

The impact of social psychology on personal relationships helps develop societies with less conflict

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Abstract

Personality and social relationships influence each other in multiple and consequential ways. Research on personality and social relationships has exploded in the past 10–20 years. Across diverse subdisciplines, it has contributed to a much better understanding of how the interplay between who we are—our personality—and how we are with others—our relationships. Understanding this interplay is key to understanding personality itself, that is, as regularities in how people strive for and select into social situations, and act towards and perceive others in these situations. To understand how people differ from each other in their personality and social behaviour, how these differences develop, and how this affects further life outcomes, we need to better understand the interplay of personality and social relationships. Personality and relationships influence each other in manifold ways; they cannot be understood in isolation. This paper summarizes the state of the art, provides a common framework for the future of science of personality and social relationships. The rich diversity in which individuals differ from each other cannot be understood without a detailed consideration of how people interact and bond with others. Personality and social relationships both concern somewhat stable differences in people's experiences and behaviors, albeit on different levels. Personality is situated on the individual level and can be defined as the typical way an individual acts, thinks, wants, and feels and the self-concepts that emerge in this individual. An important prerequisite to understanding personality effects on social relationships is to analyse the sources that contribute to differences in relationship outcomes.

Keywords: Personality, social relationships, peer relations, social interaction processes, interpersonal perception, individual acts, self-concepts, Emotional Stability