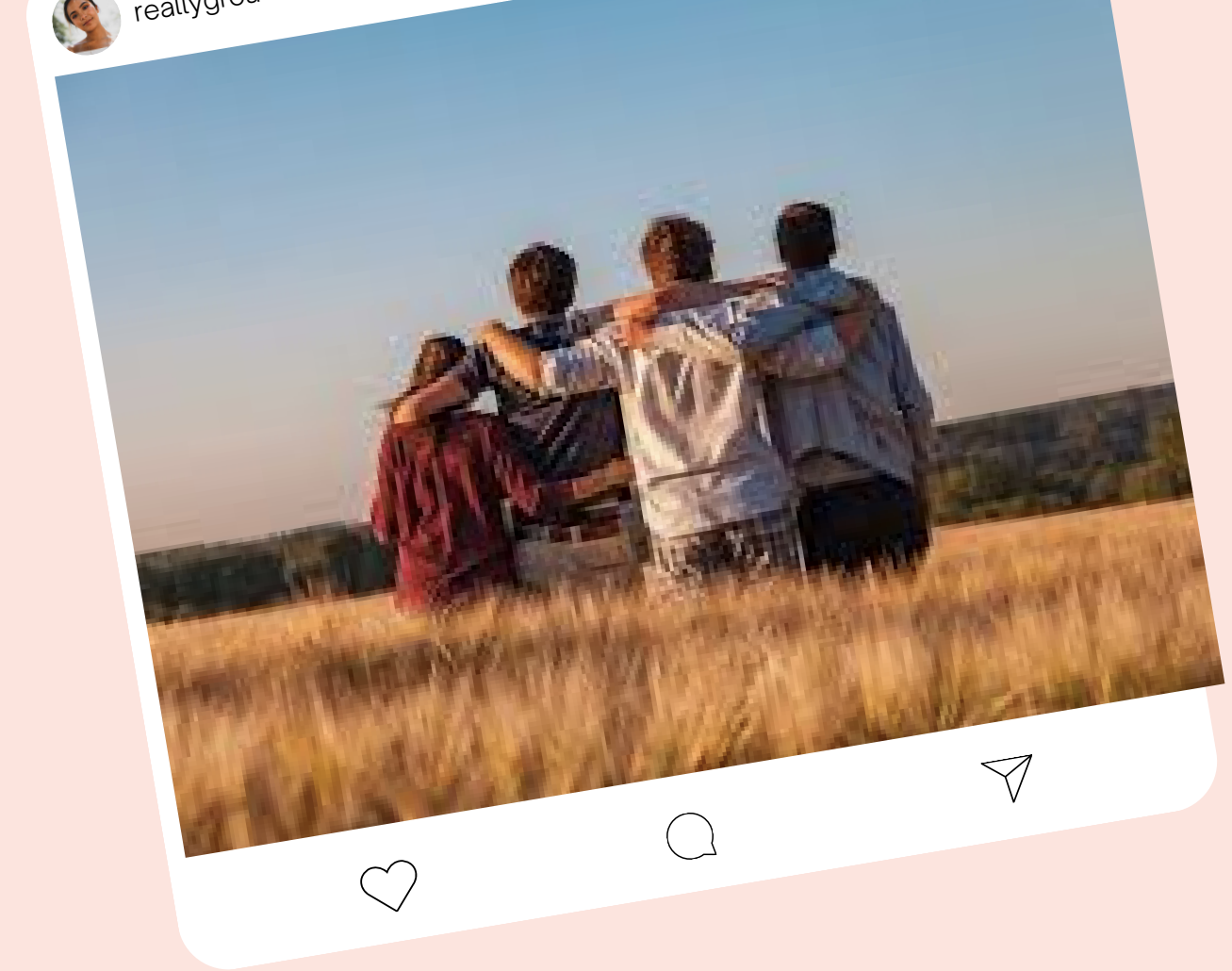
1. Similarity of attitudes

2. An expectation that the other person will like us

3. Reciprocating self-disclosure

4. Proximity

5. Accessibility or availability



FRIENDSHIP AT DIFFERENT STAGE IN LIFE

1. Childhood Friendship

At about the age of two, when we start to talk, we begin parallel play with others. As toddlers, we perceive our playmates as people who can help meet our needs. Our first friendships are usually superficial and self-centered.



2. Adolescent Friendships.

Beginning with the onset of puberty at around age twelve, we move away from relationships with parents and other adults and toward greater intimacy with our peers. During adolescence, peer relationships significantly influence our identity and social skills.¹



FRIENDSHIP AT DIFFERENT STAGE IN LIFE

3. Young Adult Friendship

Young adult friendships, those occurring in our late teens through our early thirties, are linked to a succession of significant changes in our lifestyles and goals, such as going to college, getting a job, pursuing serious romantic relationships, getting married, buying a house, and starting a family.



4. Adult Friendship

an essence, those relationships during the prime of our work and family lives. Some young adult friendships continue as adult friendships, with friends experiencing similar life courses that act as a foundation for mutual empathy and support. —talking about work, home life, and the kids.



SAME-SEX FRIENDSHIP

Women define their female friendships by intimacy, whereas men define their male friendships in terms of activities. Men reported having more “best friends” than women; however, women spent more hours talking with their “best” friends than men did, but the time spent talking to “close” friends was similar for both men and women.



CROSS-SEX FRIENDSHIP

However, the development of male–female friendships between heterosexual adults is sometimes a challenge because of underlying sexual attraction.

Cross–sex friendships can help you better understand the opposite sex. In interacting with people of either sex, focus on working toward a mutual understanding and acceptance of your expectations for your friendship.

A person is seen from the side, sitting and reading a large, thick book. The scene is dimly lit, suggesting an indoor setting like a library or a study. A white, rounded rectangular text box is superimposed over the center of the image, containing the text. A thin black horizontal line is positioned below the text box.

QUESTION?

What is the difference between
friendship and romantic
relationship?



romantic

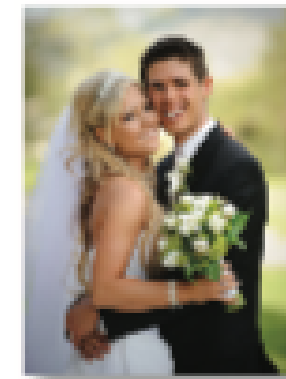


ROMANTIC RELATIONSHIP

The closest relationship you ever develop with another human being will probably be a romantic one, perhaps a marriage.



Interpersonal Relationships: Friendship and Romance



QUALITIES OF ROMANTIC RELATIONSHIP



LOVE

The identity of interest that the partners share. Love exists to the extent that the outcomes enjoyed or suffered by each are enjoyed or suffered by both.

the triangular theory of love; passion, intimacy, commitment

Sociologist John Alan Lee created 6 types of Love:

Eros, Ludis, Storge, Mania, Pragma, Agape

PHYSICAL AFFECTION AND SEX

Physical affection is the use of touch to convey love and caring for another person.

The ultimate goal of many romantic relationships is producing children and a family; sex is obviously the way to accomplish this goal.



QUESTION?

HOW TO CREATE AND MAINTAIN
INTERPERSONAL RELATIONSHIP
STRATEGIES

INITIATE RELATIONSHIP STRATEGY

Observe and Act on Approachability Cues

Identify and Use Conversation Starters

Follow Initiation Norms

Ask Questions

Don't Expect Too Much from the Initial Interaction



RECAP

Interpersonal Relationship Strategies

Strategies Used Primarily to Initiate a Relationship

- Observe and act on approachability cues
- Identify and use conversation starters
- Follow initiation norms
- Ask questions
- Don't expect too much from the initial interaction

Strategies Used to Initiate and/or Escalate Relationships

- Communicate and cultivate attraction
- Be open and self-disclose appropriately
- Gather information to reduce uncertainty
- Listen actively and respond effectively
- Socially decenter and adopt an other-oriented perspective

Strategies Used to Escalate and/or Maintain Relationships

- Express emotions
- Provide comfort and social support
- Communicate and engage in relationship talk
- Be tolerant and tactful
- Manage conflict cooperatively