

A Literature Review on Healthy Relationship

Abstract

Studies and Researches shows that a healthy relationship is the key towards individual well-being and a stress-free life. The way in which people think and let go off will totally depends on their early and prior experiences. Many of us are entering into a relationship with some past challenging experiences, such as when our parents got divorced or had an unhealthy relationship. Others may have grown up with a single parent and never witnessed how their parents loved each other or a child who had some dark child abuses. Such situations may create an intuition that face similar things in the future and someone who adopts this attitude cannot remain the same person that she/he is toward other people. "Building a healthy relationship is similar to building a house" (National Responsible Fatherhood Clearinghouse (U.S.), issuing body,2009). There must be strong foundation for each type of interactions which includes, friendships, parent-child relationship, student-teacher relationship and companionship.

Introduction

Having close social relationships, such as marriage, living relations and friendships are associated with individual well-being, as well as psychological and physiological health outcomes (Berkman and Syme, 1979; Case et al., 1992; Chandra et al., 1983; House et al., 1988). In line with this finding, breaking such close connections is associated with an increased risk of ischemic heart disease (Kriegbaum et al., 2008) and cardiovascular mortality (Matthews and Gump, 2002). In the past thirty years, a number of programs have been run by community centers, churches, businesses, therapists, and family life education to help couples improve their marriages; skill building has been acknowledged as the accepted method. There has been a recent push to reconsider some of the tenets that have long guided the marriage enrichment practice (Karen R Westerop, 2002). These programmes were conducted to assist couples in building effective communication and conflict resolution skills, with some benefits include increased awareness of personal and partner communication styles, clarified levels of expectations for the relationship, and proper understanding of the connections between communication and gender (Karen R Westerop, 2002).

The dark side of relationships

In this era of healthy relationships what we forgot is the gloomy side of a relation which we cannot neglect and needed to handle with care. This includes both physical and sexual assaults, researches shows that one in every five girls are facing this from their dating partner, which makes them emotionally weak. In fact, the reports indicates that 54% of them are aware of the existence of these kinds of violences. The most affected youths are from Africa and America, which exceeds the violence rates. The core reasons behind these acts of violence are age, gender and past exposure to trauma and stress. Sometimes these can be arisen from the cultural behaviour, inter- parental violence or even may be from peer pressure. A better realization of these facts is crucial in the well-being of a healthy relationship, these life stages of an individual are the foundation for a good relationship in the future. We need to create an environment where

everyone can live happily ever after, today's youth will be tomorrow's wealth. So, reducing youth violence and promoting healthier relationships are highly important (Antle et al., 2011).

Love yourself

The first and foremost thing an individual have to learn is self-love, in this busy world we often skip this. Don't give your reason for smile in anyone's hand. This journey of loving oneself is not that simple it totally depends on the environment we live, the people who have been a part of our lives and the beauty and kindness they discovered from us. This process is deeply inclined with the love that we have for ourselves, which is a secret key towards the healthy relationship. The piece of advice is "Learn to love yourself", appreciate what you love about yourself, anyone who can't value those qualities isn't worth of you (Ball et al., 2023). These insights highlight the role of self-love and self-acceptance as the building blocks for creating and sustaining healthy relationships. They serve as a reminder that self-love is where it all begins, for building meaningful connections with others.

Individual well-being in a relationship

The most important aspect of a relationship is supporting individual growth and giving personal space to each other. For this one needed a better understanding of their partner's needs and wants, which is only possible through open communication, which is not all relationships have (Davila et al., 2017). Imagine a healthy companionship where you can be your true self, being childish to your partner and doing all the things that you love to do, this phase of life is not easy but we can make it by adding some effort like setting some meaningful goals and habits, not from one person but from both, together we can do anything. This will definitely make a huge difference in the mental health of an individual. In simple way, a partnership that encourages and uplifts the success and growth of one another will possess a happy life.

Conclusion

Analysing and summarizing the links between relationship issues, it is clear that the popular resource for domestic violence, that raising awareness and promoting change is absolutely necessary. Relationships, that are characterized by multiple behaviours and inequalities, impact both individuals and society. It takes courage, self-worth, and determination to make the transition from an unhealthy relationship to a healthy one (Alexis O., n.d.). Healthy relationships are a space for personal growth, self-awareness, and self-development. Promoting healthy relationships and reducing dating violence among high-risk youth is a societal need (Alexis O., n.d.). Additionally, examining cultural and social influences on relationship quality emphasizes the importance of considering assumptions and expectations. In summary, the journey from unhealthy to healthy relationships, is clearly challenging but provides a foundation for personal growth and the development of respectful and loving relationships (Alexis O., n.d.). By acknowledging the dark side of unhealthy relationships, together we can strive for healthier, happier, more fulfilling human relationships.