

Chapter -4



Interpersonal & gender relationships

Interpersonal & gender relationships



- When we live together a society is formed.
- Social living gets strengthened because of communication.
 - Communication is the beginning of interpersonal relationships
 - Interpersonal communication shapes our personality
- Healthy interpersonal relationships are important for living happily in the society.

Personality

- Total of knowing, feeling & doing.
- It is not only physical appearance, but much more than that.
- It is enclosed in the body and gets expressed in day to day life.
- It forms the basis of behavior of a person.
- Inter Personal Relationship (IPR) is a process by which personality of a person interacts with those of others.

What are our needs?



- Physiological needs : food, water.
- Safety needs : shelter.
- Need for love & belonging.
- Self esteem.
- Self actualization.

Adolescent age



What happens in teenage?

- We come to **know** more about ourselves & others.
- We come to **know the meaning** of our actions as well the actions of others.

Changes influencing personality and relations



- Physical.
- Psychological and emotional.
- Social expectations.

The mirror reflection

- Wish to impress others with physical looks.
- Conscious about overall external appearance.
- Feeling of inferiority due to dark complexion, acne, short stature, breast size.
- Feeling of superiority with fair complexion, smartness, good looks, undue praise.

Phase of transitions and adjustments



Adapting to physical changes :

- Development of secondary sex characters.
- Menstruation & related ailments.
- Acne, hair distribution.

Transition also entails :

- Sexual identity.
- Sexual curiosity.
- Attraction towards opposite sex.
- Desire for experimenting new ways of life.

Changes in adolescence

Emotional changes

- Attraction towards opposite sex.
- Confusion related to expectations and responsibilities.
- Being aware of freedom of thought and action.
- Daring : tendency to be adventurous and seek sexual experience.
- Risk taking.

Social changes : Coping with increased expectations by others

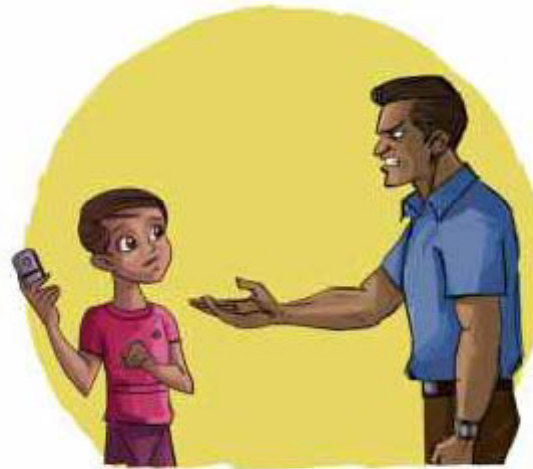
- Conscious about the social image.
- Pressure for educational achievements.
- Expectations from parents and society.
- Expectations of responsible behavior from ALL.

Why are we stressed?



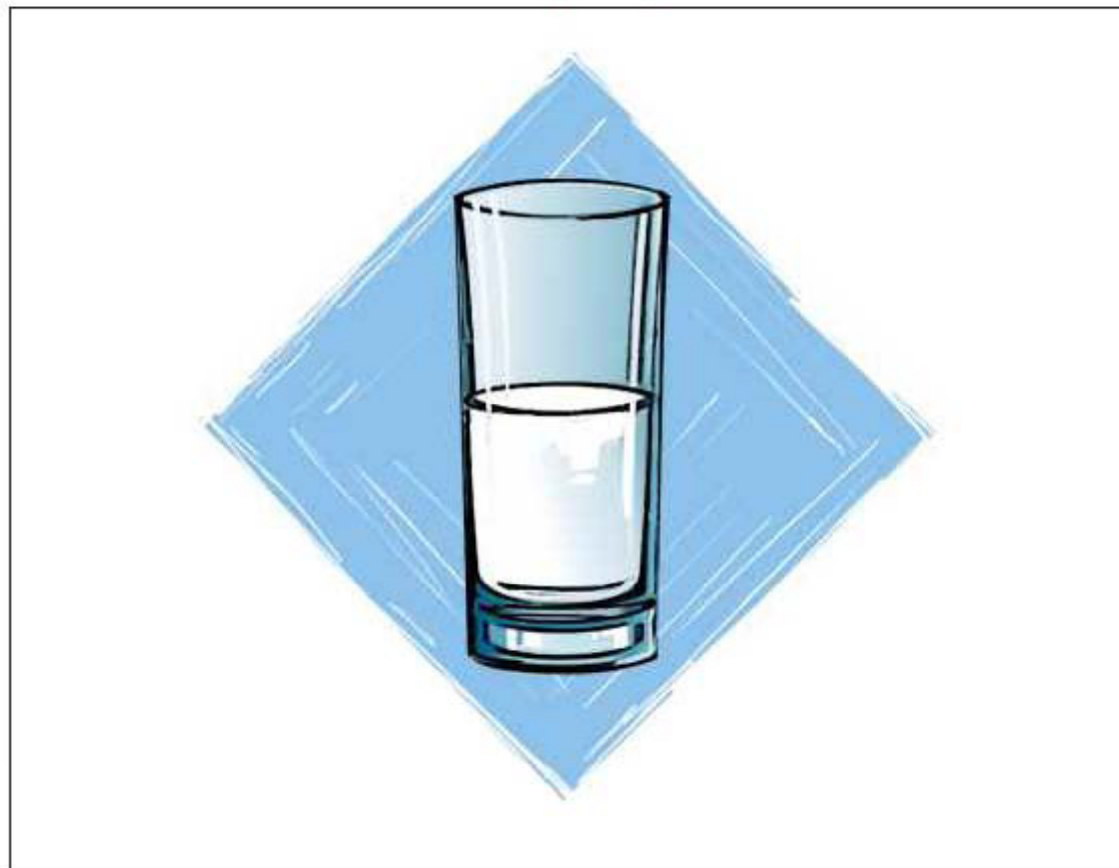
- **Identity crisis : Am I grown up & independent? Still small & dependent?**
- **Am I often misunderstood by my parents?**
- **Do I feel that my parents are putting undue restrictions on me?**
- **Am I being unfairly treated by everybody?**

Parent - Child communication



Parents...	Adolescents feel that elders
Instruct	Do not understand
Advice	Impose too many restrictions
Scold	Give unfair treatment
Criticize	Do not give enough time

Life is how you perceive!



What are my problems?



- Can I adjust with parents, teachers, peers & self ?
- Am I arrogant and irresponsible?
- Am I irritable & aggressive?
- Am I very unhappy because my parents/ teachers scold me ?
- Am I depressed & unable to concentrate on my studies/ work ?
- Am I unable to adjust with my friends/ peers ?

Seek solutions through open dialogue.

Skills to enhance personality



- Develop skills to adjust with parents, teachers, peers and one's own self.
- Develop skills to solve problems through open discussions.

What is beauty?



- Physical beauty
- Inner beauty
- Real beauty

What should we avoid ?

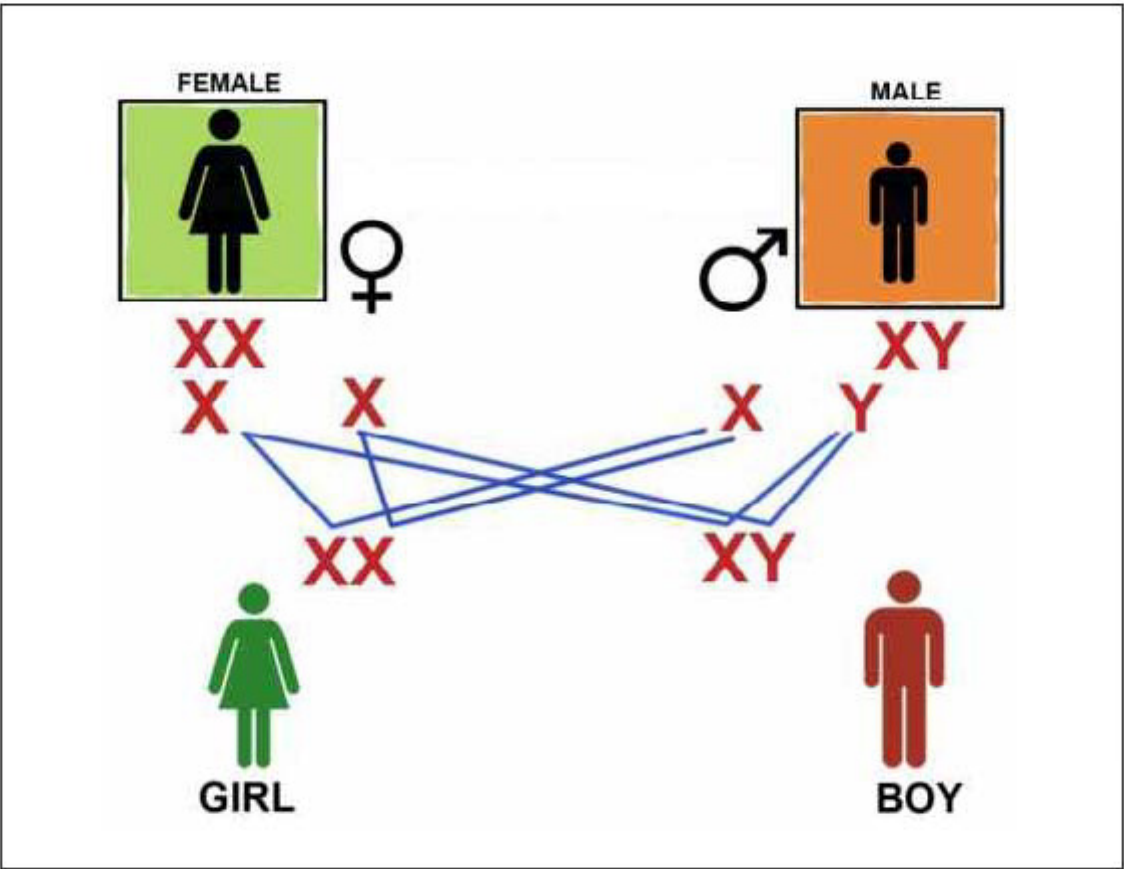


- Teasing, passing negative remarks about looks, dress, family weaknesses
- Taking to bad habits and addiction under pressure
- Having socially unacceptable behavior [Try not to rebel!]
- Yielding to pressures (peers, neighbors, relatives, workplace) and temptations

How do I say NO ?

- Refuse politely, be firm and stick to your refusal.
- Give excuse
- Leave the place. ignore him/ her and his/ her demands
- Avoid the situation
- Find resources for support
- Be clear about your feeling and thoughts
 - > One needs **skills** and **courage** to say **No!**
 - > One needs **courage** to accept the **refusal!**

Sex and Gender



Decreasing ratio of girl child



Sex ratio is number of girls per 1000 boys.
It is steadily decreasing in the country. Sex Ratios of child population in the age group 0-6 for the census years 1991, 2001 & 2011 are given below.

	1991	2001	2011
India	945	927	914
Maharashtra	946	913	883

(Ref: <http://censusindia.gov.in/>)

The average ratio of women is decreasing

Due to this ...

- Not every male would get a female partner.
- Difficult for women to live.
- Increase in sexual abuse and unrestricted sexual behavior.
- Increase in sexually abnormal behavior.
- Increase in Sexually Transmitted Diseases.
- Spread of HIV / AIDS.
- Family health and fabric would be gradually destroyed.

How will the human race sustain without girls and women?

Think!

Gender Stereotype

Boys

- More independent
- Do not express their emotions
- Feel pride in not carrying out domestic tasks
- Taught repairing electrical equipments and skilled or manual jobs

Girls

- Dependent
- Discouraged from being aggressive
- Expected to play with indoor toys
- It is believed that girls cannot do certain tasks, especially manual task
- Taught knitting, embroidery

Refrain from sex role stereotyping!

Empowerment



- Males & females have complementary and supplementary roles to preserve the family integrity.
- Nobody is superior or inferior in the family.
- Both boys & girls need education, empowerment and independence.
- Girls need to know the biological consequences of sex & high risk sexual behavior.
- Girls need empowerment to avoid molestation & rape.
- Girls need vocational skills, education to achieve economic independence.
- Boys need to know about respecting women, social & legal consequences of harassing girls & women, sexual adventurism.

Necessity of healthy life skills education

- Right from the birth till the end, men and women keep coming together on different occasions.
- In different situations; relationship keeps changing.
- The person in front of you is not only a pleasure seeking object but also a partner in the journey of life.
- In any relation every individual has equal right to decide the relationship.



“We adapt to physical changes, we adjust to new feelings, we communicate with elders and experts”.

