**Ministry of Higher Education & Scientific Research**



**Hawler Medical University/ College of Nursing**

**Nursingdddddddffeefefeee Department**

**First Stage**

**Group A**

**{Types of Relationship}**

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**Introduction**

Part of being a human being involves interactions with others or so called relationships, explicitly humans are one of the most social beings on the planet and place a lot of emphasis on relationships. Evidence of this can be found going back thousands of years from early cave men drawings to scripture of poetry and to todays’ music and bestselling novels.

Relationships, in their many forms, make up a huge part of our everyday practices, consequently it can be concluded that relationships contribute to how we feel daily as well as in the long run. If we review the most popular literature today, we can establish that our happiness and misery result from one form of a relationship or another. Whether it’s fulfilment at work, contentment with friendships or satisfaction in personal and family life, our emotions are largely based on these interactions and relationships.

Relationships make up the human experience as they contribute to our most positive and potentially negative involvements. On the affirmative side, relationships are a great foundation for well-being and life satisfaction and if we are stable within our relationships we are believed to have good physical and mental health. On the opposite side, poor relationships can contribute to a number of stressors and the lack of connections can make one feel isolated and alone. So while relationships can be difficult and place us through emotional turmoil, we need them to experience enrichment in our lives.

So what is a relationship? The term is so broad, that it is often very hard to define due to the large variety of potential relationships, e.g. those with family, workmates, neighbours, intimate partners, teachers, and doctors.

Relationships occur in the context of daily life, and although it’s easy to think of relationships based purely on emotions and feelings, it is the everyday interactions and experiences that are the building blocks that drive the formation of a relationship.

**Relationship** is an interpersonal relationship refers to the association , connection , interaction and bond between two or more people . There are many different types of relationships . This section focuses on four types of relationships : Family relationships , Friendships , Acquaintanceships and Romantic relationships .

**Benefits of relationship**

**Reduced stress :-** The many benefits of relationships include that they reduce stress. This feels good by itself, but it also reduces risk for health conditions.

**Longer life :-** Research has shown that people with strong social connections are much more likely to live longer than people who are loners. Holt-Lusted, the lead author of one study, explained, “A lack of social relationships was equivalent to smoking up to 15 cigarettes a day.”

**Encourage healthy behaviours :-** Partners and close friends often encourage us to exercise, eat healthy, and follow up with medical problems. So, when we have that kind of support, we may be less prone to illness and recover better than those who are more isolated.

**Fun and fulfilment :-** Having a close friend or partner to share the good times simply feels wonderful. While it can be healthy to balance social life with some alone time, remember these benefits of happy relationships if you ever get too comfortable hiding out from the world.

**How can improve healthy relationship ?**

**Take time:** Make sure to spend regular time with your partner, children, family and friends. One-to-one relaxed time, when you have plenty of space to chat and have fun together is best.

**Be present:** In our busy lives a major challenge is simply not being present with the ones we love.

**Express appreciation:** Relationships are nurtured by frequent displays of appreciation. Whether these are simply kind words of thanks to an important colleague, a gift to an important friend, affection with your partner or a reassuring hug for a child, everyone needs to be appreciated and nurtured in close relationships

**Listen:** Listening is most important communication skill of all. Taking time to understand the other person's point of view is key to connecting with them, and is especially important as the first step to managing conflict.

**Learn to communicate:** Relationships suffer when one person does not communicate about their needs and important issues or when they do they do it do it in an aggressive, explosive or dis-respectful way.

**Apologise and forgive:** All close relationships will involve disappointment and getting hurt at times.

**Types of relationship**

**1- Healthy Relationship**  
  
While no relationship is picture-perfect at all times, healthy relationships are based on understanding, trust, and true love. These relationships consist of two people who support one another with mutual love and respect. As opposed to toxic relationships, healthy relationships are those that are mutually beneficial and provide value added to each person's life.  
Scientific research has found that there are a vast number of benefits to reaped by people in healthy relationships, including an increased lifespan[5], lower levels of stress[6], greater pain tolerance[7], and improved immunity[8].Before entering a relationship of any type, it's important that you first get to know yourself and your potential partner. Being in a relationship isn't always easy, and not everyone is as ready as they seem to be or think they are .

**Tips for Healthy Relationships**1. Keep expectations realistic. No one can be everything we might want them to be. Healthy relationships mean accepting people as they are and not trying to change them.  
2. Talk with each other. It can't be said enough: communication is essential to healthy relationships.  
**-** Take the time. Really be there.  
- Genuinely listen. Do not interrupt or plan what you’re going to say next. Try to fully  
understand their perspective.  
- Ask questions. Show you are interested. Ask about their experiences, feelings, opinions,  
and interests.  
- Share information. Studies show that sharing information helps relationships begin. Let people know who you are, but don’t overwhelm with too much personal information too  
soon.  
3.Be flexible. It is natural to feel uneasy about changes. Healthy relationships allow for change and growth.  
4. Take care of yourself, too. Healthy relationships are mutual, with room for both people’s needs.  
5. Be dependable. If you make plans with someone, follow through. If you take on a responsibility, complete it. Healthy relationships are trustworthy.  
6. Fight fair. Most relationships have some conflict. It only means you disagree about something; it does not have to mean you don't like each other.  
- Cool down before talking. The conversation will be more productive if you have it when your emotions have cooled off a little, so you don’t say something you may regret later.  
- Use “I statements.” Share how you feel and what you want without assigning blame or motives. E.g. “When you don’t call me, I start to feel like you don’t care about me” vs. “You never call me when you’re away. I guess I’m the only one who cares about this relationship.”  
- Keep your language clear and specific. Try to factually describe behaviour that you are upset with, avoiding criticism and judgment. Attack the problem, not the person.  
- Focus on the current issue. The conversation is likely to get bogged down if you pile on everything that bothers you. Avoid using “always” and “never” language and address one issue at a time.  
- Take responsibility for mistakes. Apologize if you have done something wrong; it goes a long way toward setting things right again.  
- Recognize some problems are not easily solved. Not all differences or difficulties can be resolved. You are different people, and your values, beliefs, habits, and personality may not always be in alignment. Communication goes a long way toward helping you understand each other and address concerns, but some things are deeply rooted and may not change significantly. It is important to figure out for yourself what you can accept, or when a relationship is no longer healthy for you.  
7. Be affirming. According to relationship researcher John Gottman, happy couples have a ratio of 5 positive interactions or feelings for every 1 negative interaction or feeling. Express warmth and affection!  
8. Keep your life balanced. Other people help make our lives satisfying but they cannot meet every need. Find what interests you and become involved. Healthy relationships have room for outside activities.  
9. It’s a process It might look like everyone on campus is confident and connected, but most people share concerns about fitting in and getting along with others. It takes time to meet people   
and get to know them. Healthy relationships can be learned and practiced, and keep getting better.   
10. Be yourself! It's much easier and more fun to be authentic than to pretend to be something or someone else. Healthy relationships are made of real people. .

**2- Unhealthy Relationship**

An unhealthy relationship is one where one person is more invested in the relationship than the other. It is a situation where there is more love and care from one side than the other.

The person who cares less will often be emotionally or physically abusive to their partner. They might make their partner feel guilty for simply talking to someone else, they might refuse to listen when their partner talks about how they feel, and they might refuse to do things that make their partner happy.

Relationships can become unhealthy if one person takes on a parental role and tries to control everything that the other does. This type of controlling behavior can lead to depression and anxiety in the victim of these behaviours.

**Characteristics of an Unhealthy Relationship:-**

-One person or both persons in the relationship are not fully committed to each other.

-One person or both persons in the relationship does not have a healthy self-image and is usually dependent on their partner for validation.

-One person or both persons in the relationship have an addiction, such as alcoholism or drug abuse, and they are using it to cope with stressful situations.

-One person or both persons in the relationship have a mental illness, such as depression or anxiety, and they do not have adequate support from their partner to deal with it.

-One person or both persons in the relationship does not have a healthy lifestyle and they are putting it before the needs of their partner and children.

-One person or both persons are physically or emotionally abusive.

-One person or both persons refuse to communicate honestly with one another.

-One person or both persons are being unfaithful.

-One person or both persons are overly controlling.

**3-Family Relationships**

Family , or relatives are people are connected to through some form of kinship , whether it is through blood ( such as with parents , brothers and sisters ) , marriage ( such as non - blood aunts and uncles or step - parents ) romantic relationships ( such as a parent's girlfriend or boyfriend ) or adoption . Family includes siblings and parents who you may see every day growing up , and other relatives such as cousins , aunts , uncles and grandparents who you may not see quote so frequently . Families come in many different forms , for example single - parent families , step families etc. Ideally , people should have strong relationships with their families although this does not always happen They should feel love and closeness for their relatives , and be able to confide in them and discuss personal things . A key role of parents and older relatives is to offer guidance , support and , where needed , boundaries and discipline . As families are so close and spend so much time together , arguments and disagreements can arise , but in most families , these are short - lived and even in moments of anger or hurt , families still love and care about each other . Family relationships are ideally life - long , although as children become teenagers and then adults , it is usual for them to have more independence and for the parental relationship to become less one of guidance and more one of mutual support . Sometimes as children become teenagers and adults , there can be an increase in arguments and conflicts with parents as the growing child tries to assert their independence and find their adult identity . This is perfectly normal and often calms down once the teenage years have passed . It is important to have strong communication with family members as , if a healthy relationship is nurtured , a family can be a lifelong source of support .

The bond with a family can play a very important role in personal wellbeing and the ability to form other kinds of relationships outside of the family unit such as friendships and romantic relationships . In some families , there is little physical contact whereas in others , it is common for family members to express affection by means such as hugging , kissing on the cheek or forehead , patting the head or tousling the hair , patting on the back etc. It is common for babies and younger children to be carried or held .

**4-Friend Relationships**

Friends are people who are not related to but choose to interact with . Friends are people trust , respect , care about and feel tha can confide in and want to spend time with . A good friendship should be built on honesty , support and loyalty . A friendship is a reciprocal relationship ; for it to exist , both people must see each other as a friend . There are varying degrees of friendship . may find that feel closer to some friends than others . This is perfectly normal . Some friends , especially if they have only been known for a short time or are not seen very often , may not be appropriate to confide in about personal issues or concerns . may find that feel more comfortable and able to confide in friends whom have known for longer or spend more time with . Friends who are very close and know each other well are sometimes referred to as " best friends " .Some people have many friends , while others may only have one or two . There is no right or wrong number of friends to have and everyone is different . Good friendships are mutually respectful and supportive and share common interests and ideas . While some friendships can be close and some friends choose to greet each other by hugging or kissing on the cheek , other friendships may have no physical contact , or may simply shake hands . Physically intimate or romantic contact is not appropriate in a friendship.

**5-Acquaintance Relationships**

Acquaintances are people may encounter regularly , but who are not friends or relatives . For example , they may be a neighbour who lives in road that say " hello " to if see them in passing , or a work colleague or someone have seen a few times at a social event but do not yet know well . It is important to be polite and respectful to acquaintances as having harmonious relationships with people around , such as work colleagues , people from college , neighbours etc is an important way of avoiding stress or conflict . In some cases , relationships that start as acquaintanceships can , over time , evolve into friendships as get to know the person better and see them more frequently . The level of contact with an acquaintance is minimal . There is unlikely to be any physical contact ( although in a work setting , or when being introduced to someone , might occasionally be required to shake hands ) , but the main form of contact is likely to be smiling and saying ' hello ' .

**6- Romantic Relationships**

A romantic relationship is one in which you feel very strongly attracted to the other person , both to their personality and , often , also physically . This is reciprocated by the other person in the relationship . A romantic relationship is that which exists between a boyfriend and girlfriend ( in a heterosexual relationship ) or spouses ( in a marriage ) or life partners ( in a civil partnership or long - term unmarried relationship ) . People in a romantic relationship will see each other very often and when apart my frequently stay in contact , for example by phone . Some people in romantic relationships live together . A romantic relationship is the closest form of relationship and the two people involved will often describe themselves as being attracted to each other and / or " in love " . They feel an incredibly strong connection and bond to each other that they do not feel with anyone else , even close friends , and the bond is also exclusive and monogamous .

Successful Romantic relationships are built on love , trust , respect , support , acceptance , shared interests and a desire for the two people involved to share their lives together . Some people in relationships may choose to have children . As this is such a close relationship , various kinds of physical contact are accepted which would not be appropriate in any other kind of relationship . Sometimes arguments and disagreements occur in romantic relationships . In strong relationships , these arguments can be overcome through effective communication , understanding and compromise , but in other cases , especially if there are frequent arguments , the two people involved my decide to terminate the relationship . Relationships can be of varying duration . In some relationships , it quickly becomes apparent that the two people involved are not compatible and do not want to spend their lives together , and so the relationship may end after only a few months . In other cases , the two people may be together for many years or may stay together for the rest of their lives .

**7- Working Relationship**

Work relationships directly affect a worker’s ability and drive to succeed . These connections are multifaceted, can exist in and out of the organization, and can be both positive and negative . One such detriment lies in the nonexistence of work relationships , which can lead to feelings of loneliness and social isolation .Building good work relationships can have a huge impact on how much enjoy job .

**Types of work Relationship:-**

-Co-workers:-Co-worker relationships are neither professional nor personal, but merely circumstantial.

- Team Members:-Team-members are fellow employees who work on the same team .

-Work Friends:-Work Friends are people who interact with socially at work .

- Manager/Direct Report:-The Manager is the one assigning the work, helping succeed and ultimately impacting the work do.

-Mentor/Mentee:-Mentor/Mentee is the highest professional relationship can have.

-Life Friends:-The most intimate work relationship can have is one that don’t even consider specific to work–that of a friend IRL (in real life).

**8-Toxic Relationships**

A toxic relationship is any type of interpersonal relationship where emotional, physical, or psychological well-being is undermined or threatened in some way. Such relationships often leave feeling ashamed, humiliated, misunderstood, or unsupported.

A toxic relationship is one that makes feel unsupported , misunderstood , demeaned , or attacked . A relationship is toxic when well - being is threatened in some way - emotionally , psychologically , and even physically .

Any type of relationship can be toxic including friendships, family relationships, romantic relationships, or workplace relationships. Toxic relationships are characterized by: (A lack of support, Blaming, Competitiveness, Controlling behaviours, Disrespect, Dishonesty, Gas lighting, Hostility, Jealousy, Passive-aggressive behaviours, Poor communication, Stress).

**Types of Toxic Relationships** :-

**-**When there are negative behaviours : Some people's constant complaining , critical remarks , and overall negativity create a toxic environment .

-When one ( or both ) people lack self awareness : Sometimes people are unaware of their negative effect on others . They also may not know healthier ways to communicate.

-When a person intentionally hurts others : Some people are deliberately rude and hurtful .

-When a partner is constantly cheating : If an intimate partner lies and cheats without even trying to change their behavior , it adds a toxic element to the relationship .

-When a person is abusive : When people repeatedly and intentionally hurt you , their behavior can be considered abusive .

**Conclusion**

Having a intimate relationship with someone is to have commitment , knowing that could handle anything throughout the relationship and remain with that person . Dealing with interdependence , depending on each other , making good decisions for each other so one wouldn't get hurt . Giving enough time and energy into the relationship , so the other may feel wanted and appreciated . All about love and care for each other . The desire to have an open relationship , that could talk to that person about anything or some things . Not giving in all , but some . To be close or not to that person , and having new experience in the relationship or not .

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