

HUBUNGAN ANTARPRIBADI

MATAKULIAH: KOMUNIKASI ANTARPRIBADI
PRODI ILMU KOMUNIKASI
UNIVERSITAS PADJADJARAN

INTERPERSONAL RELATIONSHIP DEFINED AS

Interpersonal relationship is defined as an ongoing connection we make with another person that we carry in our minds (and metaphorically in our hearts), whether the other person is present or not (Beebe et.al, 1996)

is a perception shared by two people of an ongoing interdependent connection that results in the development of relational expectations and varies in interpersonal intimacy (Beebe et.al, 2014)

INTERPERSONAL RELATIONSHIP IS ABOUT

1. SHARED PERCEPTION
2. ONGOING INTERDEPENDENT CONNECTION
3. RELATIONAL EXPECTATION
4. INTERPERSONAL INTIMACY
5. CIRCUMSTANCE OR CHOICE
6. POWER

SHARED PERCEPTION

To be in an interpersonal relationship, both individuals must share a perception that they have an ongoing relationship.

Sometimes, only one person believes a relationship exists— Even when each partner recognizes that he or she has a relationship with the other, the partners do not necessarily think of the relationship in the same way.

Discrepancies in the perceptions of the relationship can be a source of interpersonal conflict, requiring heart-to-heart talks about each person's wants and relational expectations.

Generally, the greater the similarity in partners' perceptions of their relationship, the stronger their relationship will be.

ONGOING INTERDEPENDENT CONNECTION

An ongoing interpersonal relationship is dynamic—constantly changing and evolving at times through stages

Being *interdependent* means that people are dependent on each other; one person's actions affect the other person. Interdependence creates a relational system or transactional process in which both partners affect each other simultaneously

Thus being interdependent means partners influence and constrain one another in that they must coordinate and integrate their life tasks, personal preferences and personalities, relationship goals, and feelings of trust and commitment.

As part of the definition of interpersonal relationships, interdependence *involves each partner relying fairly equally on the other to meet needs*. Such interdependence provides motivation to sustain an ongoing connection: Both partners want to continue to get together because their needs are being satisfied.

RELATIONAL EXPECTATION

As you continue to interact and develop your relationships, you also form relational expectations.

Any time you interact with someone, you bring a set of pre-formed expectations based on your socialization and experiences; but as you develop an interpersonal relationship, you and your partner establish expectations specific to that relationship that are continually evolving.

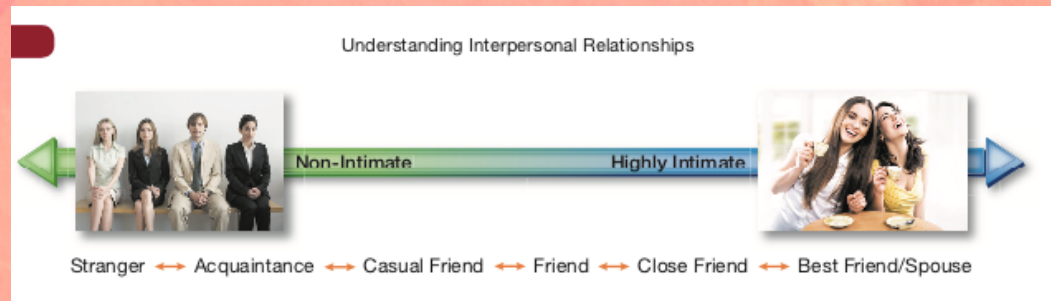
Sometimes, expectations are violated, which can create turmoil in the relationship. Such violations of expectations create uncertainty, and uncertainty creates stress.

INTERPERSONAL INTIMACY

Interpersonal intimacy is the degree to which relational partners mutually confirm, value, and accept each other's sense of self.

As self-disclosure and closeness increase, partners become more and more dependent upon each other to provide this confirmation. We are also able to relax more and be ourselves.

In the most intimate relationships, our partners know our strengths and our weaknesses but still accept us; we don't have to hide our flaws or fear rejection.



CATEGORIES OF RELATIONSHIP

Relationships of circumstance

form simply because our lives overlap with others' in some way. Relationships with families of origin, teachers, classmates, and coworkers fall into this category. In contrast, relationships that we seek out and intentionally develop are

Relationships of choice.

These relationships might include relationships with friends, lovers, spouses, and counselors. Of course, these categories are not mutually exclusive. Relationships of circumstance can also be relationships of choice: Your brother, sister, or work colleague can also be your best friend.

POWER

Relationships can also be defined according to the way partners share power or decision-making responsibilities—the relative power role that each partner plays. Relationships require merging needs and styles, negotiating how decisions are made that affect both partners, and managing inevitable interpersonal conflicts. Conflicts often involve negotiating power.

- Complementary Relationships.
- Competitive and Submissive Symmetrical Relationships.
- Parallel Relationships

GENESIS OF
INTERPERSONAL
RELATIONSHIP:

ATTRACTION

Attraction acts as the genesis or beginning of interpersonal relationships. **Interpersonal attraction** is the degree to which you want to (1) form or (2) maintain an interpersonal relationship.

You are constantly evaluating individuals you encounter to determine the potential for developing an interpersonal relationship; this is **short-term initial attraction**.

Long-term maintenance attraction is the level of liking or positive feelings that motivate us to maintain or escalate a relationship.

SOURCE OF INITIAL ATTRACTION

Proximity.

You are more likely to form relationships with classmates sitting on either side of you than with those seated at the opposite end of the room.

Physical Appearance.

We use **physical appearance**, the nonverbal cues that you observe about another person, to make predictions about who is most likely to reciprocate our overtures for conversation—that is, who is most likely to have something in common with us. Appearance acts as a filter to reduce relationship possibilities.¹³

SOURCE OF BOTH INITIAL ATTRACTION & LONGTERM ATTRACTION

Competence. Most of us are attracted to individuals we perceive as **competent**

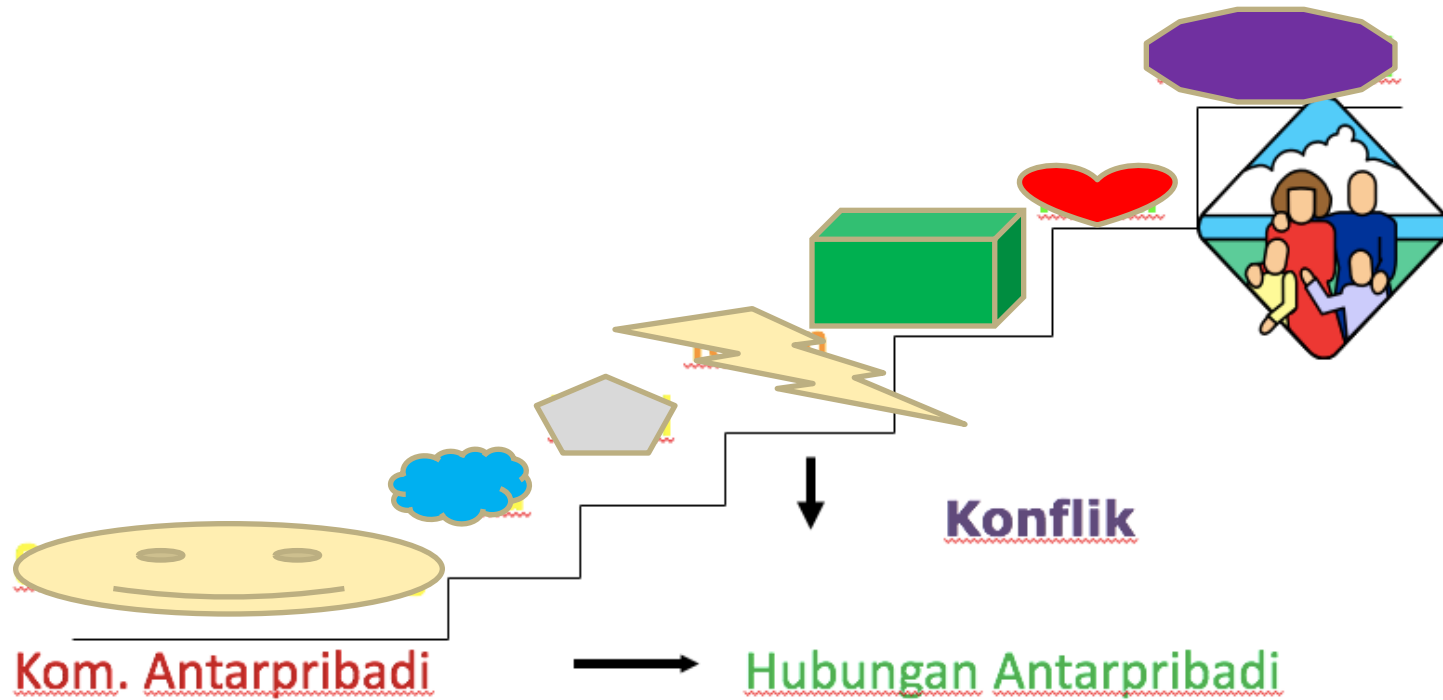
Self-Disclosure. Self-disclosure has a positive impact on liking between strangers and an even greater impact in more developed relationships. As relationships progress from initiation to intimacy, self-disclosure increases attraction.

Reciprocation of Liking. **Reciprocation of liking** means that we like those who like us. One way to get other people to reciprocate liking, particularly in romantic relationships, is to show that we like them.

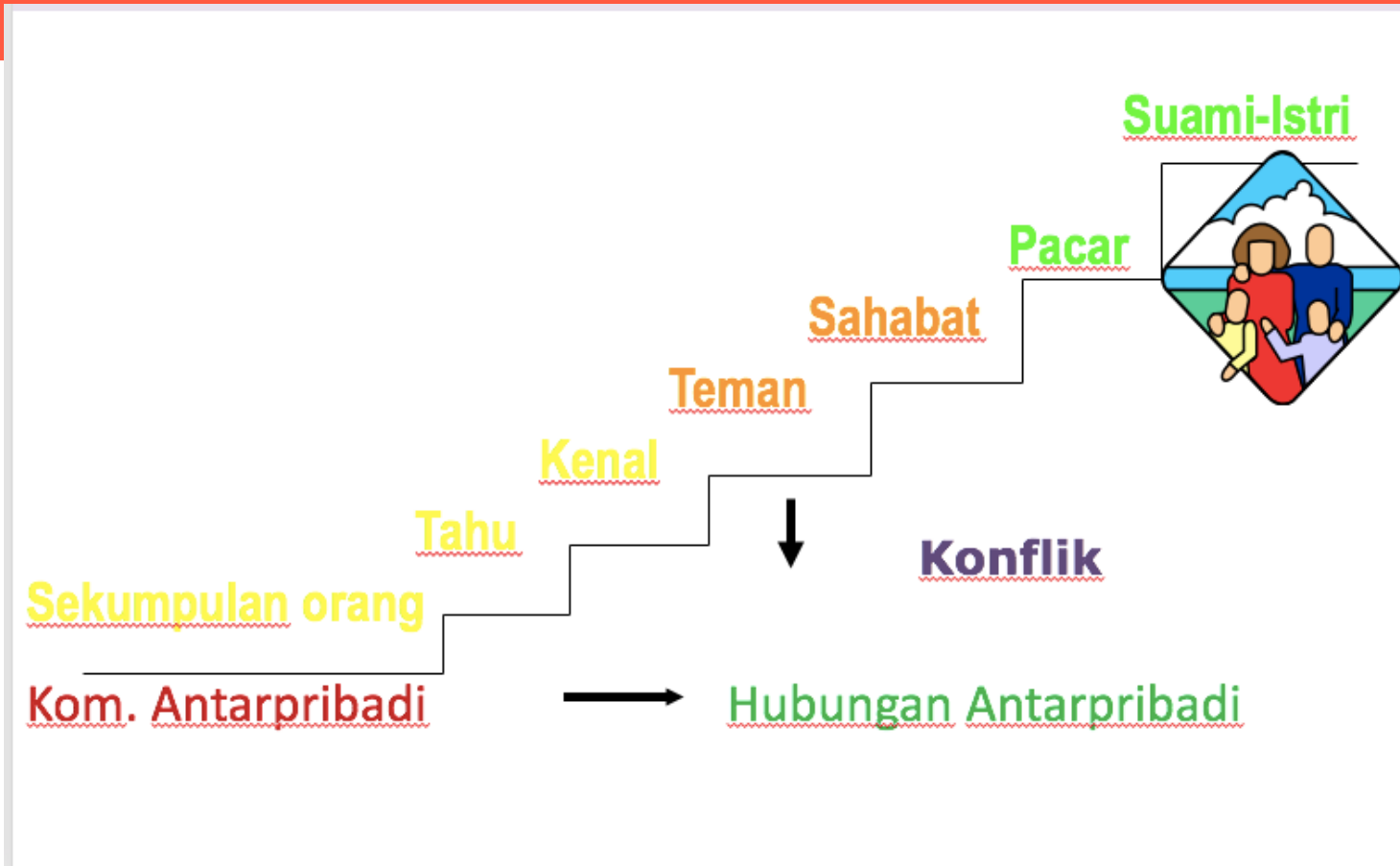
Similarities. In general, we are attracted to people on the basis of **similarity**—we like people whose personalities, values, upbringing, personal experiences, attitudes, and interests are similar to ours.

Differences and Complementary Needs. Although differences can lead to points of conflict and hamper our ability to effectively communicate,³⁵ people who are different from us also expose us to new ideas, activities, and perspectives and prompt self-assessment.

TANGGA DEFINISI HUBUNGAN



TANGGA DEFINISI HUBUNGAN



Tahapan Komunikasi-HubunganAntarpribadi



- * Sekumpulan orang
- * Tahu
- * Kenal
- * Teman

- * Sahabat
- * Pacaran
- * Suami-istri



Tahapan Hubungan Antarpribadi

Pembentukan

- **Percaya**
- **Supportif**
- **Terbuka**

Peneguhan

- **Keakraban**
- **Kontrol**
- **Respons yang tepat**
- **Nada emosional yang tepat**

Pemutusan

- **Timbul konflik**


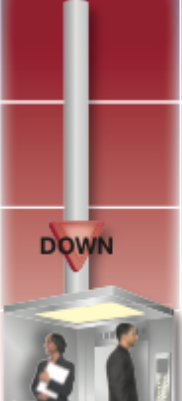


STAGE OF INTERPERSONAL RELATIONSHIP DEVELOPMENT

Relational escalation is the movement of a relationship toward greater intimacy. Each stage is accompanied by specific communication patterns, significant events, and relational expectations.

Relational de-escalation is the movement that occurs when a relationship decreases in intimacy or comes to an end. The process of ending a relationship is not as simple as going down the same elevator you came up on; it is not a mere reversal of the relationship formation process.

STAGE OF INTERPERSONAL RELATIONSHIP DEVELOPMENT

Types of Relationships	Escalation Stages		De-Escalation Stages				
Best Friend/ Lover/ Spouse							
Close Friend					Intimacy	Turmoil or Stagnation	
Friend					Intensification	Deintensification	
Acquaintance					Exploration	Individualization	
Stranger					Acquaintance	Separation	
	Preinteraction Awareness	Post-Separation Effects					

PRINCIPLES UNDERLYING RELATIONAL STAGES

- ❖ You can choose to remain in a given relational stage
- ❖ Speed of progressing through the stages varies
- ❖ Changes in relationships are signaled
- ❖ Change occurs within each stage
- ❖ Change occurs between stages
- ❖ Movement through the stages can be forward or backward
- ❖ Relational development involves negotiating change

The background features a soft, watercolor-like texture in shades of orange, red, and pink. Three large, faint hexagonal outlines are scattered across the frame: one in the top-left, one in the bottom-left, and one on the right side. The text is centered in a white, elegant serif font.

ANY QUESTION?