**Interpersonal Communications**

**Why Do We Communicate?**

**Think-Pair-Share: Attempt to define communication.**

In a study of isolation, subjects were paid to remain alone in a locked room. Of the five subjects, one lasted for eight days. Three held out for two days, one commenting, “Never again.” The fifth subject lasted only two hours.

Harlow’s monkey: WARNING: very sad!

<https://www.youtube.com/watch?v=e5I6d_vq-Cc>

Now, in light of that, consider our penitentiary system:

<https://www.afsc.org/resource/solitary-confinement-facts>

See Denzel Washington depict it, from *The Hurricane:*

<https://www.youtube.com/watch?v=awPW53zVMdY>

**Communication:** A **continuous, transactional process** involving participants who occupy different but overlapping environments and create relationships through the exchange of messages, many of which are affected by external, physiological, and psychological noise.

1. **So, why do we need communication?**
2. **Physical needs:** The presence or absence of communication affects physical health. In extreme cases, communication can become a matter of life or death.

* Rivals cigarette smoking, high blood pressure, obesity, and lack of physical activity in terms of coronary health.
* Isolated people are four times more likely to have a cold.
* More likely to die prematurely: marriage, friendship, religion, and community ties all increase longevity.
* Divorced men before age 70 are more likely to die: twice the rate of heart disease and cancer; three times die from hypertension; five times from suicide; seven times from cirrhosis of the liver; ten times from tuberculosis (comorbidity).
* All types of cancer: five times higher in divorced men and women.

1. **Identity needs: communication is the way we learn who we are.**

Reflect on what you know about self-concept.

1. **Social needs: communication is the principal way relationships are created.**

Pleasure, affection, inclusion, escape, relaxation, control.

**Think-Pair-Share:** Create a list of statements that you have said or have heard said around you, that exemplify these social motivators to communication. Ie. “I spoke to her like that because it’s fun” (pleasure); “I wanted to avoid doing my homework” (escape); “I wanted what he had,” (control).

1. **Practical Goals:** We need something.

**Instrumental Goals:** getting others to behave in ways we want.

1. **The Process of Communication: Draw the diagrams on the board, page 8 and 12.**
2. **1. Linear View:** Communication is something one person “does” to the other.

**Key term: “Noise”:** any forces that interfere with effective communication. Can be *external* or *physiological* or *psychological.*

**External noise:** anything that makes it hard to hear; distractions.

**Physiological noise**: biological factors that that interfere with accurate reception; tired, sick, etc.

[**https://www.youtube.com/watch?v=yrM2N-ESjaM**](https://www.youtube.com/watch?v=yrM2N-ESjaM)

**Psychological noise:** forces that interfere with the ability to express or understand a message accurately; Spectrum disorders, mood, receiving bad news, etc.

***Review: In a brief paragraph, describe a time when you were attempting to communicate with someone and a form of either PHSIOLOGICAL or PSYCHOLOGICAL noise interfered.***

1. **2. A Transactional View:** Despite its simplicity, the *Linear View isn’t completely accurate.* Its weakness is that it suggests communication flows in one direction, from sender to receiver. Most types of communication are two-way exchanges.

* Considernon-verbal messages like a blush <https://www.youtube.com/watch?v=-qDi7IbYGVY>

or a yawn

<https://www.youtube.com/watch?v=I0dQx4SNSwE>

* **Feedback**: the discernable response of a receiver to a sender’s message

Interesting twist on facial expressions: [**http://www.cornell.edu/video/origins-of-facial-expressions**](http://www.cornell.edu/video/origins-of-facial-expressions)

Robot facial expressions:

<http://www.dailymail.co.uk/news/article-3044955/Aye-robot-Amazingly-lifelike-humanoid-incredible-range-facial-expressions.html>

In addition, not all communication involves encoding, as the linear model suggests. The transactional model looks at **behavior**: both the deliberate and the unintentional actions that can be observed and interpreted. This model recognizes that it’s difficult to isolate a single discrete *act* of communication from the events that precede and follow it.

Check out this video to see it in action: Video montage of popular shows: <https://www.youtube.com/watch?v=8Ox5LhIJSBE>

1. **Use the diagram depicting the Transactional model to analyze a communication challenge you recently experienced. Which elements described in the model help explain the problem? What steps might you and the other person or people involved have taken to overcome these difficulties? Try to draw a diagram which outlines your understanding of this model as it applies to the challenge you experienced.**
2. **Communication Principles:**

[**https://www.youtube.com/watch?v=w2vkWwvf7NY**](https://www.youtube.com/watch?v=w2vkWwvf7NY)