

Problems In Face To Face Relationships

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Introduction

In the modern arena, with the growing number of modern means of communication, face-to-face relationships and talks are changing, and people are suffering from a number of problems. Social media and digital means of communication are becoming an important part of our day-to-day lives. Today, most of us feel more connected with our social media friends rather than with our families and real-life friends. Admittedly, social media and other means of digital communication have had positive impacts on our lives, but they have made us forget the personal visits and the random phone calls of our friends. It created a gap between our relationships, which usually gets highlighted and prominent during meetings and face-to-face communications. Things need to be settled down in a proper manner. Otherwise, the weakening family institution and social system of the system will eventually be demolished.

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No Time For Each Other

One of the biggest problems is the unavailability of time for each other. Today, we are so busy in our lives and with modern means of enjoyment that we no longer seek joy in real-life relationships. Long working hours, luxury enjoyments, and fast lives are the cause of the lack of time for each other. Lack of time weakens relationships and causes difficulties for those who meet after so long. Most couples will confront the issue of the absence of time to organize each other sooner or later. It might be because of childrearing and the time far from you both that bringing up children can take, or it might be workload, work movements, travel or other individual and family issues. It might even be a sickness that strikes you or your family. Whatever the reason, the approach as a couple is the same: regroup and organize each other as your main accomplice. Without influencing your accomplice to feel like you are their essential partner throughout everyday life, in great and awful circumstances, and them doing likewise for you, it's anything but difficult to feel alone. Furthermore, disdain can work, as can outrage and, after that, interruption to your home life for everybody.

Financial Issues

Another thing that causes difficulty and raises problems in face-to-face relationships is the financial aspect. It affects mostly the couples. Money is one of the primary subjects couples quarrel over, and it

specifically influences how individuals see bliss, stress, and personal satisfaction; how you each approach saving and burning through cash will straightforwardly affect how you carry on with your coexistence in your relationship. Be in agreement with your monetary objectives, and your esteems about how best to spend and spare cash from the beginning of your relationship to keep away from the pit numerous couples fall into, conflicting consistently finished cash spent. What's more, in the event that you haven't concurred before now, don't squander another minute. Take a seat and choose together how you share cash, what you concur you ought to counsel each other on before burning through cash and what your mutual objectives are for putting something aside for what's to come.

Family Issues

Family issues also play a negative role in deteriorating face-to-face relationships. The quarrels, negative environment, and lack of understanding of each other harm face-to-face communication and daily living. Such people also suffer when it comes to communication at the workplace or in schools, colleges, and institutions. It also results in a lack of confidence.

Extravagant Use Of Social Media

The extravagant use of social media allows us to communicate at the table. This is reflected in our daily life behaviour. People seem to be more comfortable using digital media for communication purposes than in real-time.

Solution For Helping Face-To-Face Relationships

Communication: The biggest thing that can help face-to-face relationships is constant communication. Despite the hurdles, one should keep on trying. The communication gap can be decreased by less use of technology and by spending more time with each other.

Moderation in living standards: People should opt a modern life style rather than a luxurious life style. Money and earning money should not be the prime focus of life. Life should not revolve around maintaining status. It should revolve around maintaining relationships with family, friends and colleagues. Moderation in living standards will help us overcome the problems we encounter in face-to-face relationships.

Respect The Differences

When you attempt to really observe the other individual and when you indicate to them through your appearance that you are tuning in and thinking about what they are stating, you will demonstrate to the other that you esteem them. You will influence them to feel that what they are stating is vital and

heard and ensure that they are tuning in to you as well. For instance, on the off chance that you go to meet with a customer, you are demonstrating to them that they are justified regardless of the time, exertion, and cash. You will ensure that they will hear your message and that you will have their entire consideration.

Communication Practices In Skill

Communication skills should be a mandatory course in schools and colleges. Students should be taught that communication is vital not only for their social life but it will also for their professional lives. Normally, you wish for your staff to be proactive individuals who can utilize their drive to tackle issues. In a perfect world, the majority of your associates would impart well constantly, without false impressions or struggle. (American Psychological Association, n.d.)

Tragically, even correspondence preparing wouldn't ensure that this will be the situation constantly, however it can enable you to significantly enhance how your staff to interface with each other. Having the capacity to convey messages plainly and comprehend other individuals implies that work can be finished all the more successfully and to the advantage of the organization.

Balance usage of Social Media Sites: The usage of social media sites should be reduced. The extravagant usage of social media has harmed our relationships. The utilization of correspondence online for youngsters has clearly expanded radically in the previous couple of years. This has prompted them to have fewer connections not far off throughout everyday life. These associations online are detrimentally affecting their enthusiastic well-being, which is apparently irreversible. Kids who start figuring out how to cooperate with each other online are constantly sub-par with regards to having profound, passionate associations with individuals and, thus, tend to battle to make and clutch companions for drawn-out stretches of time.

Concentrates lately have demonstrated that their absence of social aptitudes just winds up being an endless loop of youngsters that continue falling behind their companions when alternate children in their age assemble are not utilizing online networking, and the web, all in all, almost as much as them. The children in these examinations appear to experience difficulty having as much feeling joined to trades face to face regardless of their having the capacity to hold discussions on the web. They can never completely contribute to each other, and that is the place where the issue really lies. (Office of the U.S. Surgeon General, 2023)

Chandra Johnson relates it to the demonstration of a tyke investigating the world with their own particular eyes, contrasted with taking a gander at similar things in pictures. The two can never be paralleled, much the same as these online associations, as opposed to meeting individuals face to face and framing connections that way. Johnson likewise contends that these kids have additionally demonstrated a lack of the capacity to appropriately manage spooks. They do not have the experience necessary to legitimately adapt to what is going on to them and close down as opposed to confronting their issues. Their absence of capacity to manage circumstances that are upsetting face

to face has driven this age and, more than likely, who and what is to come, to have fewer companions that they are as near as the ones that we have face to face in connection to the past ages. Future ages can never again keep up a similar level of companions that different ages have possessed the capacity to previously.

This is a consistent subject that has an immediate relationship with the utilization of online networking. An expansion in a tyke's utilization of web-based social networking has demonstrated a corresponding increment in a youngster without the capacity to work steadily among his or her companions. When they can never again work inside these gatherings, they are not going to grow appropriately, and when they, in the long run, join the workforce, these issues might be more common and will turn into an expanding issue.

Moderation In Personality And Attitudes

The ego should not reach respect for a relationship. One should be moderate and humble in face-to-face relationships. This all depends upon the nourishment that parents give to their children.

When it comes to solutions, the most favourable ones seem to be saving time and spending more and more time with each other. Because the more people and friends spend time with each other, the fewer problems there will be.

Conclusion:

Summing up all the arguments, it can be said that face-to-face relationships are way more important than other modes of communication. They can bring a very positive change in our social and family lives. Ignoring them or not talking about the problems will merely aggravate the situation. It is better to move towards the amelioration of situations before it's too late. Constant communication and a balanced usage of social media will help in this regard. A moderate lifestyle should be opted for in order to save time for favourite acquaintances and family. This will help improve face-to-face relationships. Good face-to-face relationships will not only affect social life but also impart good effects on professional and educational life. (University of Minnesota Libraries Publishing, 2016)

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