

Ridiculous Relations

Jasmine Kalyani P.

The habit of forming stable relationship is the result of mixed emotions which begins right from infancy when the child grows with the caretaker, their touch, warmth and conversations which mould them. Even though it is not a destiny still the initial part of life determines it to a certain extent. Here comes the role of grandparents and parents when the infant is being nurtured by the right person rather than the illiterate careless or a diligent person. Toddler care should be desirably given by trained person in nutrition, discipline, safe sleep, screen time and activities which will later on design the personality and have an impact in achieving the milestones. Attachment to the family and building up stable relations begins here. Childhood friendship which surpasses the differences in the caste creed and religion with the blessed innocence lasts longer if the same schooling and the same environment prevails. The care and affection persists even up to older age group.



Next comes our adolescence or college days. New relations bloom here, some end up in friendship which could be long-lasting or in love where you could find your life partner and in heart breaking broken relationships. With experience these relations can be dangerous and some are victimised especially girls and to some extent boys too. They end up in depression or anxiety related disorders. Ridiculous isn't it. Habits such as smoking, alcohol or illicit drugs start at this age most often merely due to experimental or peer pressure, later on leading to disasters in the family relations. Teacher student relationship plays a crucial role in building up stable personalities. They serve as mentors. It may seem insignificant to say a word or two but if it is encouragement it may do wonders. Last benchers do fare well in life. They along with the school drop outs become politicians and they are assisted by the genius civil servants who toiled so much and burn the midnight oil to achieve that position. Dams and bridges are opened by them with great dignity which are meticulously planned and executed by the engineers who are highly qualified. Super specialists are consultants in the hospitals owned by their colleagues who could not pursue higher studies. School drop outs may be owning ships where they employ marine engineers or they may own magnificent buildings where the person with high IQ may be a rental to run his office. These are all ridiculous. Small things often play a major role. We should listen to our brain for even minute things. Escalating the relations with regular communications and avoiding topics with conflicts of interest are the secrets of strong and vibrant relations. Sufficient coping techniques should be adopted. Practicing empathy, controlling ones feelings and stress, maintaining positive views will make you exhilarated. Plain boredom should be avoided. Emotional withdrawal and floundering should be detected and rectified. Next comes the marital life. Either it may be arranged or love marriage the expectations from both sides exceeds the reality, and in turn frustrations results. Financial issues, both belonging to a culturally different background, entirely different personalities find it extremely difficult to cope up initially. They may be struggling or contemplating divorce. This tricky relationship both know each other better than anyone else rather than any one else because of the daily close proximity. Likes and dislikes of both are also different. Extreme tolerance and listening to each other will help building up stable relations. Overtime they can lift each other up and bask in that warmth. Our spouse has a great influence on our health and wellbeing. Bondages within the family are to be discussed. Both has to share about their wants, needs, aspirations attitudes, beliefs and desires. All of us especially children feel secured and loved when they have strong and positive family relationship. The family members have kind words to say to each other. The love and affection they bestow on us is really a blessing. They accept you unconditionally and guide us to the right path if we are deviating. We feel belonged by the kindness, care and

affection they bestow on us. Next issue is about the children. Sibling rivalry in the younger age group is getting transformed into partner fight for properties in the later part of life, to the extent they forget the bondage and the memories of being raised up in the same nest. . This is also ridiculous. Here the emotional IQ decides who among the sibling is hurt. They are longing for love, care and affection originally they received from the parents, now expected to be shown by the sibling. The conflicts within the family we face teach us the ways to overcome the hard times in future. They teach us the moral values. This experience will help you to face the hardships outside. Regarding education, IQ and EQ are inversely proportional. People with high IQ may fare well in their studies and they are easily placed in jobs so that they earn and lead a relatively smooth life. But they rarely withstand to the stress in life and get easily succumbed. In fact the reality of life which has its own ups and downs fumbles the people with high IQ. IQ when it is high does not allow you to sail in harmony but end up with lot of frictions since they often fail to appreciate others feelings. They are neither happy nor make others happy since sense of humour often relies on socialisation and EQ. EQ when it is high they have a better ability to understand and express emotions. EQ is nothing but it is the person's ability to perceive, control, evaluate and express emotions. There are many studies regarding this. Every one of us enjoy very much on picnic day with each other. We should visit nearby villages and towns along with our family which creates cherishable moments. Relaxation is also modernised now. In olden days family members gather in the lawn or in the villages-Mutram or courtyard of the house after dinner every night to share stories and have talks with each other. Nowadays everyone takes the meal separately according to the work and busy in their mobile phones and hence no way of those intimate relationships in these nuclear families and everyone acts as a satellite independently. Blood relations sometimes try to pull u down. You will be left alone to take care of your loved ones when they are aged and sick which will be really exhausting and tiresome and that is where life gets harder and starts to grip away from control. The calm words of our blood relations which helps us to take life head on found on olden days seems to be missing. That emotional bondage seems to be missing nowadays. Strive to see something positive in all circumstances which helps us to cope with the adverse situations without getting overwhelmed. But the almighty who neither leaves us nor forsakes us strengthens us and keeps life moving on...We should see the crisis as an opportunity to grow. A man or women may strive hard to look after their sick family members but once they die there will be a crowd thronging in with a meaningless purpose saying that they are with you in your grief. But what role they play in your loss? Absolutely nothing. When a man is alive they don't allow him to live peacefully, but in bereavement lot of so called helping hands come to your rescue. It is absolutely useless or unnecessary. Sometimes it may be hurting too....., pained beyond words. The family members will be in a state of shock and will be finding it difficult to reconcile what had happened. True friends really are worried about your loss. Even your close relatives are sadistic they really take advantage of ur situation, this is what I mean by ridiculous. There may be a palpable fear among the insecure bereaved family members. They will show different faces and a strange attitude. If you are not careful u will be taken for granted. Among everything financial status seems to be the deciding factor in forming healthy relations. Hence appropriate investments and avoiding lavish luxurious life style is needed. Financial security is what u have to ascertain for the future generations. Indeed your close relatives cannot accept your growth or well being. This sort of mentality is ridiculous. In important family functions either it may be marriage or religious festivals, or loss of your loved ones in the family u can estimate the popularity by the crowd. But really the crowd that may mock at u or encourage u depending on the social status. Next to the financial status education play a major role in your ability to form stable relations. Occupation decides your social status and the kind of friends u have in adulthood. Your occupation should not be your destination but an adventure. Workplace is not merely for money making, but many long lasting relations bloom here with a wide variety either relieving your mental stress or can also aggravate it. Interpersonal relationship improves here. It would be a place of relief from your family worries and burden which can be shared and minimized. Paying attention to the complexities of family relationship, its context, diversity, relationship quality will provide good resources to the family. It may also reduce the caregiver burden. Survival of the fittest holds good both mentally and physically. Despite enormous hardships, steel wheel attitude towards the life will definitely help us to maintain good relations. Anger is the sharp weapon by which the beautifully woven family is torn into pieces. Hell at tongue and heaven at heart is often ending up at broken relationships. Words that we use build up strong relations rather than the good thoughts. Fast world with a hurry burry and mind fully occupied with multimedia, most of us are busy netizens rather than citizens end up in easy misunderstandings due to the communication gap. Actually we don't care about others feelings; we become more and more self centered and selfish which may hurt others. The same may happen to us, shattering us and we may have to go into the shell for a while. With full hope and confidence we have to forget everything and start again in a slow and tactical manner. This will enable us to shape our personality. We should inspire ourselves and believe in hard work. Actually we are a mere reflection of our family learn about our culture and incorporate all good habits from them. Anguished reactions are frequently seen in family relations rather than among friends. Elders are invaluable gift to us but are seldom realized. The delays in rendering helping hands stall the journey of the needy people among the close relations. Life is made beautiful with the good and healthy relations in the home, workplace and in the society. Everything becomes a memory when you realize it. So the purpose of article is to appreciate a person or relation when you are given time.