

Psychological and Physiological Barriers to Communication

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Effective communication involves information sharing process where the sender of a message sends the message that the receiving party quickly and adequately understands.

Nevertheless, there are different Psychological and Physiological reasons why interpersonal communication may fail on certain occasions. In most cases, the recipient does not receive the message as the sender intended (Neeraja, 2011). It is important that the sender seeks feedback to ensure that the recipient clearly understands his/her message.

Notably, effective communication is difficult to attain due to the presence of various barriers to communication with less consideration given to psychological and physiological barriers. The mental state of the sender and the receiver or the speaker and that of the listener significantly affects the quality of information that the two parties share. The psychological situation of a person often influences how he/she sends the message and how the receiver perceives and interprets it. Madhukar (2006) outlines that psychological conditions such as stress, anger, low self-esteem and excitement among others affect the degree of attention that either the giver or the receiver of information provides.

Stress, in particular, reduces a person's ability to communicate and concentrate as it makes an individual to show dispositions and aggressions that cut off effective communication. In this state, the desire to receive and responds to a particular piece of information diminishes. Stress and depression distort the ability to articulate ideas and self-expression (Madhukar, 2006). Anger, on the other hand, cut off effective communication as it leads to the loss of essential attitudes that create effective communication. It makes people misrepresent facts and listeners to misinterpret information. Individuals with low self-esteem may not be willing to demand a type

of commitment needed in interpersonal communication and may feel intimidated by the presence of a particular class of people leading to ineffective communication.

According to Neeraja (2011), physiology is the state of the mind and body. Physiological barriers to effective communication may take place due to the physical state of the sender or receiver. Such physical conditions include sensory dysfunctions and other forms of physical disabilities (Neeraja, 2011). Realization of effective communication calls for adequate functioning of the senses of both the sender of the message and the receiver. For instance, when a person does not have an active hearing ability, it becomes difficult for such an individual to receive information as well as relay feedbacks. Besides, the presence of noise may hinder those with hearing impairments from communicating (Neeraja, 2011). The state of health of a person also falls among the physiological barriers to communication. When people nurse pains such as a severe headache, their level of concentration will reduce and therefore, they find it difficult to facilitate proper communication with other people.

In summary, effective communication is realized when the sender of the message delivers it, and the receiver adequately interprets it and relays relevant feedback. The chain often requires the support, understanding and mutual concernment of both parties. Furthermore, the speaker and the recipient should understand their precise positioning to boost communication.

References

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