

WHY IS DEVELOPING RELATIONSHIPS IMPORTANT?

Turdaliyeva Mohlaroyim Maxammadismoil qizi

Student of Uzbekistan State World Languages University

+998 (94) 179 6313

moonlita021504@gmail.com

Annotation

The article gives information about how to define “you” in your relationships; about why getting along with people is not always easy; about the various ways people relate to each other – at home, at school, at work, and at even within their communities; about how relationships develop and of course about the importance of relationships. On top of that, it deals with the fact that coping with the ups and downs of friendship helps you to learn about yourself and others.

Key words:

relationship, acquaintance, complementing personality, the signs of growing relationships, emotional need, physical need, love, guidance, a sense of belonging, independence, confidence and self-esteem.

Аннотация

В статье представлена информация о том, как определить «вас» в ваших отношениях; о том, почему ладить с людьми не всегда легко; о том, как люди относятся друг к другу по-разному — в доме, в школе, на работе и даже в своих сообществах; о том, как развиваются отношения и, конечно же, о важности отношений. Кроме того, в статье даётся, что фактически преодоление взлетов и падений дружбы помогает вам лучше узнать себя и других.

Ключевые слова: отношения, знакомство, дополняющая личность, признаки растущих отношений, эмоциональная потребность, физическая потребность, любовь, руководство, чувство принадлежности, независимость, уверенность и чувство собственного достоинства.

Imagine...you and your friend are sitting side by side in the hall, and you are almost finished your home assignment. Then, you ask her to hand you the coffee at her side. However, by the time you get a firm grip on the handle, she lets go. The coffee hits hard to the ground and spills onto your worksheet by causing it to get drenched quickly. You open your mouth to shout abusively at her for the incident she caused, but then you have second thoughts. You say, “Accident happens!” A touched smile suddenly animates your friend’s face, and you both clean up the mess. You are still friends.

Everyone has a close friend whom he has known from his childhood, whom he may have spent hours together by playing in the playground. After years, he may have discussed about sports, computers, favourite books, movies etc. And now he talks about and shares the problems he faces with his friend and takes recommendations and encouragement from him, and shoulder to shoulder finds solutions. This bond that he and his friend have created over the years is one kind of *relationship*. A relationship is a connection that develops between people who share similar interests and goals and exchange information, feelings, emotions and ideas over a long period of a time.

Let’s define *you* in your relationships so as to find out the relationships you have with others are healthful and satisfying...

Fill in the table by putting ticks (✓) and crosses (x).

1.	Do you get along well with people, including boys and girls?		
2.	Do you have close friends whom you feel free and can be yourself?		
3.	Do you demonstrate to your friends that you care enough about them? Vice versa...Do they care about you in return?		
4.	If you have a quarrel between you and your friend, do you work out it together?		
5.	Do you feel shy with your friend? Are both of you open-minded in terms of everything?		
6.	Are you an extrovert? Can you carry on conversations with people you would like to know about?		
7.	Do you have limits for expressing affection on dates or meetings? If yes, do you stick to them? Do you respect the limits of others?		

If you mark more ticks, your relationship with your friends are healthy and long lasting. If you mark more crosses, just don't think that you are incapable of forming close relationships. Here are the tips and important facts given below, you may consider and use them in developing relationships and keeping them how to be healthy in your life.

Relationships often begin by chance – you happen to meet the person who lives in the same apartment, who sits in the desk next to you at school, or who works as your colleague in the building. On one hand, the person, who is next to your apartment, may have lived there for many years, but still be only an acquaintance, a person you are familiar with but not close to. On the other hand, the person you are working with for only a month may have already become a close friend.

So, what factor makes a relationship remain casual or become a close, long-lasting friendship? A research on this study has found out that most people form close relationships with others according to the interests they share. For example, you and your colleague may begin the relationship by sharing the procedure of completing a task you are asked to or writing up the report of your job. As you work together, you may discover that you have similar interests or goals. However, the person sitting next to you in the desk at school may have different personality from yours or have distinctive favour in music compared to you. Even though you may greet with him, the relationship between you and him may not become a close friendship since you have little in common.

However, we can't say that people form close relationships based on only common interests and goals, because there are other reasons why they do. Studies have suggested that people whose personalities complement others have higher possibility to easily make friends and form long-lasting relationships. For instance, a friend of yours may have positive qualities that you lack, and you may have some positive ones that he/she lacks. Another example of this fact is that your friend has a strong desire for trying new things because she is an adventurous person. You admire her for this very quality of hers since you are more cautious and well-organised. And vice versa she may value and look up to you because of your organisational skills and your in-depth attention. The two of you are good partners of your relationship because you respect and admire each other's abilities.

But here's a question arises, as a person gets older, his personalities and qualities may also change. If our personality changes, it no longer complements our friend's. So how can we keep stable, healthy and long-lasting friendship? In order to do so, the relationship itself must change as the individuals in it change. You may notice some changes happening in your relationship. The new relationship that you are discovering may require more responsibility and decision-making than it was before. So as to understand and find out some solutions for the problems, you may have some arguments with your friend. But you may feel better about each other after an argument than before. Because you realise that even if you can't meet with or see your

friend for days or weeks, you may still be close friends. These are the signs of stable, healthy and growing relationships.

Sometimes people think that they are better when they are alone and on their own. However, your social health affects your overall wellness and your position in life. Relationships with others are factually important to your health even though you may like to be alone. The importance of relationships is really great in a person's life. For example, the basic service of forming close relationships is the fulfillment of important emotional and physical needs throughout a person's lifetime. Recent social research has shed some lights on why relationships are important and found out that the need for relationships is as vital as our need for food and sleep.

Social scientists have suggested that for a person it is psychologically and mentally important to have human company so as not to become depressed or overwhelmed, lose interest in caring for themselves and eating, and even hope for dying. In the past, people were used to live in packs or let's say in groups to keep protection from danger. So now people are living within the family and social groups so as to have love and guidance, a sense of belonging and independence. Because if you are a member of a group, you are able to learn more about yourself and others. For example, in the family, children from their early ages begin to develop first of all physical and then mental skills. They learn how to form opinions about themselves. By being in this environment, working together and acquiring how to behave in different situations are the solid foundations for developing social skills. In consequence, these skills help them to get along well in other social groups.

Nowadays, it is even more prevalent among teenagers to be part of one or more groups - of course in addition to their families, so as not to isolate from their peers. For example, it may be school groups, sports teams, hobby clubs, social clubs or political clubs. It is a fact that a group of people supports them to develop their trust and helps to build their *confidence* and *self-esteem* since being proud of who they are and feeling good about themselves is an indispensable part of their social health. The results of recent research have shown that most teenagers are in need of the support, encouragement and comfort that only friends provide.

On top of that, it gives more fun to do something together within a group than doing alone. All activities you do, for example, studying a new topic, learning new words, watching TV, playing video games or skating can be more enjoyable when you do them together in a group. If you do them alone, they can easily be boring and monotonous, and you can lose interest in no time.

In conclusion, close and long-lasting relationships can give each other confidence and bring out the best in you and your friends. It is useful and reassuring to have a friend who will listen to you and help you to go through ups and downs by encouraging and supporting you – who will be a shoulder to cry on.

Bibliography:

1. <https://healthyfamilies.beyondblue.org.au/age-1-5/social-and-emotional-development/developing-friendships>
2. <https://headspace.org.au/explore-topics/for-young-people/why-relationships-are-important/>
3. https://www.huffpost.com/entry/why-we-really-need-relati_b_9467896
4. <https://www.nm.org/healthbeat/healthy-tips/5-benefits-of-healthy-relationships>
5. <https://www.quora.com/What-is-the-importance-of-relationships-in-a-person%E2%80%99s-life>
6. <https://www.healthline.com/health/healthy-relationship#:~:text=Relationships%20often%20develop%20when%20people,these%20changes%20are%20usually%20temporary.>
7. <https://courses.lumenlearning.com/introductiontocommunication/chapter/developing-and-maintaining-friendships/>