Course Learning Outcomes for Unit VII

Upon completion of this unit, students should be able to:

4. Evaluate habits and skills for each of the seven dimensions of wellness: social, physical, emotional, career, intellectual, environmental, and spiritual well-being.

Reading Assignment

Chapter 9: Diversity and Relationships

Unit Lesson

This unit introduces the social component of wellness, specifically examining diversity and interpersonal relationships. Healthy relationships are vital to achieve an optimal level of wellness. If you recall from earlier units, each component of wellness is equally important and relates to one another. For example, if a person has a dysfunctional relationship with his or her boss at work (social wellness) it could lead to anxiety and stress (emotional wellness), which could result in a weaker immune system, leading to illness (physical wellness). As you work through this unit, try to think about your current relationships and how these interactions with others relate to the components of wellness.

Social wellness refers to your relationships with others. More specifically, it is your ability to create and maintain healthy and meaningful interpersonal relationships with others. We have a variety of relationships whether it be with family, friends, classmates, professors, co-workers, or acquaintances. These relationships allow daily interactions which enhance our emotional well-being and create a support network. A support network will consist of several different relationships. One thing to remember regarding social wellness is that the quality of your relationships is more important than the quantity. When you have quality interpersonal relationships, you have others in whom to confide and on whom to rely when needed. Social wellness has a strong connection with emotional wellness. Your social interactions impact your feelings. For example, a negative interaction with someone could cause feelings of anger, anxiety, worry, or depression. Positive interactions, on the other hand, will mostly cause feelings of joy, happiness, excitement, fulfillment, or confidence.

Effective communication, which includes both speaking and listening, is a key component to interpersonal relationships. Think of a situation in the past day/week/month where you were distracted while communicating with another person. How do you think this individual felt during the conversation? Now switch roles. How do you feel when the person with whom you are speaking is distracted? Effective listening is a skill that needs practice; it entails much more than simply looking at the individual speaking. Providing feedback and using nonverbal body language provide the speaker with cues that show you are engaged in the conversation. Effective communication is key to successful interpersonal relationships.
Electronic devices have become a distraction in regards to social interaction with others. How many times do conversations get interrupted due to a phone call, text message, email, or other such notification? Is it okay to answer a call, text, or email during conversations with others? Technology has changed the way we interact and communicate with others. Social media provides an opportunity to connect with others where ever they may be in the world. If used appropriately, it can be a good way to meet new people and to network. Although there are many positives to technology and your relationships, it is also important to remember the need for human-to-human social interaction.

Each of us comes from a different background. When relationships are built, we are given opportunities to share experiences and knowledge from various perspectives. As relationships develop, you are able to learn about different cultures. Culture refers to the beliefs, attitudes, and behaviors created by a specific population or individual society (Feldman, 2014). It can also include the appreciation of differences in art, literature, architecture, food, and music (Feldman, 2014). Your behaviors, attitudes, and beliefs have been shaped by your culture. Technology has allowed you to interact with people from all over the world from your home, business, or school. These interactions help build your cultural competence or understanding of others’ cultures and backgrounds. Think of your interactions with other classmates and your professors thus far in your education. Each person has a different background and experiences which have shaped his or her beliefs and attitudes. Interactions on discussion boards allow you to learn from others’ unique experiences.

We live in a diverse world. Learning to communicate and to create relationships with others from different backgrounds will benefit your social and occupational well-being. Diversity includes a variety of characteristics such as age, gender, race, sexual orientation, religion, ability, socioeconomic status, education level, and family status (Feldman, 2014).

As an online student, you have a unique opportunity to connect with other students and professors from all over the United States and the world. Throughout your college education, you will have several opportunities to create new relationships. This provides a new avenue to expand your social network.

The material in this unit mentions the interaction between relationships and a person’s emotional well-being. Social interactions have a direction connection with one’s mental state.

Healthy relationships are essential to a successful career. Several concepts in this unit provide information and suggestions to enhance work relationships. Use the reflective activities within the textbook along with the recommendations to gain knowledge and understanding of interpersonal relationships to enrich your occupational and social well-being.

Reference