

INTERPERSONAL RELATIONSHIPS AS A KEY PHENOMENON OF SOCIO-PSYCHOLOGICAL INTERACTION

Shalola Odilova

First-year student, Fergana State University, Fergana, Uzbekistan

Abstract: The article presents a comprehensive theoretical analysis of interpersonal relationships as a fundamental socio-psychological phenomenon. The main scientific approaches to the study of interpersonal relationships, their essence, structure, functions, and typology are examined. Special attention is paid to the psychological mechanisms underlying the formation and development of interpersonal relationships, including communication, social perception, empathy, and the value-motivational sphere of personality. The role of interpersonal relationships in socialization, personal development, and psychological well-being is analyzed. The significance of studying interpersonal relationships in the context of contemporary social transformations and the expansion of digital forms of communication is emphasized.

Key words: interpersonal relationships, social interaction, communication, personality, empathy, social perception, psychological well-being.

Introduction

Interpersonal relationships occupy a central place in the system of human social connections and represent a crucial condition for an individual's effective functioning in society. No form of human activity can exist outside interaction with others, which makes interpersonal relationships a universal phenomenon of social reality.

In modern society, characterized by globalization, accelerated life rhythms, the expansion of information space, and transformations in traditional communication patterns, the issue of interpersonal relationships becomes particularly relevant. The increasing complexity of social roles, the growth of individualization, and the virtualization of communication significantly influence the nature and quality of interpersonal ties, necessitating their comprehensive scientific analysis.

Interpersonal relationships constitute a subject of study in social psychology, general psychology, sociology, pedagogy, and philosophy. Their investigation contributes to a deeper understanding of social interaction mechanisms, the formation of social attitudes, and the conditions for harmonious personality development.

The purpose of this article is to systematize and generalize theoretical approaches to interpersonal relationships, as well as to reveal their structure, functions, and role in personality development.

Theoretical Approaches to the Study of Interpersonal Relationships

In scientific literature, interpersonal relationships are defined as a system of relatively stable subjective connections between individuals that arise and develop in the process of joint activity and communication. These relationships reflect individual perceptions, evaluations, and emotional attitudes toward interaction partners.

The essence of interpersonal relationships lies in their dual nature. On the one hand, they are determined by objective social conditions and role expectations; on the other hand, they are subjective, as they are mediated by personal experience, attitudes, needs, and values.

Interpersonal relationships cannot be reduced solely to external behavioral manifestations. They include internal psychological processes such as perception, interpretation, emotional response, and

anticipation of another person's behavior. This internal dimension gives interpersonal relationships their personal and individual character.

Several key theoretical approaches to the study of interpersonal relationships have developed within psychological science.

Within the activity approach, interpersonal relationships are viewed as derivatives of joint activity. According to A.N. Leontiev and S.L. Rubinstein, relationships between people are formed and transformed through the performance of shared tasks and the fulfillment of social roles. In this framework, interpersonal relationships reflect objective social connections in a subjective psychological form.

The socio-psychological approach emphasizes interaction and communication as the primary mechanisms of interpersonal relationship formation. According to G.M. Andreeva, interpersonal relationships emerge as a result of mutual perception, evaluation, and emotional response among participants in communication.

Humanistic psychology interprets interpersonal relationships through the lens of personal growth and self-actualization. C. Rogers emphasized that constructive interpersonal relationships are based on empathy, unconditional positive regard, and congruence. Such relationships create favorable conditions for the disclosure of personal potential.

The sociometric approach, developed by J. Moreno, focuses on the study of interpersonal relationships in small groups through the identification of preferences, sympathies, and antipathies. This approach is widely used in applied research and group diagnostics.

Discuss and results

Interpersonal relationships possess a complex structure consisting of several interrelated components.

The cognitive component is associated with processes of social perception and understanding of another person. It includes the formation of an image of the interaction partner, interpretation of their actions, intentions, and personal qualities. Errors in social perception may lead to distortions in interpersonal relationships and the emergence of conflicts.

The emotional component is expressed through feelings and experiences toward another person, such as sympathy, trust, attachment, respect, or, conversely, antipathy and alienation. This component determines the emotional tone and stability of relationships.

The behavioral component is manifested in specific forms of interaction, communication styles, and conflict-resolution strategies. It represents the external expression of interpersonal relationships and serves as an indicator of their actual state.

Interpersonal relationships perform a number of essential functions in individual and group life.

The communicative function ensures the exchange of information, knowledge, and experience.

The regulatory function influences behavior and activity through interpersonal expectations and evaluations.

The emotional-supportive function satisfies the individual's need for belonging, acceptance, and emotional security.

The socializing function facilitates the internalization of social norms, values, and behavioral patterns.

The realization of these functions contributes to group cohesion and supports harmonious personality development.

Various classifications of interpersonal relationships are proposed in scientific research. Based on the degree of formalization, relationships may be formal or informal. According to content, they may be business-related or personal. In terms of duration, relationships may be short-term or long-term.

Emotionally significant relationships—such as friendship, love, and family ties—occupy a special place, as they are characterized by high levels of trust, emotional closeness, and mutual responsibility.

Conflict interpersonal relationships constitute a separate category. They arise due to discrepancies in interests, values, or expectations and require particular attention because of their potential negative impact on psychological well-being and group dynamics.

Mechanisms of Formation and Development of Interpersonal Relationships

The formation of interpersonal relationships is influenced by several psychological mechanisms, including identification, empathy, social reflection, and attribution. These mechanisms enable individuals to understand the inner world of others and to anticipate their behavior.

The motivational and needs-based sphere of personality also plays a significant role. The need for communication, recognition, and support acts as an internal source for establishing and maintaining interpersonal relationships.

The development of interpersonal relationships is dynamic and depends on life experience, changes in social context, and personal growth of the interaction participants.

Interpersonal relationships play a decisive role in the process of personality socialization. Through interaction with others, individuals acquire social roles, form self-esteem, and develop their self-concept. The quality of interpersonal relationships is closely associated with psychological well-being and emotional stability.

Positive interpersonal relationships contribute to the development of self-confidence, social competence, and cooperative skills. In contrast, negative interpersonal experiences may lead to social isolation, anxiety, and feelings of loneliness.

In the context of digitalization, the study of interpersonal relationships in virtual environments has gained increasing importance. Online communication expands opportunities for social interaction while simultaneously transforming its psychological structure by reducing direct emotional contact. This creates new research perspectives focused on analyzing the impact of digital technologies on interpersonal relationships and individual social adaptation.

Conclusion

Interpersonal relationships represent a complex, multidimensional socio-psychological phenomenon that plays a crucial role in personality development and the functioning of society as a whole. Their theoretical analysis contributes to a deeper understanding of social interaction mechanisms and the conditions necessary for the formation of constructive and harmonious relationships.

Future research directions include cross-cultural studies of interpersonal relationships, analysis of their dynamics in digital environments, and the development of applied psychological support programs.

References:

1. Andreeva, G. M. Social Psychology. Moscow: Aspekt Press, 2020.
2. Leontiev, A. N. Activity, Consciousness, Personality. Moscow: Politizdat, 2019.
3. Moreno, J. L. Sociometry. Moscow: Academic Project, 2018.
4. Rogers, C. On Becoming a Person. Moscow: Progress, 2017.
5. Myers, D. Social Psychology. Saint Petersburg: Piter, 2020.
6. Yuldasheva M.B. Jamoaviy qarorlar samaradorligining ijtimoiy-psixologik asoslari. "Professor Vasila Karimova o'qishlari" mavzusidagi respublika ilmiy-amaliy anjumani materiallari. – Toshkent: 20-sentyabr 2025-yil. 849-853 b.
7. Yuldasheva, M. B. (2024). Peculiarities of psychological safety.