



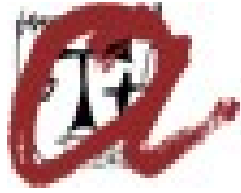
HOW TO IMPROVE INTERPERSONAL COMMUNICATION WITHIN AN AFFECTIONATE RELATIONSHIP?

Soukaina Rharouity

ADVERTIMENT. L'accés als continguts d'aquesta tesi doctoral i la seva utilització ha de respectar els drets de la persona autora. Pot ser utilitzada per a consulta o estudi personal, així com en activitats o materials d'investigació i docència en els termes establerts a l'art. 32 del Text Refós de la Llei de Propietat Intel·lectual (RDL 1/1996). Per altres utilitzacions es requereix l'autorització prèvia i expressa de la persona autora. En qualsevol cas, en la utilització dels seus continguts caldrà indicar de forma clara el nom i cognoms de la persona autora i el títol de la tesi doctoral. No s'autoritza la seva reproducció o altres formes d'explotació efectuades amb finalitats de lucre ni la seva comunicació pública des d'un lloc aliè al servei TDX. Tampoc s'autoritza la presentació del seu contingut en una finestra o marc aliè a TDX (framing). Aquesta reserva de drets afecta tant als continguts de la tesi com als seus resums i índexs.

ADVERTENCIA. El acceso a los contenidos de esta tesis doctoral y su utilización debe respetar los derechos de la persona autora. Puede ser utilizada para consulta o estudio personal, así como en actividades o materiales de investigación y docencia en los términos establecidos en el art. 32 del Texto Refundido de la Ley de Propiedad Intelectual (RDL 1/1996). Para otros usos se requiere la autorización previa y expresa de la persona autora. En cualquier caso, en la utilización de sus contenidos se deberá indicar de forma clara el nombre y apellidos de la persona autora y el título de la tesis doctoral. No se autoriza su reproducción u otras formas de explotación efectuadas con fines lucrativos ni su comunicación pública desde un sitio ajeno al servicio TDR. Tampoco se autoriza la presentación de su contenido en una ventana o marco ajeno a TDR (framing). Esta reserva de derechos afecta tanto al contenido de la tesis como a sus resúmenes e índices.

WARNING. Access to the contents of this doctoral thesis and its use must respect the rights of the author. It can be used for reference or private study, as well as research and learning activities or materials in the terms established by the 32nd article of the Spanish Consolidated Copyright Act (RDL 1/1996). Express and previous authorization of the author is required for any other uses. In any case, when using its content, full name of the author and title of the thesis must be clearly indicated. Reproduction or other forms of for profit use or public communication from outside TDX service is not allowed. Presentation of its content in a window or frame external to TDX (framing) is not authorized either. These rights affect both the content of the thesis and its abstracts and indexes.



UNIVERSITAT
ROVIRA i VIRGILI

HOW TO IMPROVE INTERPERSONAL COMMUNICATION WITHIN AN AFFECTIONATE RELATIONSHIP?

Soukaina Rharouity

DOCTORAL THESIS
2023

Soukaina Rharouity

HOW TO IMPROVE INTERPERSONAL COMMUNICATION WITHIN AN AFFECTIONATE RELATIONSHIP?

DOCTORAL THESIS

Supervised by Dr Jordi Roca i Girona

Department of Anthropology, Philosophy and Social
Work



UNIVERSITAT
ROVIRA i VIRGILI

Tarragona
2023



I STATE that the present entitled 'How to improve communication within an affectionate relationship' presented by Soukaina Rharouity for the award of the degree of Doctor, has been carried out under my supervision at the department of Anthropology, Philosophy and Social Work of this university.

Tarragona, 26th June 2023

Doctoral Thesis Supervisor

Jordi Roca Girona

ACKNOWLEDGMENT

I would like to start by thanking the department of Anthropology, Philosophy and Social Work for accepting to take my topics and give more to the research in the field of interpersonal communication within an affectionate relationship. The faculty members of this department for looking at my work and giving a feedback and recognition during my assessment.

The coordinator of the program for giving us instructions on how to fulfill this Doctorate program in Anthropology and Communication in its best way. Also my supervisor for giving me guidelines on how to better understand this research and on how to better describe its different aspects.

I also would like to thank the students of the University for taking the time to receive the questionnaire and agreeing to be interviewed by me. The administration department for filling up all the necessary document required for the registration process. The ministry of foreign affairs and education for all the administration aspects to foreign students.

Finally, I would like to thank all my friends and family members who have supported me through this amazing experience on researching on how to improve the communications process of people within an affectionate relationship.

TABLE OF CONTENT

Acknowledgement	6
Table of Content	7
Summary of the thesis	8
State of the art.....	9
Introduction.....	15
Chapter 1 : Interpersonal communication within an interpersonal relationship.....	25
• 1.1 What is interpersonal communication?.....	25
• 1.2 The role of listening	70
• 1.3 What is interpersonal relationship?.....	96
Chapter 2 : The difference between men's and women's talk	110
• 2.1 Description of women's talk	110
• 2.2 Description of men's talk	117
• 2.3 Advices for both men and women	122
Chapter 3 : The main barriers to communication.....	127
• 3.1 Linguistic barriers	127
• 3.2 Channel barriers	132
• 3.3 Cultural barriers	136
• 3.4 Emotional barriers.....	141
Chapter 4 : Data collection and Analysis.....	145
• 4.1 Methodology.....	145
• 4.2 Results of the questionnaire and interviews.....	150
Conclusion.....	262
References	268
Appendix A	289

SUMMARY OF THE THESIS

In this thesis we can find four chapters. The first chapter is about interpersonal communication within an affectionate relationship which include the main definition of interpersonal communication, the role of listening and interpersonal relationship with its main theories.

The second chapter is about the study of the difference between men and women's talk while looking at the description of how women speak, how men speak along with the advices for both men and women in the field of communication.

The third chapter will be about looking at the main barriers to communication whether they are linguistics, channel being about the medium of communication used and the cultural barriers.

Finally the last chapter, being chapter four will look at the data being collected and the analysis of the results. Information about the methodology used will be provided, also the results of the interviews made and the one of the questionnaire along with the discussion.

STATE OF THE ART

The study of communication is an important aspect to consider because the message is always hard to define. It is important because it involves everyone. Communication is important and is present every day, everywhere at any time.

Even when people refuse to reply or communicate, it remains part of the communication process. Part of the study of communication is the study of interpersonal communication, which is the communication that takes places between two individuals. Interpersonal communication can be between friends, family members, coworkers, couples, etc. However, the main focus in this research is toward the study of communication within an affectionate relationship.

Communication within an affectionate relationships is one of the most important aspect to consider since conflict due to a lack of a good communication skill remains one of the man reason for breakups and divorce in marital status. The first aspect that drives the study of effective communication within an affectionate relationship is mostly related to conflict and miscommunication between couples.

An aspect due to different causes like the biological and social differences between men and women, the lacks of effective listening skills or some barriers like the cultural or linguistic barriers between the individuals. When it comes to listening Stephen R. Covey stated that 'people do not listen with the intent to understand, but with the intent to reply'.

While understanding is one of the most important skills to have within a conversation in order to avoid conflict. The most prominent argument regarding interpersonal communication is that it is not optional we all need to communicate every day.

The objective of this project is to show the different issues faced by interpersonal communication within an affectionate relationship for heterosexual couples. The project will look at the key limitations to an effective communication skills, like some important barriers to consider like the cultural and linguistic barriers for example but also how the lack of a good listening skills can cause conflict and breakups between couples.

The question towards the significance of good communication skills within the study of interpersonal communication between couples will be towards looking at the different aspects that can improve that interpersonal communication. In order to avoid conflict, miscommunication or any misunderstanding within the relationship.

The most appropriate approaches to use will be mostly theoretical and empirical. The rationale significance of this research is key to the development of the field of interpersonal communication but also to help people improve their interpersonal communication skills.

The research questions are: What are the different limitations faced by interpersonal communication within an affectionate relationship? How can we improve the communication skills within an affectionate relationship?

The possible outcomes are the understanding of the importance of communication within an affectionate relationship.

Looking at the main issues faced by interpersonal communication that can cause conflict. And studying the different aspects that can improve the communication skills within an affectionate relationship. When it comes to the significance and contribution to the discipline. Interpersonal communication is used every day, and is very important to influence people's behaviours and attitudes.

It is also an important aspect to consider towards maintaining a positive relationship, giving, receiving information or understanding other people's needs. Interpersonal communication is also used to solve problems and express people's needs.

This research is appropriate to the development of the communication department within Rovira i Virgili University and falls within one of the main department's lines of research, which is 'contemporary identities, urban spaces and representation'.

This research can help improve the field of interpersonal communication by looking at the different key factors to a good communication skills within an affectionate relationship.

Only few scholars have focused their research on the communication between couples like John Gray (1992) or Dr. Lilian Glass (1992), which is the reason why this project will bring new knowledge to the study of interpersonal communication, a key aspect to consider to avoid conflict between couples

Research has been conducted on the problematic nature of the cross-cultural marital experience, viewing a variety of conflict situations in binational family settings (Cottrell 1990, Jones 1996, Perel 2000, Hsu 2001, Kalmijn et al. 2005, Ting-Toomey, 2009).

The study of communication within an affectionate relationship is a key aspect to consider for a person who wants to improve their communication skills and avoid any miscommunication or misunderstanding while being in an affectionate relationship. A good interpersonal communication skills is required every day within an affectionate relationship.

Miscommunication can be because of the listener or speaker (Davis, 2020). Listening help avoid miscommunication. Active listening is about the focus on what a person has said (Davis, 2020). Active listeners is about being engaged and giving to the partner the attention they can deserve (Davis, 2020).

Active listening is important, since a big part of misunderstanding and miscommunication can come from a lack of active listening (Davis, 2020). During a conversation people should avoid overthinking (Davis, 2020).

People with a strong interpersonal communication skills have a strong personality. They are different ways to improve an interpersonal communication skill, mostly through a good listening skills, knowing how to express oneself while seeking feedback.

Another important aspect to consider is the understanding of the different barriers in order to avoid any ineffective communication. Interpersonal communication is a discipline that has been well established as a subfield (Craig & Muller, 2008).

Interpersonal communication is defined as the process whereby one individual stimulates meanings in the mind of another through verbal and/or nonverbal means (Knapp and Daly, 2010).

Interpersonal communication is described by scholars as at least when two communicators having a certain orientation toward one another as being both object and subject with actions having perspectives towards others and self (Knapp & Daly, 2011).

Interpersonal communication has become very popular among college undergraduates, with the courses and subjects becoming more widely available. Students ask for answers on how to communicate with their friends, partners and acquaintances (Miller, 1976).

Other studies toward gender communications has been done mostly by Lilian Glass with the publications of her book *He Says She Says: Closing the Communication Gap between the Sexes (1992)* and John Gray with *Men Are from Mars, Women Are from Venus (1992)* for the general public.

This research toward the study of interpersonal communication within an affectionate relationship will be done through both qualitative and quantitative research methods. The secondary data analysis will be done mostly through research from academics journals and publication from scholars. The qualitative data will be done from different academics sources and personal data like autobiographies and testimonials.

The quantitative research method will be done through questionnaires to the students of the URV University. The qualitative research method will come from documents, textual analysis, interviews and using a little ethnography for a better understanding.

INTRODUCTION

The study of communication is an important aspect to consider. It is important because it happens everyday with almost everyone. Although sometimes people are not answered the way they want to, communication remains important and must be studied to better be understood and managed.

Part of the study of communication is the study of interpersonal communication, which is the communication that take place between two or more individuals. Interpersonal communication can be between friends, family members, coworkers, couples, etc. However, the main focus in this research is toward the study of communication within an affectionate relationship.

Since people use the word 'relationship' many times it seems as it has a universal definition, the word is about different types of human connections being non-romantic or romantic and people do not share the same understanding about the definition of a relationship (Gonsalves, 2021).

Communication within an affectionate relationships is one of the most important aspect to consider since conflict due to a lack of a good communication skills remains one of the main reason for breakups and divorce in marital status. Conflict can be caused through different ways. When one person misunderstand the behaviour or words of another person it can create a conflict (McQuerrey, 2019).

Communication problem can happens for many reason. Often issue in communication are not because of misunderstanding but because of people having different personalities (McQuerrey, 2019).

The first aspect that drives the study of effective communication within an affectionate relationship is mostly related to conflict and miscommunication between couples. A successful communication between a couple need to know how to express their thought along with being able to listen in an active and open way to their partner (Brown, 2021).

An important aspect for people in an affectionate relationship to do is to listen to each others more often. An aspect due to different causes like the biological differences between men and women, the lacks of effective listening skills or some barriers like the cultural or linguistic barriers between the individuals.

Being able to understand the message sent stays important during a conversation in order to avoid conflict. Conflict for couples in affectionate relationships can happens for many reasons. Couples having issues in their communication can have a high amount of conflict in their relationship or issue with avoidance (Martin, 2016).

They are different mistakes that couple face during their relations, like making assumptions. Assumptions are an issue in communication faced by couples because assumption is much easier for a person that they know well. (Martin, 2016).

Listening is important during the communication process of people in an affectionate relationship. Half of the communication equation is about listening (Martin, 2016).

During a conflict it is very important for the person to pause and take time to speak about each problem at a time instead of talking about several problems for example. Another aspect to do during a conflict it is important to consider taking a middle ground for the situation that the partners are debating.

Listening is also very important during a situation of conflict since a lack of listening to the partner can enhance the problems that the couple is facing. Expressing their own feelings is also important to do during a situation of conflict, since knowing the feeling of the partner can help decrease the conflict.

The most important aspect related to interpersonal communication is that people need to communicate every day. Interpersonal communication is important in the understanding of conflict between couples. When it comes to the study of conflict it was stated that tensions comes from differences in the position of each one, creating annoyance and conflict in the relationship (Fossa; Molina; M.E., de la Puerta, S., Barr; Tapia-Villanueva, 2016).

The objective of this project is to show the different issues faced by interpersonal communication within an affectionate relationship for heterosexual couple who have both university and a non-university degree. Another important things for people in an affectionate relationship is taking the time to share similar activities like travelling, going to the movies and restaurant for example.

A relationship is a type of connection between people that can be platonic or intimate along with being good or bad (Gonsalves, 2021). During the beginning of a relationship it is very important to establish certain rules that must be followed to avoid or decrease conflict between the partners in an affectionate relationship. A difference in perception cause a conflict cycle (Yeager, 2009).

That's why it is important to consider the pros and cons of the rules a person is a relationship wants to have. It is important to consider that relationships involves compromises and focusing on having a perfect partner remains unrealistic (Brabaw, 2022).

Besides the rules it is important to consider that relationships needs compromise (Brabaw, 2022). And that sometimes it is important to let go of certain rules to be able to stay with that person, because many rules can sometimes break the relationship.

The most important things for people in an affectionate relationship is communication in order to avoid conflict. And it is part of the human nature that a person can be frustrated and annoyed by the other person in a close relationships (Brabaw, 2022).

This project will look at the key limitations to an effective communication skills, like some important barriers to consider like the cultural and linguistic barriers for example but also how the lack of a good listening skills can cause conflict and breakups between couples.

After a breakup a person think not only about the loss they had of their partner but also the dreams they had about the future (Pajer, 2021). The question towards the significance of a good communication skills within the study of interpersonal communication between couples will be towards looking at the different aspects that can improve that interpersonal communication.

In order to avoid conflict, miscommunication or any misunderstanding within the relationship. Being in a relationship is about being in a romantic relationship that require both physical and emotional intimacy along with being monogamous and having a certain ongoing commitment (Gonsalves, 2021).

The most appropriate approaches to use will be mostly theoretical and empirical. The rationale significance of this research is key to the development of the field of interpersonal communication but also to help people improve their interpersonal communication skills. An effective communication for couples help in the understanding of one another and require that each person's needs are validated, heard and acted upon (Smith, 2021).

Another aspect during the communication process of people in an affectionate relationship is to focus on the moment especially when it comes to talking about certain concerns related to the relationship instead of focusing about the past or the future (Stinchcombe, 2020).

The research questions are, what are the different limitations faced by interpersonal communication within an affectionate relationship? And how can we improve the communication skills within an affectionate relationship?

The possible outcomes are, understanding the importance of communication within an affectionate relationship, looking at the main issues faced by interpersonal communication that can cause conflict and studying the different aspects that can improve the communication skills within an affectionate relationship. Romantic relationships can be either nonmonogamous, dating or marriage (Gonsalves, 2021).

This research can help improve the field of interpersonal communication by looking at the different key factors to good communication skills within an affectionate relationship.

According to Gonsalves (2021) the different types of romantic relationship like dating, committed relationship, casual relationship, casual sex, situationship and ethical non-monogamy. Dating is about having time with a person to better know them, having fun with them and being romantic with them (Gonsalves, 2021).

Committed relationship is about when there is a long-term romantic relationship with a certain commitment (Gonsalves, 2021). A casual relationship is a relationship when people can be dating, spending some time together, and having a romantic or sexual activities with no expectations for the future (Gonsalves, 2021).

Casual sex is when people are having sex only (Gonsalves, 2021). Situationships is when the people involved have not labelled the relationship to avoid complicated situation and because they still don't know what they want from one another (Gonsalves, 2021).

Finally ethical nonmonogamy is when people can have many sexual and romantic partners (Gonsalves, 2021). However this study is about monogamous couple.

The study of communication within an affectionate relationship is a key aspect to consider for a person who wants to improve their communication skills and avoid any miscommunication or misunderstanding while being in an affectionate relationship.

A good interpersonal communication skills is required every day within an affectionate relationship. Healthy relationships come from commitment, effort and respect coming from both side (Huynh, 2022).

They are different ways to improve an interpersonal communication skills, mostly through a good listening skills while seeking feedback. Listening is very important for people in an affectionate relationship.

A good listening skills include leaning forward, nodding the head, summarizing what a person has heard, replying in a good way, finding a way to solve an issue without any anger (Rosenthal, 2019). People should avoid talking to prove that they are right but instead talk to solve an issue (Rosenthal, 2019).

It is important when making an argument to stay focus on the moment, since many couples talk about past actions to defend the ones of the moment (Baum, 2021), being an aspect that should be avoided.

Another important aspect to consider is the understanding of the different barriers in order to avoid any miscommunication or misunderstanding. According to Boissiere (2022) Misunderstandings are the reason for conflict in many relationships. Misunderstanding can cause frustration and stress and the feeling of not being understood or listened. (Boissiere, 2022).

Misunderstanding between the couples is when the partner don't understand each others in the way it should be. According to Boissiere (2022), couples misunderstand each others because people often try to read other people's mind and make decision according to them. The best way to avoid 'mind reading' is to ask questions in order to avoid misunderstanding.

According to Boissiere (2022) Another reason is related to perception being related to something subjective not being objective, The other aspect is one being preoccupied with one self. (Boissiere, 2022). Understanding the others person remains very important for people in an affectionate relationship. The other aspect about misunderstanding is related to assumptions (Boissiere, 2022).

Students start to seek answers on how to communicate with their close friends, acquaintances or romantic partners (Miller, 1976).

This is one of the main reasons why the study of communication is important. But also for the study of interpersonal communication for people in an affectionate relationship. Communication is a process in which two kinds of meanings happens in human interaction (Woods, 2004). Which appears for couples during their daily interaction.

According to Guthrie (2020) using face-to-face as a way of communication is important because it is immediate. If the person has a doubt, they can ask for clarification (Guthrie, 2020). Face-to-face communication is effective when a person can listen, ask questions and deliver a clear message (Guthrie, 2020).

There is also the use of chat applications that can be done as a tool for communication they tend to be immediate and being less formal (Guthrie, 2020). It is important because it involves everyone, but for the study of partners in an affectionate relationship which this research is about.

According to Bhasin (2021) the communication process has different component. An effective communication process starts with the ideas from the sender. The process then goes towards other aspects like encoding, the channel, the message and the receiver who will decode the message. The message start by the sender who send the message, it is the person who initiate the message and is also responsible for making the idea into a concept during the conversation (Bhasin, 2021).

Then the message arrive at the receiver, who receives the message and try to understand it while giving a certain feedback (Bhasin, 2021). Then the message go through a channel of communication like phone or email for example. The message then is being decoded by the receiver. Finally the feedback is done by the message receiver.

The main focus in this research is towards the study of communication within an interpersonal relationship and the study will be towards partners in an affectionate relationship. Communication within an affectionate relationships is one the most important aspect to consider since conflict due to a lack of a good communication skills remains one of the main reason for breakups and divorce in a marital status.

A healthy relationships come from a certain commitment and respect (Huynh, 2022). The reason that the study of interpersonal communication is important is because it involves everyone and it is represented every day, especially when studying people in an affectionate relationship.

The reason of this research is to help couples avoid conflict when being in an affectionate relationship. The methodology used is a qualitative research method through both interviews to URV student and answer to some questionnaires to better understand the reason of their breakups.

The main question that we are trying to look at in this research is on how to improve the communication skills of the partners in an affectionate relationship. As already mentioned, this research will be divided into four chapters, which we will develop below.

CHAPTER 1: INTERPERSONAL COMMUNICATION WITHIN AN INTERPERSONAL RELATIONSHIP

1.1 What is interpersonal communication?

The role of interpersonal communication is mostly to build trust between people in an affectionate relationship when the people can have a certain empathy toward one another. Empathy is important in the understanding of a person's emotion to better help the other person.

Feedback is also important during the communication process, the message should be well understood in order to avoid any misunderstanding or miscommunication between the couples. Interpersonal is important in people's daily interaction with one another and their life in general.

The message during the communication process should be sent by the sender then received by the receiver. Interpersonal communication require the expression of certain ideas and though for a better understanding by the message receiver. The message must have a certain value to be fully understood.

The message sent also give information about the personality of the message sender. The message being sent also help to create a certain relationship between the interlocutor through shared ideas and mutual understanding.

The human needs require communication every person on the planet need to communicate to better understand themselves and the world around them. Life can't be understood without communication.

People tend to know a lot about their personality while communicating with others. This interaction can help a person know more about their self-esteem and the one of the one they are speaking with.

People can communicate different aspect in life from hobbies, travel, sport, food to business and relationship. People know more about life by interacting with others. Through communication people get to know new information about different topics with others.

The information regarding the message sender can help into the understanding of the content of the message being sent. The personality of the message sender and receiver influence not only the content of the message but also the understanding of that message.

The message can be either through verbal or non-verbal aspects. The verbal message is through oral communication like the speech of a person and the non-verbal communication is done through gestures and movements.

The use of personal space is important during the study of non-verbal communication to have a better understanding about the kind of relationship people have during that communication process.

The posture of a person during their communication help understand better the health situation of a person as a sick person who feel tired can lean forward but also give information about the personality of the message sender, a person who is sure of themselves can stay still.

Gestures are also to consider for people in an affectionate relationship since they can have a meaning for intimate moment like kissing o hugging for example. Eye contact is also important during the study of interpersonal communication for people in an affectionate relationship since it can reflect the sincerity or dishonesty of the person.

An important component regarding eye contact is staring, they are people who tend to stare at what is strange to them or something that they are not used to see. People often stare when there is something new to them, something that they are not used to. However the person who is being stared at might not like it and feel shy about that situation.

When it comes to eye gazing, people who share eye contact can seems as they are sharing a moment when looking at each others. Other non-verbal cues are also important to consider like body movement, the way a person lean while speaking and their appearance reflecting their personality.

Context is key when it comes to the expression and the understanding of a message, the content of a message in an office can be different from the one in a house for people in an affectionate relationship.

Context is being explained in the book *The handbook of Communication Science* by Charles R. Berger, Michael E. Roloff and Davis R. Roskos-Ewoldsen (2010) stating that it influence the outcome of interpersonal communication. They state that context influence the content of the message.

The way a person speak is important toward the understanding of a message, people who speak a message in a loud way can share a different meaning of the message in comparison of a message that has been spoken in a soft way.

They should be a coordination between the verbal and non-verbal message for a better understanding, example of non-verbal cues are tone of voice that gives information about the emotion of the message and the volume of the sound of the voice of the speaker that also gives information about the emotions of the speaker.

Other non-verbal cues to consider are gesture like touching for people in an affectionate relationship and facial expression that can show the emotions of the person who send the message like being happy or sad for example.

Gesture is used as a non-verbal cues to emphasize the meaning of a message an example could be that a person put his hand on the shoulder of another person while speaking to them to show support.

Non verbal communication are important toward the understanding of a message. Non verbal cues generate a certain meaning regarding the message. For the communication process to be effective the behavior of the speaker need to match the non verbal message being sent or received.

The non- verbal cues help in the understanding of a message, a lack of body language, facial expressions or tone of voice can lead to a misinterpreted message which can cause assumptions that can cause conflict (Bhasin, 2021).

Non verbal cues like tone of voice or gesture help in the understanding of the message being sent for people in an affectionate relationship. Non verbal cues are here to emphasize the meaning of the verbal communication, for the message to be better understood.

Sometimes non verbal cues help in the understanding of the emotions behind the message being sent, like a smile could help understand happiness or a person who cry help understand that the message to be delivered is sad. Other non verbal cues to consider is nodding when a person can nod toward a yes or no response.

All the emotions that exist from sadness, happiness, anger to fear must be considered during the communication process. The partner of people in an affectionate relationship should also consider them for the better understanding of the message being sent or received.

Fear happens when a person feel like that they are in danger regarding a certain situation. Sadness is when a person feel at their lowest self. Anger is when a person isn't satisfied with the situation he is or she is in and finally happiness is the feeling of joy and fulfillment that a person has when they are satisfied by a certain situation. Anger is better understood as a context-specific characteristics that can change within people during various episodes of conflict (Sanford, 2012).

The voice of the person who speak reveals information about the speaker like their gender, background through accent etc.. The tone of voice contain also the emotions that the message sender wants to deliver since certain emotions requires certain tone of voice like surprise requires a high volume of voice.

They are voice that are often hardly accepted like having a too low volume where people can hardly understand the content of the message being sent. People tend to communicate to fulfill personal need, and social need, the need for belonging.

Empathy is important to consider during the communication process since the ability to understand other people's emotions comes from the understanding of their message first. Ethics is also important during the communication process which help a person know what to say and when to say to the kind of audience they are in front of. Since they are things that can be accepted and others that can't be accepted.

Interpersonal communication is important for the improvement of communication of people in an affectionate relationship. Context remains key during the communication process, since it help in the understanding of the message being sent or received.

Being sure of one self is important during the communication process for the message to be better delivered to its interlocutor. The more a person is sure of themselves the more they can help the other person understand the message being sent.

When being in an affectionate relationship, people will want to be in a happy relationship, meaning that have a good communication skills that can improve this relationship remains a key aspect to consider. Regarding interpersonal communication we can say that The we language that is used by couples have stronger commitment, have more of a shared identity, and after having stressors they will use more communal coping strategies (Agnew et al., 1998; Helgeson et al., 2017).

When there is a problem during interpersonal communication the person needs to focus on the problem with its cause to find a solution. Both verbal and non-verbal cues needs to be synchronous for a better understanding of the message.

Well being is also important for people in an affectionate relationship since a lack well being can cause mental health issue like anxiety and depression. Aspect that help people to have a positive well being is social interaction. Positive well being happens trough positive emotions like happiness and fulfillment.

While being in an affectionate relationship understanding the emotions and the feeling of the partner is important for a better relationship. Communication is a two way process meaning that exchange comes and goes between the interlocutors. Listening is also to consider during the communication process when a person needs to seek feedback to know they have been listened to.

Communication remains key in people's daily life, through both verbal and non verbal communication. Non verbal cues like eye contact, gestures and movement help in the understanding of a message.

When considering eye contact it is key to know the cultural background of the person who gives the eye contact to know what kinds of eye contact and also to understand the meaning of the length of this eye contact. Whether it should be considered as a sign of respect or disrespect.

Communication is done everyday through different ways, face to face, phone calls, emails, video conference etc... The biggest issue is when the receiver misunderstands the message received.

Effective communication happens when there is a mutual understanding. Mutual understanding can happen when people speak the same language for example but also when they have the same level in that language is even better.

Effective communication can happen through both verbal and non-verbal communication for people in an affectionate relationship. Relationships evolve thanks to good communication skills that help people find solutions to their problems. Trust is key during the communication process for a better understanding from both parties.

Effective communication happens when both non-verbal cues and verbal communication are synchronous along with good listening skills while seeking feedback for a better understanding.

Context is key when non-verbal cues are used during the communication process since each context can require a certain kind of non-verbal cues. Non-verbal cues help a person better express their emotions and feelings like touching and kissing for people in an affectionate relationship.

Other example of non-verbal cues that help share feeling are eye contact that can represent sincerity and crossing arms that shows that a person isn't interested into the conversation. Listening is very important for people in an affectionate relationship, it help create trust between people in an affectionate relationship. Active listening is about understanding the content of the message being sent.

Giving advice and active listening gives an evaluation of the partner and conversation that is positive than just acknowledging because people expect a high level of involvement in a conversation rather than just a backchannel cues (Weger Bell, Minei & Robinson, 2014).

A good listening skills requires feedback when a person request questions about what has been said to them to know if the other person has fully listened to what was said to them, Active listening can be done through both verbal communication and non-verbal cues. Active listening happens when a person fully listened to what is being said while avoiding distractions.

Listening is about listening to the words being said along with the emotions behind those words. Listening happens to understand the message then to give an answer.

After building a strong relationship with others and knowing how to understand others a person can start to have empathy, being the ability to understand the emotions and feelings of others. Each person send a certain emotions while speaking which can or not be understood by the message receiver.

When it comes to barriers to communication, stress is to be considered, which requires a person to recognize that stress to be able to better manage it. When a person is stressed they can have disorganized thought and not be able to express their ideas in the way they would have wanted to be.

Stress influence both the verbal communication and non-verbal cues of a person. That's the reason why being able to reduce stress can help a person speak in a more effective way. The message sent needs to always be clear for it to be better understood by the message receiver.

They are different barriers to communications like stress, the use of jargons and slang toward a person who is not familiar with those words for example.

Communication is about understanding the words being said but also the real meaning behind those words. The message receiver needs to be able to understand the meaning of the word being said.

When a person speak it is better to be concrete about the topic and subject to be discussed, conciseness also make a person go straight to the point instead of talking about different aspect before coming to the main aspect of the communication. Then the message needs to be clear and easily understood.

Interpersonal communication is about the exchange of words between people whether trough verbal or non-verbal communication. Verbal communication like face to face, non-verbal cues like phone call and the listening process that requires the understanding of the meaning of the words being said.

Interpersonal communication skills are key during an affectionate relationship since they help a person go forward in their relationship, communication skills being learned at an early age. People with a strong interpersonal communication skills can maintain better relationship with others. Those people can make easily new friends and acquaintances. People with a strong interpersonal communication skills have also a good emotional intelligence being the ability to understand other people's emotions.

Interpersonal communication can also be improved by knowing the background of the speaker which can a person know what to say and how to say it for example. Knowing how a person speak can help a person to know how to speak to that person.

People in an affectionate relationship should also know what kind of channel to use that works better for their relationship, like is it through face to face or phone call or emails. To better communicate what they have to say to one another and what is the best channel that help them solve their issue during a conflict for example.

Since people can't always understand what is being said to them, creating and knowing how to share the meaning of a message remains key for people in an affectionate relationship.

Context remains key during the communication process where the words said can be different according to the context. The meaning of the words used depend on the way a person has spoken them. Sometimes the meaning can be misinterpreted by the message receiver which that cause misunderstanding and miscommunication to happen.

People interaction can be reached through a good communication skills. Having a good interpersonal communication skills help a person to have a good social ties with people which can help boost and improve a person's self-esteem in their every day's life.

Interpersonal communication is about the exchange of information and words that have a certain meaning that must be understood for the message to be successful. Two key component during interpersonal communication are the message sent and the meaning of the words being said.

During interpersonal communication it is sometimes better for a person to express themselves face to face then through phone or text message so a person can see the non-verbal cues. Sometimes the use of jargon and slang unable the understanding of the message receiver that's why knowing the way a person speak with the kind of words a person use during their communication process help in the understanding of the message.

Context is important during the study of interpersonal communication along with the emotions that a person gives during the message. They are different kinds of context like the cultural and physical context.

The cultural context is regarding the cultural background of the speaker that influence the communication process and the physical context is about the physical environment where the communication is taking place.

Affection is important to be studied for people in an affectionate relationship since the way a person show affection to another person help in the way it is being delivered and perceived by the message receiver. Affection also determine the strength of a relationship (Pace, 2021). Affection help during the communication process, since a lack of affection can lead to misunderstanding (Pace, 2021).

Interpersonal communication is when two or more people communicate and try to know more about one another. Interpersonal communication involves the sending of the message and the receiving of it, through a channel of communication. In order for the communication to be successful, an understanding is required from both parties. Especially partners in an affectionate relationship.

The main role of interpersonal communication is mostly to build a strong relationship between the interlocutors. Communication is a cause of having a successful relationship (Huynh, 2022). Having a strong communication skills is important for people in an affectionate relationship. Example can be speaking in a clear way can be important for the understanding of the message by the interlocutor.

When speaking a person should have a certain knowledge about what to say to present their idea in the most clear way. Speaking with confidence is an important aspect during the communication process. Using a good posture, eye contact and tone of voice are also to consider for having a good communication skills.

Patel (2019) stated that in order to communicate with confidence a person should adopt a good posture. Another aspect of a good communication skills a person should keep a certain eye contact and if better move around (Patel, 2019). It is important for a person during the communication process to communicate in a clear way and to communicate even more when having to share certain new ideas (Patel, 2019).

Feedback is important during the communication process. If a person solicit feedback they can discover area to improve they might have ignored (Patel, 2019). A good communicator should make his discussion and presentation interactive (Patel, 2019).

Knowing the audience is important for an effective communication (Patel, 2019). Since the audience will determine the content of the message to be delivered. Having a good communication skills requires a person to listen, try to understand, avoid being defensive and not criticize and having to give judgment (Sharma, 2015).

Asynchronous messaging is when the person who send the message and continue without having to wait for an immediate response from the other person (Abeykoon, 2019). Example of asynchronous messaging are text messages. Although this type of communication has always existed, in recent decades it has increased with the appearance and development of Information and Communication Technologies (computers, mobile phones, etc.).

For some authors men and women's talk are biologically different since the men and women's brain are different. Interpersonal communication is about the communication between two or more individuals. During the communication process feedback remains important. Interpersonal communication is important for peoples since it is part of people's daily life. And for couple's everyday interaction. Interpersonal communication involves the process of a message sending and a message receiving.

Interpersonal communication involves the process where people can express a message to create a meaning and create or maintain a relationship, in this study being an affectionate relationship.

According to Pace (2021) A person who can show affection in a relationship can build a secure relationship that can be healthy and last longer. Affection can be shown by a partner through different ways, among them physical gestures. Affection are all the things a person does for their partner for love.

Pace (2021) stated that affection also determine the strength of a relationship. Affection help during the communication process, since a lack of affection can lead to misunderstanding. Listening is an important part of affection. When being in an affectionate relationship, the couple should take the time to spend together, having to plan a date nights and activities that help with closeness is important for creating a close link between the partners (Pace, 2021).

With the appearance of industrial and post-industrial societies, privacy became a very important element for couple's relationship. Privacy is important during a relationship when people like to have their own personal space (Pace, 2021). Interpersonal communication is also defined when one person give meaning in the mind of another individual through both non verbal and verbal aspects (Knapp and Daly, 2010).

Communication is important because the human being need to fulfill that need of sharing and socializing with other human being. The personality of the person influence the type of the communication that is being delivered during the communication process.

The goal of interpersonal communication is to conduct a relationship and share different meaning, being the signification of what is being said.

Interpersonal communication contain different interaction between people in an affectionate relationship. Interpersonal communication is important because the human being needs to express his feelings and problems. Sharing problems help people in their well-being whether for saying what bothers them or by seeking advices.

Understanding the background of both interlocutor is important during the communication process and for a better understanding of the message being sent. Since the cultural background of a person can have an influence in the content of the message being sent.

The communication process include both verbal and non-verbal messages. The verbal message being through the use of speech, vocabulary and languages. The non-verbal message through the use of vocal paralanguage and kinesics like gesture, posture and movements.

Verbal communication contain words, languages along with non-verbal cues that include means of communication like the way of speaking, smelling and contacting others (Das, 2021).

The amount of physical gesture that a person use during the conversation also matters especially for people in an affectionate relationship that can have meaning for more intimate moments. Other non-verbal cues to consider are eye contact, facial expression, body movements, touching and the use of space are to consider. Eye contact is important because since it create a link between the listener and the speaker being beneficial for both partner (Barnard, 2017).

If we look at eye contact as a form of non-verbal cues, we can say that eye contact depend on the culture of the person who gives it. Eye contact can be both seen as a sign of respect or disrespect regarding the country of origin of the person who give it.

In many cultures staring at strangers is part of their everyday life and the person who is being stared at can find that aspect, strange and scary. A person staring at another person can be because they are attracted to them or because there is something that attracts their attentions.

The person who is being stared at on the opposite might be self-conscious about that aspect and not necessarily like it. During an affectionate relationship eye contact can reflect interest into the partner. People during an affectionate relationship, when looking at each others can reflect that they have a certain chemistry between each other's.

Communicating with the other partner for people in an affectionate relationship can help the partner relieve stress by sharing their ideas, taught and problems. Gestures are an important non-verbal cues to consider for people in an affectionate relationship since they can emphasize certain meaning that are not being stated through verbal words.

Eye contact is also important during an interaction for people in an affectionate relationship since it can mean interest of disgust from the person the partner is talking to. The type of eye-contact can also reflect the expression of a person's own personality.

People who use the same tone of voice during the communication process can help better into the understanding of each others and help express people's emotions.

Emotions expressed by a person have an influence on their communication style, the way a happy person speak will be different than the way a sad person speak. Communication is a two-way road being an important aspect of supportive communication (Das, 2021).

People in general want an increase in positive emotions like happiness and a decrease in negative emotions like sadness or anger. When it comes to anger, many people have anger management issues that require medication or therapy or meditation and yoga for a better well-being.

There are certain types of tone of voices that annoy people like being too loud which prevents a person from fully understanding what is being said to them. A soft tone of voice can generate empathy, being the ability to understand other people's emotions. Other non-verbal cues help in the understanding of the message being sent.

The emotion of stress is very important to consider for people in an affectionate relationship. Stress is when a person feels that they can't control the situation that they are in. It was stated by researchers of stress that women and men tend to express psychological distress differently after a stress (Umberson; Anderson; Williams; Chen, 2003).

Stress is also when a person feels that there is something difficult and uncontrollable that can happen to them. Stress has an effect on a person's body by becoming weaker. The reasons for stress are varied from personal problems to the emotional ones. A stress that has lasted for a long time can cause health problems like depression and anxiety for example. Stress in an affectionate relationship can affect the relationship in a negative way like by causing a breakup for example.

Stress affect the health of a person life by having a stomach ache or a lack of sleep at night, if the person is spending the night thinking about their problems for example. Stress can be managed through different ways including talking to a therapist, or doing some sports or some yoga for example.

Being in a high stressful situations can cause anxiety to a person. Stress can be controlled by exercising or doing some yoga for example. Others things that help reduce stress are knowing the reason of the stress to better control it.

Non-verbal communication is important in the understanding of the meaning of a message, especially for the understanding of emotions and feelings. Another important things that influence a person's emotion beside problems and situation is the weather, a sunny day can make people happy and rainy day can make people sad.

Non verbal communication are important for the communication since it help express the emotion, and give information.

Emotions are important during the communication process especially being aware of someone's own emotion also called emotional intelligence. Understanding someone's own emotion, can help a person in the way they can communicate their message. Being an import aspect for the communication process of people in an affectionate relationship.

Emotional intelligence is about being knowledgeable about someone's own emotions along with knowing on how to manage them. Emotional intelligence help to understand emotions in a better way in order to better help recognize and control them when they happens.

Negative emotions like anger or anxiety needs to be avoided and controlled, through therapy and mediation. Anger is a negative emotion that has an effect on the communication style of a person, that's the reason why an angry person should calm down before continuing the conversation to express themselves in the best way.

People with high emotional intelligence know how to recognize and control their emotions. Emotions affect the communication process, when a person can use certain words when being happy, or sad or angry. According to William (2023) Anger is an emotion that shows that something is wrong.

Anger can make a person say hurtful things to their partner even insult, that's why a person should calm down before saying anything when being an angry mood.

For Smith (2022) Being calm make the partner realize that they shouldn't have been angry at the person with listening to their side and make them understand that all they want is to save their relationship. Another negative emotions is shame that make a person loose their self-confidence and affect the communication process.

Understand someone's own emotions help in better managing it. They are different things that help understand emotions like non-verbal cues like facial expression, gesture and eye contact, being an important aspect for couples in order to better understand each others when being in an affectionate relationship.

A low emotional intelligence can be similar emotional barriers are linked to each others which is a negative aspect for interpersonal communication. Being aware of a person's own emotions and the one of its interlocutor is important for the understanding of the message sent and received.

Communication help a person share their feelings and emotions to better understand them, since sometimes talking about a thing can help a person to know more about that aspect especially for the communication style of women.

Emotional intelligence is about the ability to understand someone's emotion, to have empathy but especially about the emotions of oneself. Emotional intelligence is important for having a good interpersonal skills.

Emotional intelligence is about the understanding of someone's own emotions and the one of others. It is also about the ability to recognize someone's own emotions. Emotions help people to better connect with one another, emotions should also be shared often between the partner for a better connection and intimacy in their relationship.

Emotions like anger, is a feeling that a person can have when they are frustrated. Emotions felt by a person have an impact on their communication style.

People tend to want an increase in their positives emotions like happiness and avoid negative ones like sadness and regret. Mental health can cause a decrease in positive emotions and an increase in negative emotions.

Negative emotions are important to consider in the study of people in an affectionate relationship. Example of the most common negative emotions are fear and sadness.

Negative emotions have an effect not only on a person's affectionate relationship but also well-being. It is also important to know the impact those negative emotions have on a person's life. Studies done before have found that during conflict conversation, women tend to express more negative emotion (e.g., Gottman & Levenson, 1988).

The best way a person can do to deal with their emotions is to recognize them, understand them and have some kind of control over them. Once recognized a person can try to replace the negative emotions with positive ones.

They are different negative emotions to consider by people in an affectionate relationship. First is anxiety that can cause panic attack which can unable a person to be around people. An aspect that can be an issue with the partner if the men need to be with his girlfriend or the other way around.

Anxiety unable a person to better understand a message in the way it should be, because they might not say all that they want because of fear. The message sent to the partner should be clear, however anxiety doesn't help with that aspect.

Then there is anger another emotion that has a negative impact on the communication process, this emotion doesn't help a person think logically, and that's why it is better for the angry person to call down then continue the conversation afterward. Since the communication process of a calm person is different than the one of an angry person.

A person who is angry might say hurtful things to their partner or something they might regret that's why remaining calm is important during a conversation to be able to think clearly about what a person want to say. And avoid having to regret in the future about the hurtful comment for example.

The main factors of non-verbal communication are to give information about the message sender or receiver. Non verbal communication with examples like gestures, facial movement or posture, can be different regarding the context in which they occurs in. Developing the non-verbal skills remains important for different kinds of context.

The study of context in the field of communication is very important. Context is not only important to consider for communication but also in the study of people communicating during an affectionate relationship.

Context is about the understanding of the physical environment along with where the situation is taken place and the talk is happening. There is a difference between low context and high context during the communication process of a person.

The way a person communicate has an effect on the understanding of the message received. People who speak the same way like by being either both low context or high context can better understand each other. Being an important aspect during the communication between people in an affectionate relationship.

According to Bhasin (2021) miscommunication is very important to consider since, miscommunication is failing to communicate in a good way and not being able to express certain thoughts and ideas in a correct way. Understanding the proper meaning of the words being said is important to avoid any miscommunication. (Bhasin, 2021).

According to Bhasin (2021) Miscommunication is when a person lack on expressing their thoughts or a misperception by either of the speaker. Miscommunication can lead to conflict and have effect in communication, it is a difference in the ideas of both partners that make them have different conclusions and opinions (Bhasin, 2021).

The role of the listener is also important to avoid any miscommunication, the speaker should know the wiliness and inclinations of the emotions of the listener (Bhasin, 2021).

Asking for feedback is a good way to help in the understanding of the message and avoiding any miscommunication. Communication is important for people in their everyday life. Many people are responsible of having a poor communication (Lewis, 2022).

According to Lewis (2022) Effective communication skills can happens when a person know how to write and speak in a simple and clear way, with the use of words that can be easily understood by people. Misunderstandings happens when the word are not being well chosen and the inability to know that the communication has two components like the writer and the reader or the listener and the speaker (Lewis, 2022).

Understanding the meaning of the message being sent is important during the communication process. An effective communication happens when the receiver of the ideas can understand the meaning of the writer or speaker (Lewis, 2022).

Miscommunication is very important to consider in the study of communication especially among people in an affectionate relationship. Miscommunication can be caused whether because the statement has been explicit or implicit, which requires a person to understand the second meaning of what is being said.

Miscommunication in a relationship happens when a person doesn't have an honest conversation about their feeling and expectation and needs from their partner (Jones, 2020). During an argument the partner should ask for feedback to better understand the situation and avoid any misunderstanding.

One important advice to consider when being in a miscommunication situation is seeking feedback to make sure that the message sent has been fully understood.

If a different types of communication like the use of a different dialect can also cause miscommunication. Listening carefully to what has been said is also a way to avoid or reduce miscommunication.

The best communication process happens when both verbal and non-verbal communication have the same meaning. Sometimes the message is more understood through non-verbal communication than verbal communication, an aspect that can often happen during an affectionate relationship. The non-verbal communication is linked to the non-verbal behaviour.

Having a good communication skill is important for people being in an affectionate relationship. Communication for couples is about sharing ideas. Both spoken and non verbal cues are important to consider when a message is being sent by one of the partner to the other person. Non verbal cues are important during the communication process since they help a person to better express their emotions through body postures and eye contact for example.

Understanding someone owns emotions help to better manage it. Another aspect to consider is that a person should know their emotional intelligence to better understand their emotions.

To help with negatives emotions peoples can do exercise that can help them to relax like yoga for example. They are also para-linguistics like the tone of voice that can help express emotions like sadness through a low tone of voices.

The tone of voice is the way a person speak to someone (Madimba, 2020). A casual tone of voice is used for personal reason. A tone of voice can also be serious depending on the audience to interact with (Madimba, 2020).

Tones of voices evoke certain emotions and sentimental responses (Madimba, 2020).

The words that a person choose during the communication process are important to consider. Words that are chosen carefully chosen words can be persuasive and influential (Madimba, 2020).

People can influence each others, people can have an unconscious impressions regarding on what they read or hear (Madimba, 2020). The content of a message depend on the way it is presented. Speaking with confidence can creates the impression that the content delivered has a certain value (Madimba, 2020).

They are different kinds of non-verbal behaviours, like gestures, paralinguistic, eye contact, posture and facial expression for example. When it comes to gestures it can be touching for example. Paralinguistic contain the volume of the voice of the speaker along with their tone.

Then there is eye contact being part of the non verbal communication that help a person to know if the other person is staring or just looking at them for example.

Finally facial expressions like looking happy, afraid, angry or ashamed are example of facial expressions that help the other person to better understand the message. The non-verbal aspect during interpersonal communication has different roles like having an influence on interpersonal relationship.

During an affectionate relationship the tone of voice gives information to the partner about the mood of the other person, which influence the communication and the meaning of the message being sent.

They are different examples of non-verbal communication like eye contact or gestures that shows a certain image about the person who sent the message. Eye contact is part of the non verbal cues of the communication process and is very important for people in an affectionate relationship. Eye contact help express emotions like fear or anger for example.

Emotions have an impact into the communication process of a person, and that can either be a source of opportunities or a source of problems for that person. Emotions are important to consider since a person's behaviour and emotions influence peoples communications style along with understanding the other person's message.

They are different things that help understand emotions like non-verbal communication, which can be hard to help understand the meaning of the message via text or email for example. Being important for the couple in the understanding of each others along with the meaning of the message sent.

Being aware of someone's own emotions is important for the understanding of the message. Because it is when a person can recognize their emotions that they can know what types of emotions to express in their message.

Eye contact help create connection with others through eye gazing. Eye contact for people in an affectionate relationship can help them connect with one another.

Personal space is important in the study of communication, since they are people who don't like it when someone get too close to them and don't respect the dimension of their personal space and their limit towards it for example. Non-verbal communication is important in such a way that it help improve communication.

Having a good listening skills is important during the communication process of people in an affectionate relationship. A listening that is skilled create an interaction result that is rewarding after the partner's message has been understood which create an interaction that has a positive effect though an affiliation between the partners (Weger, Bell, Minei & Robinson, 2014).

For improving the listening skills a person should practice active listening, being when the person isn't being distracted by a phone or television but instead is focused on what is being said to them. Being distracted by a noise or a computer is also a way that can unable active listening.

Listening is a very important aspect to have for an efficient communication process. Listening is more than hearing (Eatough, 2021). They are different reason why listening is important. Listening is important to understand what other people are going to say. Without listening people can make assumption and get things wrong (Eatough, 2021).

Active listening can be done through body language like an eye contact can show interest into the conversation for example. The main function of non-verbal communication is to create meaning along with the reason of those meaning that help the communication process to be effective.

One of the key functions of non-verbal communication are the non-verbal aspects like tone of voice or facial expression that must be considered during interpersonal communication for the understanding of the meaning of the message being sent.

Hand gesture could be an example to consider as a non verbal communication for people in an affectionate relationship. Non-verbal communication is here to help people reach their goal like convincing someone for example.

Sometimes the context tend to determine whether a person will focus on the non-verbal or verbal communication aspect during the communication process. Non-verbal communication help also in the understanding of emotions.

The study of emotions is important for people in an affectionate relationship, since understanding the emotions of one of the partner can have an impact on the emotions of the other partner.

It is important to recognize the kind of emotions to know its consequence on the person. They are two kinds of emotions, the negative emotion like sadness and fear and the positive emotions like happiness and satisfaction.

Feeling a positive emotion is important for a person's well being and self esteem. Positive emotions have an effect in people's daily life and interaction with others. Having a positive emotion by both partner in an affectionate relationship can improve the relationship.

They are different kinds of emotions to consider during the communication process that influence the understanding of the message. They are important to consider for the partner in an affectionate relationship to avoid any misunderstanding.

Misunderstanding is about lacking clarity about something (Pace, 2022). Misunderstanding can cause conflict in a relationship until things can become more transparent (Pace, 2022).

According to Pace (2022) Not having a clear picture about the situation is one the reason for misunderstanding. When misunderstanding occurs it is important to understand the situation. Knowing the reason of misunderstanding is very important, many couples have conflicts because they don't know the reason of their misunderstanding.

Pace (2022) stated that different things are the reasons for misunderstandings, like having a low listening skills. When two people are talking, one of them might not go above the hearing part. Another cause for misunderstanding is related to feelings, some partner can invalidate feeling of their partner (Pace, 2022).

Pace (2022) stated that the other reason is that some couples see competition with their partner that's the reason why misunderstandings happens. They are different ways to solve misunderstanding like by being a good listener (Pace, 2022). Another way to avoid misunderstanding is by avoiding assumptions.

The main ones are fear, sadness, anger and happiness. Fear happens when someone feel that there is a threat or dangerous situation which has an effect on the body like stomach bowling, hand shaking, heart racing etc...

Then there is sadness, being when a person feel down. A long period of sadness becomes depression which affect many people nowadays and has an effect on the mental health of a person.

Sad people can cry depending on the situation like losing someone for example can make a person cry. Anger is a state of emotion where a person disapproves a situation, but also the feeling of frustration. The body response of anger could be yelling for example.

Happiness is a feeling of joy and fulfillment that a person can experience after being in a place they like or buying something they wanted or being with the person they love for example. A happy person might start jumping with their happiness or laughing for example.

The voice used by the person who speaks is very important as it reveals information about the emotion of a person. Finally the emotional state of the person is represented in the tone of voice of the message sender.

The emotion and true feelings of the person who is sending the message, the ability to use and recognize sarcasm, the ability to know if the other person is telling the truth and the difference in the use of the vocal paralinguistics.

Paralinguistics help define vocal characteristics which help understand the attitude of the speaker (English, 2021). Paralinguistics are non-verbal and depend on intonation, pause, voice, volume, gestures and pitch (English, 2021).

Pauses are often used during a conversation, when the communicator takes a break before continuing what he wants to say. Being a great communicator requires effort and self-awareness (Miles, 2022).

The tone of voice is very important since it help know the emotion of the speaker. They are different tone of voices that are disliked by people like a voice that is too loudly or people who like to yell a lot for example.

Swearing during the communication process isn't accepted along with people who like interrupting others. An aspect that can cause conflict for people in an affectionate relationship. When it comes to the communication style being used, it all depends on the age and educational background of the person who is sending the message.

The communication style between men and women are different. (see Chapter 2) People communicate for many reasons to fulfill different needs, like the psychological needs, being for their mental well being.

People communicate to build their personality through their interaction with others. People actively look, change and create their social relationships in ways that goes with their personalities. (Neyer; Mund; Zimmermann; Wrzus, 2014). The core concept of communication are the source, which is the origin of the idea or thought. The encoding is when the source is put into words, symbols being the verbal or non-verbal expression of ideas or actions.

The message is then sent in the form of verbal or non-verbal communication where people can give it meaning.

Then the message is sent through a channel which is the pathway in which the message is sent verbally. The message is then being received by the receiver who is the person who decodes and interpret the message being sent.

The decoding is then done, which is about giving a meaning and interpretation to the message. Finally there is the noise, which is about all the aspects that comes between the encoding, decoding and interpretation of the message and can interfere with the understanding of the message.

All those elements are important in the understanding of the communication process. Empathy is the ability to fell and understand others. Empathy being the understanding and awareness of someone else's emotions and feelings being important during an affectionate relationship between the partners.

Empathy being about understanding other people's emotions and people's issues. Empathy is the ability to understand someone else's feelings and ideas and also by being improved over time through a good listening skills.

Adaptability is the skills to adapt the communication and message to the circumstances of the message. Finally there is the sense of ethics, being all the moral ideas that help one better understand what's a wrong or right behaviours.

They are different channel of communication, example are face-to-face, phone, text messages or email for example. Perception is the way a person see themselves and the world around them.

They are different types of context, like the cultural context being about the beliefs and values of a person. Interpersonal communication is important because everyone use it everyday. Interpersonal communication is important to the improvement of the relationship.

During the communication process a person must consider the background of the other person to better understand the message. The tone of voice of the person who speak can't be too loud or they can scare the interlocutor's person. The tone of voice used reflect the emotion of the person who speak it.

Uncertainty Reduction Theory is about reducing uncertainty about others by getting information about them (Davison, 2020). Uncertainty Reduction Theory state the use of communication strategies by people to decrease the uncertainty related to other people (Davison, 2020).

Uncertainty reduction theory also state that people seek interpersonal communication to decrease uncertainty because they can feel uncomfortable about other people's actions and behaviour (Davison, 2020).

The reward during a relationship can be a good intimacy and financial stability for example. Relationship fail often when there is no reward in the relationship and negative aspect start to appear like poor financial situation for example.

The relational dialectics theory also comes from the action of different discourses (Baxter, L. A., & Braithwaite, 2008). This theory is also about the fact that dialogue is about difference and common aspects (Leslie A. Baxter & Kenneth N. Cissna, 2004).

The dialectical tensions within someone's discourse can be seen in interpersonal communication due to the nature of interpersonal relationships. The relationship and the communication can be enhanced through specific questions (Huynh, 2022). To have a discussion that has meaning (Huynh, 2022).

An important aspect in the study of interpersonal communication is supportive communication. Supportive communication is about the communication a person needs when being in a difficult situation and in a need of comfort.

Well-being is an important aspect for people being in an affectionate relationship for them to have both a well-being along with positive emotions, like joy and happiness for example. On the contrary, negative emotions like sadness can lead to mental health issues like depression for example.

Well-being is part of social well-being about bonding a relationship. Social well-being is about how people are interconnected with one another and how much it must be considered for each person.

Having a social life is important for a person's own well-being. Being aware of someone's own emotions is important for a person's well-being. Well-being is about having positive emotions like joy, excitement and happiness. It is also about having a positive physical health and relationship with others (Sinclair, 2021).

According to Sinclair (2021) on the other hand, social well-being is about the development and the sustainability of the relationship with others. Sinclair (2021) stated that being connected to one another is very important for people otherwise people can become isolated socially.

They are different kinds of well-being. Emotional well-being being about managing someone's own emotions and positive emotions, while being aware about someone's own feeling (Sinclair, 2021).

According to Sinclair (2021) knowing someone's own feeling is very important in order to better communicate them. There is also physical well-being related to the physical health like exercise and nutrition. There is also the societal well-being when a person can feel valued and connected to a social environment (Sinclair, 2021). The person can repeat the message received to show to their interlocutor that they have understood the message received.

Verbal communication is when words are being used between two or more peoples, an aspect that can be done both orally and verbally. When it comes to non-verbal communication, they are done through different aspects. Gesture being an example of non-verbal communication. Another example of non-verbal cues to consider is eye-contact.

According to Eatough (2021) Eye contact is when people look at one another during the exact moment. Eye contact shows honesty during a conversation. Eye contact can help people stay focused on the communication and read expressions of the face, which can enhance the understanding. The improvement of understanding help improve the communication between people (Eatough, 2021).

Communication is an important aspect for people's life that include both verbal and non- verbal communication aspects. Non verbal cues like eye contact or gestures are important to consider. An aspect that help with the understanding of the message.

They are different ways to improve non verbal communication. For eye contact for example is to know the culture of your interlocutor in order to better know when keeping eye contact is considered as a sign of respect or not by the other person. Keeping a good physical distance is also to consider while knowing the culture of the other person for the distance to be considered acceptable by both communicator.

Being a good communicator is important. Great communicators give inspiration to others. They create a real personal and emotional connection (Bradberry, 2016). It is also important to consider that great communicators create a connection by understanding people and talking towards their needs in a way that they can hear (Bradberry, 2016).

Another aspect for being a good communicator is to talk to a groups as they are individuals (Bradberry, 2016). To have a certain connection with the crowd, the communicator is speaking to. The communicator should also engage its audience and make sure that when they are talking they can make people ask questions (Bradberry, 2016).

According to Pajer (2021) they are four kinds of communicators being the assertive, the passive, aggressive and the passive-aggressive. Being able to know which type of a communicator is and the one of his partner can help a person to know how to manage a conflict. Along with helping a person improve their relationship (Pajer, 2021).

Listening is important during the communication process. Listening is about paying attention to the speed, tone and volume of the voice not just about the words a person hears (Bradberry, 2016).

Active listening is when a person listen carefully to what is being said to them. Different things can be done to practice active listening like by avoiding distractions.

Effective communication is important since people communicate everyday in different ways. For a communication process to happen, the sender needs to transmit the message in an effective way, for the receiver to be able to understand it.

An effective communication requires the understanding of non-verbal cues along with having a good listening skills. Listening is an important aspect during the communication process of people in an affectionate relationship. Half of the communication equation is about listening (Martin, 2016).

Having a good listening skills is important for people in an affectionate relationships. A responsive and positive listening behavior can be good for a marital satisfaction, but previous studies have looked at responsive behaviour with emotionally positive behavior and focused mainly on young married people. (Pasupathi; Carstensen; Levenson; Gottman, 1999). A good listening process happens when there is a feedback from the message receiver. A lack of a good listening skills can cause failure in the relationships between the couples.

When it comes to the use of technology as a medium to communication it is important to have some tech boundaries that have been established (Campo, 2022). That can help improve the communication between people in an affectionate relationship and maybe avoid a conflict that can be due to the use of technology as a medium to communication with the partners.

Listening is related to the words being said. An aspect that help the communication process to be done more effectively. When the interlocutor is speaking the other person should focus on listening instead of being distracted. In this way the person will know better what to reply instead of replying without really listening to what has been said to them.

Active listening is when a person is hearing what is being said in order to fully understand the message. Feedback is strongly required during active listening to show to their interlocutor that they have fully understood the message sent to them.

When a person does active listening, their listening becomes toward understanding the message being sent. Active listening require non verbal cues for a better consistency. Listening is about fully understanding the words being said.

Stress is a barrier to communication since ideas can be mixed up and no organized which can have an impact on the message being sent and received. That's why being able to reduce stress can help a person improve his mental and emotional well being.

Communication is about helping the message receiver understand the meaning of the words being said. Interpersonal communication is about the exchange of ideas and thought between peoples. Being verbal or non-verbally. Example of verbal communication are email for example and non-verbal communication like eye-contact for example.

Interpersonal communication skills are important during an affectionate relationship since they can help the relationship into going forward and being successful. Those communication skills starting at an early childhood.

People who have a good interpersonal communication skills are also able to maintain a good relationship with people since know on how to interact with others. They are different ways to improve interpersonal communication like using an effective verbal and non verbal cues.

Non verbal cues are important during the communication process like facial expressions for example. Non verbal communication can deliver the message that a person is dishonest (Luke, 2022).

Non verbal cues are here when words aren't enough. Nonverbal communication are here to compensate for the words, example is a a pat on the back or a hug that can help a person going through difficulties (Luke, 2022).

Gestures are used to emphasize the meaning of the words being said. Then, excitement or disgust can be shown through facial expressions (Luke, 2022). Eye contact is an important nonverbal communication, it can tell if a person is interested into the conversation (Luke, 2022).

Eye contact can show dominance, a long eye contact can make people uncomfortable and intimidated and a lack of eye contact can show a lack of confidence (Luke, 2022). Para-linguistics use of volumes, pitch, inflections and vocal tones (Luke, 2022). Paralinguistic remains important in the understanding of a message.

Defining the reason of the communication is also important to consider with the type of communication that the couple find better to use, example can be face to face over text message, which can be more effective since non verbal cues can help in the understanding of the message.

The context of the interaction is important to consider in the study of interpersonal communication, along with meaning that depend on the words used. Sometimes the meaning during interpersonal communication can be misinterpreted. A good communication skills remains important in the understanding of human communication.

People with a strong interpersonal communication skills can maintain good relationship with others. Interpersonal communication can help improve a person's self-esteem, since the interaction can show to the person that speak more knowledge about their own personality and behaviours.

Interpersonal communication is about exchanging information between people for the understanding of the message. Meaning is very important in the study of interpersonal communication since it is the understanding of the words said that can help improve the communication process.

People in interpersonal communication can have information in different ways, like through verbal and non-verbal cues. Eye contact is also a non-verbal communication aspect to consider.

According to Martins (2021) the meaning of eye contact is different from culture to culture. In certain culture too much eye contact can make people uncomfortable and a lack of eye contact can main disinterest. The message include encoding and decoding being about the interpretation of the non verbal message of someone else (Martins, 2021).

Asynchronous communication can lead to more misunderstanding and miscommunication (Martins, 2021). Emotional intelligence is important for the understanding of non-verbal cues. Emotional intelligence is when a person can regulate and understand the emotions of others (Martins, 2021). Active listening help a person to better understand few nonverbal cues (Martins, 2021). Context is very important in the study of interpersonal communication. Since the content of the communication of a professor with his student in the classroom can be different from the one of the teacher with his wife at home.

Certain authors have wrote books about interpersonal communication like Peter Hartley (1999) in his book *Interpersonal Communication* talking about the characteristics of interpersonal communication, its component. How the component are linked to one another, the skills used for communication and the difference between interpersonal communication and other kind of communication.

1.2 The role of listening

People often like to talk more than to listen to others. Or while listening they will be distracted or thinking about what to reply. Most people listen so they can they can understand. Listening is important for a person to understand other people's ideas. Understanding other people's ideas is important to know what the perspectives of the other person is. According to Brown (2021) A successful communication between a couple need to know how to express their thought along with being able to listen in an active and open way to their partner.

A good listening skills happens when a person try not only to listen with the intention to understand what is being said but also to understand the emotions behind those words. An aspect that explain the difference between people who just hear what was said to them in comparison with a person who is an engaged listener.

An engaged listener is someone who can recognize the emotions behind the words expressed and what is the feeling of the speaker. An engaged listener is a person that help the other feel understood and listened which can create a certain connection between the people who speak.

A person who is an engaged listener by understanding other people's emotions help maintain other people's well-being through empathy and also if they like to share other people's emotion like if a person is sad they can be sad with them and create a certain connection between the people.

A good listening skills require a person to be an engaged listener, by not understanding the words being said but also the emotions behind those words.

There is a difference between hearing what is being said and listening to what is being said, hearing come from the words, whereas listening include the emotions behind those words and can see the difference in people's intonation and speech and volume used etc...

Engaged listener help the person they are speaking to feel that they are connected to them. The feeling of being listened can help a person feel understood, less lonely. Being a good aspect for a person's well-being and mental health.

If the speaker is excited about an event the engaged listener can also feel the same way to show to other person that feeling of connection. To be an engaged listener the person need to look at the way the speaker speak like through tone of voice, paralinguistic and non-verbal cues. The tone of voice shows the emotions of the speaker.

A person must be concentrated into what is being said to them in order to understand the message through non-verbal cues. When speaking part of being an engaged listener is to fully listen to what is being said without trying to finish the other people's sentence or interrupt them during their conversation.

When the person is listening they should fulfill that role fully without being distracted, trying to interrupt or think about something else while the other person is speaking. A person who is distracted appears to their interlocutor. The listener needs to show interest into the topic.

A person can show that they are listening to what was said to them through head nodding and gestures. Feedback is important during the communication process where people can know that they have been listened to.

During the communication people should focus on the content of the message and trying to understand the message instead of having judgment about a person which can unable the understanding of the message. Asking question is a good way for a person to show that they have fully listened to what was said to them. Being an engaged listener help a person understand the emotions behind the words being said which help a person to better understand the message delivered.

Bhasin (2021) stated that having a good listening skills is key to avoiding any miscommunication, a person who is a poor listener can be distracted and can miss on key information.

A good listening skills happens when a person understand non verbal cues like facial expression, gestures, movement, tone of voice etc... Non verbal cues help a person to better understand the meaning of the words being said along with building a certain connection with the person they are speaking with.

When it comes to body language they are certain that shows interest into a conversation like uncrossed arms and direct eye contact. Certain body language can enhance the meaning of a message like saying to a person 'I miss you' then giving them a hug for example. The body language needs to be in coordination with what the person is saying.

People should know the body language since it can help with the understanding of a message when a person have difficulty understanding the language. Body language is important during a conversation. The body is a source of information and communication continually (Bradberry, 2016).

The body posture remains very important to consider since it reflects the personality of the person. Being an important aspect in the study of interpersonal communication of people in an affectionate relationship. Example of body language example are arm crossed shows that a person is not interested into the topics that is being discussed for example.

Positive body language like a smile for example can have an effect on someone's mood being a positive emotion. An important aspect during the communication process of people in an affectionate relationship since the mood of one partner can influence the mood of the other partner.

According to Luke (2022) Body movement have also meaning during the communication process, a person with an arms crossed show that they are not comfortable, that they are reserved. Touch also has meaning, a pat or a hug can give comfort to a person and show them some empathy (Luke, 2022). When the rate of breathing of a person increase it can be a sign of panic or excitement (Luke, 2022).

People from different cultures have different body languages, so knowing the culture of a person will help in the understanding of the message of people in an affectionate relationship. The emotions of the speaker can be emphasized with body language.

Body language can show if a person is confident or stressing during their speech, example could be that a person who is stressed will touch their hand often in comparison to a confident person.

Body language can be used to enhance verbal message, like waving to someone to say 'hi' for example. Body language is very important during the communication process since it help in better understanding the message being sent. The body language of the person has to be in coordination with what was said to the person.

Non verbal cues can be enhanced and better understood by knowing the personality of the person who speak with its cultural background an aspect that can influence the content of a message.

Non verbal cues can be improved in different ways, first of all the non verbal cues needs to match what the person is saying.

Context is important during the communication process along with the non verbal cues that needs to match the verbal communication. The tone of voice reflect the emotion of the speaker a happy person will not be using the same tone of voice as a sad person. Then there is both the cultural background and emotional state of the speaker that needs to be considered for a proper understanding of a message.

Confident people usually have a straight posture and direct eye contact in comparison to less confident people. Stress is a barriers to communication so it should be avoided for a person to be able to express themselves fully and help the other person understand their message.

When a person is stressed they can say something that they can regret in the future, that's why remaining calm can help a person stay focus on what they want to say instead of saying something that could have avoided that can cause to them problems.

They are different ways that help a person to have a certain control over their emotions in order to avoid stress and talk more efficiently being doing therapy, medication for anxiety, yoga and meditation can also help. When it comes to the way a person can organize their taught while being under pressure, a person can pause during the conversation to have time to organize their taught and know what to say next.

This pause can help a person be in control over their thought and have the time to organize their thought and ideas. Pausing can also help the listener stay connected to what is being said to them and follow the conversation without being distracted. A silence during a conversation can help a person organize their thought and know what to say next or help their interlocutor know what to reply.

And a long conversation can make it hard for a person to understand the message especially if they are too many technical words. By speaking slowly the message sender can help the message receiver understand the message in a better way. The words used must be easy and clear and slowly to help the other person better understand the message. A clear tone of voice with a straight posture can help deliver a confident message by the message sender.

Stress is a barriers to communication that's why it is important for the message sender to remain calm to better express him or herself. When being stressed a person should learn how to control his or her stress to be able to communicate more effectively.

A person who can control his or her stress is a person who can control his emotions being very important during the communication process, since emotions can influence the content of the message. Stress can be managed when a person take a deep breath and try to calm down.

During a conversation they are different ways to avoid stress like switching topics since they are certain topics that cause more stress than others. They are different ways to avoid stress like through therapy, yoga and medication for example.

When it comes to dealing with a problem that can cause stress a person can try to find a solution or a middle ground that works for both people dealing with the problem. When there is a problem a person can take time away from the situation to get a certain perspective and have the time to think about how to solve the problem and the situation.

People with a high self-confidence can be surer about their decision and know how to react to unpredictable situations. When expressing thoughts and ideas a person should do it in the most honest way while respecting the ideas and thoughts of others.

A good communication skills can be reached when people are willing to understand others and consider other people's opinion instead of just their own. Both people in a relationship should feel at ease when it comes to sharing their opinion (Pace, 2021)

During a conversation a person should always value both his and her own opinion along with the one of the person they are speaking with. The content of the message depends on a person's opinion, thoughts and ideas but can also be influenced by the ideas of the person they are speaking with.

When it comes to negatives ideas they should be expressed by a person without offending the other person and by making sure that they always respect the person they are speaking with. Feedback needs to be accepted in a good way by the person a person is speaking with. When it comes to compliment they should be expressed in a certain way that they will be accepted.

People often make mistakes and when it comes to sharing a person's mistake with another person they might not be accepted by the person a person is speaking with. So mistakes need to be accepted along with apologizes especially when they are sincere apologies.

During a conversation a person can't always accept the suggestion of others, since each person has their own personality, so maybe able to refuse certain request is also to be considered. People are different and have different needs and wants and also ability to accept or refuse the request of others.

Then when it comes to suggestion people should avoid the option to choose what they want to take as a suggestion. During the communication process empathy remains important, being the ability to understand other people's emotions and feeling and understand their needs and wants.

People who are assertive are people who have a strong self-esteem. When it comes to listening not all people are good listener. Most people are often being distracted during a conversation, thinking about other things or thinking about what they will say next.

People can improve their listening skills by paying attention to what is being said to them, avoiding being distracted or thinking about other things. For a message to be fully understood, a good listening skills is required. For the message to be understood in an effective way, a good listening skills is required.

Listening is not just about hearing the message being said but also understanding the meaning behind the words being said. The relationship between the listener and the speaker depend on the feeling of being understood by the listener which help in a satisfying relationships to be established and maintained (Cahn, 1990). Having the skills of listening is when a person is trying to understand what the other person has to say. For being an engaged listener a person need to have a certain level of concentration on what was said to them.

Listening is about trying to understand other people's thought and ideas and also perspectives. Having a good listening skills requires a person to be fully focused on the message sent. A good listening skills requires the understanding of the meaning of the words being said, along with the non verbal cues of the message being sent.

The meaning of the word being said include also the understanding of paralanguage, movement and gestures. The listening process contain the hearing of the words being pronounced, the understanding of those words along with the response to the message. Hearing is the first step of the listening process following by paying attention, listening, understanding then being able to reply.

Attention is very important during the listening process which help a person focus on the message being said. The context is key in the understanding of the meaning of a message. Interpersonal communication happens when context is being considered in the understanding of the meaning of a message and how context has influenced the content of the message.

Once the person has heard a message they can memorize the content in their mind which can influence what this person will have to say next, since ideas are influenced by previous ideas. After receiving a message a person can evaluate this message to see if it fit with a person's value, principles and personality. The evaluation process happens when a person has fully said its message.

They are different ways for a person to improve their listening skills and be able to fully understand the content of the message and primarily through being an engaged listener. The understanding of the message should happens by a person considering the context of the message and the kind of words being used along with the types of languages along with the technical words of the language used.

A good listening skills happens when a person focus on all the component of a message including the context of the speaker, the personality of the speaker, the kinds of words used, the kinds of language used along with the non-verbal cues of the speaker for an overall understanding.

An effective listening skills happens when the speaker seek feedback from the listener to know if the listener has fully understood the content of the message. Often when people listen they focus on the idea of the speaker and its point of view but in reality both point of view are important during the listening process. The person who listen shouldn't be afraid of saying what they think.

Being a good listener help a person to improve their personality, since listening help a person have a better relationship with others, a person can show to others that they are here for them and solve people's problems.

A good listening skills can be improved trough a good posture and a direct eye contact with the listener to help the listener not to loose interest. The person who listen can also do head nodding that a person is listening to the conversation.

The person who listen needs always to stay focused on the message and its content not be distracted and be thinking about what to say next. The listener needs to stay focused on the message of the speaker by avoiding all kinds of distractions including assumptions and judgment that a person might have about the person who speak.

During the conversation the best way for a good communication setting to happen is when there is turn taking. Each person should wait until the other has finished expressing his or her idea before saying something without any interruption.

Then the listener can ask question after hearing the message to show to the speaker that he is interested into the topic discussed and that he has heard and listened to what has been said to him or her.

They are different barriers to listening that should be considered like the physical environment example could be the noise outside the sound of the rain, a music playing in the background of a restaurant which might make a couple sitting in the restaurant be distracted by the lyrics of the music which can influence the content of the message to be said.

There is also the cultural barriers being about the cultural background of the speaker giving him a certain kind of language that he could be speaking with and he could be using slang and jargon along with having an accent that belong to a certain region of the country of language he is speaking about.

Then there is a barriers related to the personality of the listener who can have a certain judgment about the speaker and unable him to fully understand the message the way it should be done. They are people who are bad listener, who can pretend that they are listened to the conversation whereas in reality they are thinking about something else.

They are people who can blame the speaker for not properly expressing himself or herself instead of themselves for not properly listening to what has been said to them. A good listener is the one who fully listen to the conversation until the end then seek feedback and ask questions, an important aspect for people who are in an affectionate relationship, since it is the best way for them to better understand each other's.

A strong listening skills is what a person can learn and improve through practice over time for the communication process to be more effective. A good listening skills help enhance personal relationship and satisfaction since listening can create a certain understanding between the people and help reduce miscommunication and misunderstanding.

Effective communication happens when it has been sent in a clear way during the communication process. A good listening skills help the speaker feel understood and what he is saying can be valued which can create a certain relationship between the speaker and the listener.

They are many mistakes that a listeners can make while listening like trying to finish the sentence of the speaker, trying to interrupt others or trying to change the topics. The listening process is done differently between men and women.

Both men and women react differently after hearing a message like nodding saying 'hmm' or being silent after hearing the message. The main aspect during a conversation is the fact that the message receiver has understood the meaning of the word being said with its own context. A good listener is someone who stay focus on the message and avoid being distracted during the conversation and think about what to say next.

A good listening can happen if the person who speak has been fully and clearly expressing himself or herself. Once a good listening has been done a person can reply and give an answer with the coordination of what was said to them.

Listening is not only about hearing the word being said but understanding the content of those words, their meaning and interpretation. The most common form of listening is the informative one the one that require understanding the content of the message in order to get more information.

A person can improve his or her listening skills by knowing its weakness and strength to be able to better listen for a better understanding of the message. Listening include the understanding of other people's thoughts and ideas.

Improving a person's listening skills help a person not only to better understand a message but also to have a better relationship with others since listening help a person show that they care and support the speaker.

Listening is very important for people's social interaction and affectionate relationship between the partners. Listening is a sweet gestures of affection for people in a relationship (Pace, 2021). Making eye contact and listen to the partner is a way to show affection to a partner (Pace, 2021).

The goal of listening is not only to understand the message being sent but also for an exchange of ideas between the speaker and listener to happen. They are a lot of people who often don't listen to what is being said to them because they are being distracted by a phone or television and fail to listen to what is being said to them. This lack of a good listening skills can have an impact on the efficiency of the communication process.

A lack of a good communication skills can cause conflict or misunderstanding between people in an affectionate relationship. We often hear women complaining about their partner not listening to them or men about their girlfriends not listening to them.

Listening is very important to understand other people's message. It is very important in the field of communication to understand others people's ideas. Instead of being distracted with something that might unable the understanding of the message.

A good listening skills is about understanding the feelings that a person has while speaking, since each message has with it a certain feeling, like happiness or sadness for example. An engaged listener is someone who is focused about what is being said to him or her. During an affectionate relationship, people often like to be listened and understood, a person who feels that they are not listened and understood might feel neglected while being in that relationship.

The downside of being distracted is that a person can miss on non-verbal cues that help in the understanding of the message, since a large part of the communication process is better understood through non-verbal cues like facial expression and gesture. Feedback is also important since it shows to the interlocutor that the person is listening to what is being said to them.

Another important aspect to consider during the listening process is the tone of voice since people don't usually like a loud tone of voice that can be annoying and unable the person to better understand the message being sent.

Eye contact is also a non-verbal behaviours that help into the understanding of the message since maintaining a straight eye contact can help the interlocutor follow into the conversation. Eye contact also help create trust and closeness (Shafir, 2021).

Listening is very important for the understanding of the others person's thought. It is very important in the field of communication to take into account the other person's perspective.

Having a good listening skills is very important for people in an affectionate relationship. The listening skills must be done with an interest into what is being said to the person. A lack of a good listening skills can cause misunderstanding and miscommunication in the relationship people are into. Listening is very important in a relationship since people like to be heard.

Non verbal cues are important during the communication process, that's why people should keep away any distraction like phones or television while listening to their partner to be able to fully understand what is being said to them and avoid any misunderstanding or miscommunication.

A person should also listen to the entire conversation before taking a decision regarding what has been said to them. An important aspect to consider for the partner to feel that he or she has been fully listened to and not ignored.

Another aspect to consider during the listening process during a conversation between people in an affectionate relationship is empathy, being the ability to understand other people's emotions.

People in an affectionate relationship needs to feel listened, they should feel that they have a value in a relationship that they are in. The feeling of being heard is very important in a relationship that's the reason why having a strong listening skills remains important for people in an affectionate relationship. A good listening skill is not just about the words or information being said, but mostly about understanding the emotion behind those words.

They are different ways to improve the listening skills of a person. There is a difference between hearing what is being said and listening to what is being said. If a person is engaged with what is being said, they can understand the feeling and the emotion of what is being said behind the intonation of the voice.

Being an engaged listener help the other person feel understood and increase the chance for a deeper connection to be build with their interlocutor. If the person you are speaking to is calm then listening will be an engaged way to calm the interlocutor. However if the person is angry the person who is listening can also be angry, especially if the use of angry words happens.

They are different ways to become an engaged listener. First the person needs to focus on the understanding process of the message of the speaker, whether through their tone of voice, language or non-verbal cues.

The tone of voice is important to consider as it shows the emotion behind the words being said. If the person is distracted during the communication process they can miss on some important non-verbal cues.

Listening is about understanding the content of the message sender. It is hard to stay concentrate on the content of what is being said if the person is distracted. Feedback is an important component of the communication process where people can show the message sender that they have listened to the conversation and can give their opinion about the content.

Trying to hear the emotion behind the words being said is also to consider. Paying attention to non-verbal cues is also important. Since the most important messages are done through non-verbal signals. This can include facial expressions, gestures, body movements, eye contact or tone of voice.

Understanding non-verbal communication cues can help a person to better understand the message of others. A relationship start with an attraction first, then a date where the couple can do an activity. Then people start to know more about one another including knowing more about the personality of the other person. People try also to ask questions about the future of their relationship.

Then people start to know each other well and be comfortable about showing their real personality. Finally the last part of a relationship is when both people know well about each other and are willing to get married.

Lying with words is easier than with the face or the body (Klatka, 2006). Paralanguage is about the noise, volume, speech rate, accent and silence a person use to have a direct communication (Klatka, 2006).

People coming from different culture use non-verbal cues in a different ways. That's why it remains important to know the culture of the person who is speaking, being in this case people in an affectionate relationship.

Non-verbal communication is important, since it help reinforce the content of the message being delivered. The tone of voice is important to consider. An example would be that a person's tone of voice when being sad is different than a person's tone of voice when being happy.

Another aspect to consider is the cultural background and emotional state of the person who is speaking. Stress needs to remains on the side during the communication process to be effective. Control of emotions are also an important aspect to consider, which can be done through stress management. Stress is a barriers to communication, since it can influence the content of the message along with its understanding from the partner.

The study of eye contact is important for people in an affectionate relationship, since eye contact is part of the non-verbal aspect of communication that help in the understanding of a message. Whether it is a long or short eye-contact, both need to be considered in the understanding of the m

Message being sent. The listener will communicate with the speaker through body language (Doyle, 2021).

During conflict a person should stay away from the situation to get some perspectives on things and decide on how to solve the situation. Empathy is about understanding other people's emotion, being important for people in an affectionate relationship, since it can help them stay more connected towards one another.

A good listeners will try to understand what others are trying to talk about even if the statement is unclear (Doyle, 2021). Listening is an important aspect to consider to the reception of a message in an effective way. Listening is when a person can hear and understand what the other person has said.

A good listening skills require the understanding of other people's ideas and perspective, since people are different. Having the skills of listening is about wanting to understand what the other person has to say.

Listening is about hearing and understanding the message being sent to a person which can help a partner of people in an affectionate relationship to know about what to reply. During a conflict having a good listening skills remains key since a lack of attention to the word being said can emphasize the problem and unable in it to be solved as it should be.

That's why non-verbal cues are here to help in the understanding of the message, eye contact can for example help a person know if the other person is being sincere to them or not for example. Having a strong listening skills remains important for people in an affectionate relationship.

Active listening is a learned skills, being about trying to fully understand the message of the interlocutor. Which remains one of the main skills in listening to have.

According to Brown (2021) A successful communication between a couple need to know how to express their thought along with being able to listen in an active and open way to their partner.

They are different ways to practice active listening, like by repeating the content of the message, to show to the interlocutor that the message has been fully understood by the person who hears it.

Asking questions to the interlocutor is also a way of practicing active listening by showing interest into the topics that is being talked about.

Interpersonal communication will happens if the listener understand the meaning of the words being said to them and consider the context in which the sender sent those words. An aspect that make the listening process more effective.

A good listening skills is important since it helps a person to better understand the keys topics of the conversation. Eye contact is also important during the study of communication for people in an affectionate relationship, since it can help increase intimacy for the couples. When it comes to improving the listening skills distractions must be minimized while the person is giving their full attention toward understanding what is being said to one of the partner, for people in an affectionate relationship.

A good listening skills can be done when the person who speak can requires questions from the listener to know if the person has fully listened to the conversation or not. A good listening skills help decrease miscommunication during the communication process for people in an affectionate relationship.

They are different ways to improve the routines of people in an affectionate relationship like by doing activities together besides staying at home for example. It is important for people in an affectionate to share activities where they can spend time together and show each others love and understanding. Time is also important to give to a partner (Pace, 2021).

Misunderstanding for people in an affectionate relationship happens when a partner misinterpret the situation her or his partner is into. Misunderstanding can cause frustration and stress and the feeling of not understood or listened (Boissiere, 2022). A lack of clear sharing of what a person want to say or do can also cause misunderstanding for people in an affectionate relationship.

A person in an affectionate relationship should know how to clearly express their feelings and needs to avoid any misunderstanding by the partner. Effective communication happens when the message has been sent in a clear way during the communication process.

An affectionate relationship can contain physical and emotional intimacy. They are different types of affectionate relationships like, casual where people involved in the relationship see each others from time to times while maybe seeing others outside the relationship.

Then there is dating where the couple are officially together and have been on a 'date' before like in a restaurant or to the movie theatre for example. Monogamous relationship is when the couple is exclusive and none is seeing another person outside the relationship.

Interruption of the speaker during a conversation must be avoided for people in an affectionate relationship because each person should respect the talk of the other person and take the time to fully listen to what is being said instead of interrupting the talk.

The person who speak should often seek feedback to know if the interlocutor has fully understood the message being sent. Listening skills is important since it help a person to better understand and respond to the message.

Listening is about focusing on someone's ideas and words being said. A person needs to be aware of their listening skills to know when to improve them, in order to improve the interpersonal communication and relationship a person is into. Listening is very important for people in an affectionate relationship.

They are different non verbal aspect to consider during the communication process of people in an affectionate relationship, like gesture, facial expression, body movement and eye gazing for example.

Gesture are here to communicate a moment like waving to someone for saying 'hi' for example. Facial expression are here to express different emotions like anger or fear for example. Affection in a relationship is important physical touch help keep a connection for people in a in long-term relationships (Huynh, 2022).

Finally eye contact can show different emotions like interest or disgust for example. Empathy being about understanding someone else's emotions.

Listening is very important for people in an affectionate relationships for a good understanding from both parties to happen. The goal of listening must be to understand the message. A good listening skills is done for understanding, replying and avoiding miscommunication and misunderstanding.

According to Jenkins (2020) many people tend to misinterpret a message, because people tend to assume a bad things when the intention of the communication is unclear. The use of emoji during text messages is being used very often. Some research had suggested that the part of the brain that process emoji process also the human faces. Jenkins (2020) state that emojis are here to express the feeling of the person who text. Emojis help the person who communicate control the emotions of the digital message and they also help the message receiver to interpret the tone of the message (Jenkins, 2020). Emoji are here to better understand the emotions behind the message. Emoji help avoid the emotional ambiguity (Jenkins, 2020).

The authors Anne Anderson and Tony Lynch (1988) talk in their book *Listening* talking about the skills of listening and when the listening is done when hearing a foreign language for example. This book talk about the distraction a person can have during the listening process or the way people can select what they want to listen to.

1.3 What is interpersonal relationship?

Interpersonal relationship including a certain relation and bonding between two or more individual. This bonding can be a friendship, a business partnership or a love interaction as it is the case for people in an affectionate relationship.

The human being as this social need for belonging and interaction an aspect that help a person boost their self-esteem and confidence. An aspect that shows that what a person think of herself and the feeling. A social interaction is important for a person's mental health since loneliness can cause depression.

Interpersonal relationship help a person in their own self. The feeling that a person start to have about their self come from this social interaction especially affectionate relationship. A person's behaviour and confidence will be influenced by their interaction with their partner.

That's why sometimes people fall into depression and low self-esteem after a breakup, because sometimes they require a high self-esteem by being in an affectionate relationship and once that relationship has ended the person feel that they have lost themselves with that breakups.

Self-disclosure is very important for people in and affectionate relationship since it help bond the partners. The quality of the affectionate relationship will depend on the personal interaction the partners have with one another.

The behaviour of people in an affectionate relationship can happens through both verbal and non-verbal cues. The environment influence the communication process that people in an affectionate relationship are into.

Example is that a conversation the couple will have in a restaurant will be different from a conversation the people will have at home. The relationship is not only influenced by the environment but also by the intimacy the couple has, the more intimate is the relationship the stronger it becomes. Both physical and emotional intimacy needs to be part of a relationship (Pace, 2021). Intimacy can happens with a partner through touching, hugging, and kissing (Pace, 2021).

When it comes to intimacy people often exchange few information at the beginning of the relationship and the more they spend time together the more they start to trust more each others and share more information about one another. People should have a certain experience in the field of relationship for knowing how intimacy should happens. It is often to take intimacy slowly during an affectionate relationship.

A lack of intimacy can be due to a mental health issue or past trauma when people have experienced traumatizing experience in their past relationship and become afraid of having a certain intimacy in their new relationship. People who fear intimacy will never be satisfied with their relationship. Since intimacy is important for the strength of someone in an affectionate relationship. Partners like to spend more time with one another as they are more intimate and close to each other's.

During an affectionate relationship there is often one partner who is in control over the relationship in comparison with the other. Self-disclosure happens through both verbal and non-verbal communication because even an eye contact can give a meaning to certain aspects and tell certain things to the other person.

An affectionate relationship has different stage, from the first step where people start to get to know each other to the stage where they became officially a couple. When people in an relationship are officially a couple they should want to be and enhance this relationship for it to last so they should be a certain commitment from both partner.

When people are committed to one another their relationship will have more intimacy and intimate secret. Then last stage of a relationship is bonding when the couple decide to get married and have a family.

The communication process has different component including the sender, the encoding, the channel, the decoding, the feedback and the context. The sender is the one that send the message with all the information needed to deliver the message. Then there is the encoding where the information come to the receiver to be decoded.

The channel is the medium used during the communication process which can be either verbal or non-verbal. Then the decoding is done from the message receiver which require the person to stay focused on the message. The receiver will then understand the message according to his own thought, ideas and cultural background.

The message sender should acknowledge its audience to know the kind of message that he is going to send along with the non-verbal cues of its audience to see if the person is paying attention to what is being said or not. Then there is context being the environment of the message that will influence the content of the message.

Interpersonal communication can be described in different ways. First of all the communication that happens between two members can't be deleted once it happens. Then the content of the message will include words that can be understood in different ways by different peoples. They are certain people who can easily understand the message of a person and others who need more explanation to better understand. If simple and clear words are used the message will be easily understood by the message receiver.

The context is key during the communication process since the cultural and physical environment of the message influence the content of the message. Example is that the content of a message in a restaurant will be different from the one in a classroom.

Example of the influence of the cultural background for the communication process is eye contact. In some culture a long eye contact is considered as a sign of respect whereas in other culture it can be considered as a sign of disrespect, so knowing the culture of the speaker help in understanding the content of the message.

Eye contact is important in the study of non-verbal communication since eye contact help in the understanding of the emotions of the one who gives the eye contact. Eye contact remains key in the study of communication in general. Eye contact help improve the relationship for the peoples involved in the affectionate relationship. Eye contact help to know if a person is sincere or not. Eye contact help to see if a person is trying to influence the other person. Eye contact help understand a person's emotion and give more meaning to a message with other non-verbal aspects. Eye contact during a relationship help a person to see if they are attracted to the person or not.

They are other aspects that influence the communication process like the personality of an individual that influence his behaviour and the content of what he is going to say. Interpersonal communication always happen whether through verbal or non-verbal cues like facial expression, gestures, tone of voice etc...

Interpersonal relationship is important for a person's mental health since it help decrease anxiety and depression that can be caused from loneliness. Then there is empathy, the ability to understand other people's emotions that can be reached through a social interaction.

Relationship happens when there is a communication between the partners, people often want to have a good relationship with their partners that is strong and lasting and that can happens without a conflict or misunderstanding or miscommunication.

Misunderstandings happens when the word are not being well chosen and the inability to know that the communication has two components like the writer and the reader or the listener and the speaker (Lewis, 2022).

When it comes to the personality of the partners they need to have a certain confidence about themselves in order to be in a successful relationship. Self esteem can be improved through activities and hobbies, having a certain level of confidence is important for a person's well-being and also to be in a relationship.

When it comes to conflict it is important for a person to find a middle ground that works for both partners. The conflict can be destructive or constructive depending on how a person deal with anger during a conflict (Brown; Nelson, 2012). A relationship can be enhanced in different ways like through sharing activities and hobbies, getting to know each others more and sharing secret to enhance the relationship.

A relationship has different stage the moment the couple has just met to the moment they become more intimate, start to share their secret to the bonding or ending of a relationship. Each couple will have a partner that has a certain role in the relationship whether the person who control the relationship or find compromise etc...

One of the key aspect of a relationship is trust since it is the factors for a relationship to continue or deteriorate. Trust for people in a relationship is important, where people know a lot about one another and share their secret mutually. Some people in a relationship are not good at showing their feeling but sometimes they can after time (Pace, 2021).

Interpersonal relationship is about a strong and close relation between two or more different people. If this relationship include love it becomes an affectionate relationship. One of the main reason for the study of interpersonal relationship comes from the human needs to belong. Interpersonal relationship are important since a person's behaviours and emotions are influenced by their relationship with others.

Social penetration theory is linked to self-disclosure. Self-disclosure is very important to consider in the study of interpersonal relationship. The development of interpersonal relationship depend on a person interaction with their partner.

The quality of interaction and intimacy a person has with their partner is important for a person's interpersonal relationship. It is better for people in an affectionate relationship to start by sharing more general aspects about themselves and share more intimate secrete about one another as the relationship grow.

Sharing too many information too soon can be bad for the relationship. Example of information to share at the beginning of the relationship can be favourite music, favourite topics etc..

Self-disclosure is very important in an affectionate relationship since sharing personal information like favourite hobbies for example can help the couple feel closer to each others. Self-disclosure can increase with time and also can be reciprocal. Self-disclosure is also important to build intimacy between the couples.

An affectionate relationship has different stages from the moment people are getting to know each others, to the level when there is a creation of a certain intimacy to the level where the partners are officially a couple and can call each others girlfriend and boyfriend, especially if an official date was made.

The channel is the medium used for the message which can be non-verbal like through the use of text messages for example, or verbal like face-to-face. Miscommunication can happens between people in an affectionate relationship when a partner fails to understand what the other person meant in his or her message.

They are different ways to avoid miscommunication in a relationship like by having feedback for example. The process of decoding is done by the message receiver which requires active listening for after a verbal use or lack of information to decode the message. The receiver is the person who receive the message, a person with different thoughts and ideas that influence the content of the message.

The message sender needs to know its audience very well and have an idea of their reaction when needed while paying a close attention to their non-verbal cues like nodding or eye contact. During a conversation, eye contact can be used as a tool to a more effective communication (Shafir, 2021). When there is no eye contact miscommunications can happens (Shafir, 2021). Since eye contact are part of the non verbal cues that help in the understanding of a message.

Eye contact gives information about a person's intents and if their are friendly or aggressive. the amount of eye contact and the duration of eye gazing depend on the kind of interaction and relationship a person has with another person (Shafir, 2021).

The context is about the environment of the message, a person will have a different way of speaking to a friend than to a coworkers for example. The physical location of the communication is very important to consider. The communication process in a restaurant will be different than the one in a workplace. The first one could be more casual and the second more formal.

Then the cultural context needs to be considered as if people have different cultures and backgrounds which influence someone's own behaviour and also communication process.

There is a difference between communication and conversation. Conversation is about words and communication is about words and thoughts with their effect (Smith, 2013). Conversation is about what a person wants to share and the communication is about what a person wants to accomplish (Smith, 2013). Silence is important during the communication process, it is the moment when people can take a break during the conversation.

According to Shafir (2021) Eye contact can also be a sign of attraction being an important aspect to consider for people in an affectionate relationship. Eye contact is also important during intimacy for people in an affectionate relationship. When holding a person's gaze for few seconds and smiling can be considered as flirting. People who lack direct eye contact can appear to be nervous or with a lack of confidence (Shafir, 2021).

A person's eyes can show emotions, so and eye contact help detect a person's feeling (Shafir, 2021). Eye contact being an important non-verbal behaviours for people in an affectionate relationship since it help a person understand the behaviours of the other person like being sincere or dishonest.

Eye contact is very important in the study of non verbal communication. Eye contact help a person know more about the communication process, along with a better understanding of the emotions of the other partner. The study of eye contact is important in the research field of communication. Eye contact help improve the relationship between the peoples involved in the affectionate relationship. Through eye contact a person can see the other person emotion like love for example.

Eye contact help a person to better understand the meaning of the partner through other non-verbal cues, like posture, gesture and tone of voices. Finally eye contact help with attraction toward the other partner. People can recognize if they are attracted to someone just by looking at them in the eyes.

Interpersonal relationship is important for a person's emotional well-being since a person can feel less lonely. Interpersonal relationship can be improved through empathy another important aspect for peoples in an affectionate relationship.

Relationship happens after communication, often people want to have a good relationship with their partners. Interpersonal communication help increase a person's self confidence by knowing that they have a relationship with someone, that they are not alone.

Self confidence is when a person is sure of themselves. Self confidence can also increase when a person receive a compliment from another person. Self confidence remains important for a person's mental health by avoiding depression for example.

Self confidence is important for both partner in an affectionate relationship. Building self-confidence is very important for both partners in an affectionate relationship. Self confidence is when a person is sure of themselves and what they can accomplish. A strong self confidence by both partners can help improve the relationship.

Being in an affectionate relationship can help a person improve their self-esteem through their interaction with their partner and their feeling of being loved for example. An affectionate relationship will help a person in their well-being by not being alone and having someone that can be there for a person when they need it.

Within the framework of an increasingly individualistic society, loneliness appears more and more frequently in people's lives. In the context of sexual-affective relationships, the high expectations of couples has increased divorce rates and has caused the appearance of successive monogamy, with periods of solitude for individuals (Beck & Beck-Gernsheim, 1998, Fisher, 1999).

Loneliness can create anxiety and depression in someone's life. Loneliness is a bad aspect for people's everyday life, loneliness can affect a person's mental health and can cause depression. People who are lonely have a higher blood pressure, a weak immune systems and inflammation in their body (Gibson, 2022).

Loneliness is a feeling that is being experienced by many people in their life whether they are surrounded or not. Loneliness is different for people during the times of their lives and some feel that there is something missing in their life although they have many relationships (Gibson, 2022).

For avoiding loneliness a person can do activities with their friends and family members. Non-verbal cues like gestures and tone of voice are important during the communication process since they help in the understanding of the message.

Anxiety can have an impact on a person's body. Stress and anxiety can create motivation but too much of them can create procrastination (Boyd, 2021). Anxiety can be managed in a different ways, like by reducing the amount of the task to be done instead of deleting it (Boyd, 2021).

Feeling of sadness for two weeks and a loss of interest for certain things that are supposed to be satisfying is called depression (Tabangcora, 2017).

Other symptoms of depression include the feeling of guilt, being tired, change of appetite, weakness in the ability to concentrate along with suicidal thoughts (Tabangcora, 2017).

People who are here to help the depressed person should focus on the reason of the depression of that person to help them heal from that depression. So, finally interpersonal communication is important to a person's mental health.

When there is a conflict in interpersonal communication looking for a middle ground can help solve the problem or at least decrease it. The struggle to be happy in a relationship affects the ways in which conflict is managed, experiences and expressed (Gottman et al., 1998; Tapia-Villanueva et al., 2014).

Sharing similar activities like going to the movies and restaurants can increase the bonding of the relationship people are into. Interpersonal relationship has different steps, the first one being about getting to know each others, then people start sharing their secrets, then they start to become more physically closed, to the moment they know more about one another and start to be familiar with one another.

The study of conflict is important during an affectionate relationship since knowing its main reason help in avoiding it in the future. Conflict happens due to negative emotions that must be avoided for conflict resolution. Having a good listening skills is also important for conflict resolution.

The authors Christopher R. Agnew and Susan C. South (2014) in the book *Interpersonal Relationships and Health* talk about the quality of a relationship, sexual relationship and the relationship satisfaction. This book also talk about the effect a relationship can have on a personal health both related to the behaviour and physiological health.

CHAPTER 2 : HOW THE DIFFERENCE BETWEEN MEN AND WOMEN'S TALK INFLUENCE THE COMMUNICATION PROCESS

2.1 Description of women's talk

In the literature on differences between men and women in general and on differences in communication between men and women in particular, empirical data is often mixed with insights that border on stereotypes. Likewise, on many occasions these statements are based on arguments of a biological nature and sociocultural factors tend to be underestimated.

The language used by men tend to be stronger than the one of women. When it comes to friendship women tend to be more toward expressing themselves. The communication style of women ten to be more about helping others and caring for others. Women language is used as a social medium; for women, communication is used for social maintenance, building relationship, and creating bonds. (Brown; Nelson, 2012)

Women have generally been socialized into serving and helping others. Women like to help others more often and that is being shown in their expressions and communication style. Women like to know, so they often ask questions and ask for repetitions and clarification. Certain women are confident whereas others lack confidence and like to feel supported and helped from others.

During a conversation women often like to talk for a long period of time in order to express their ideas and concern women often use their instincts during their communication style. Women often like to have a certain level of self-awareness and self-esteem.

Women talk about their problems for seeking advices and knowing what kind of decision they wants to make in their life. Women like to give from their time to others and their favourite topics is often beauty and travelling. When it comes to giving responses they like to answer the questions of others and help others.

When it comes to self-disclosure women do it during intimate relationship. The sharing of knowledge is also done by women. Women talk to build a certain relationship with others. Tannen (1990) The conversation style of a female is being characterized towards hearing and speaking the language in relation to intimacy and connection (Tannen, 1990). Some women like to listen while others like to interrupt in order for them to share their ideas. Some women listen only to reply not to understand,

Women often like to talk about their problems in order for them to seek advices and know how to solve their problems. Women talk more usually but are not necessarily dominant in their relationship in his study of marriages (Komarovsky, 1967). When it comes to feeling women are able to share their feeling with their partners in comparison to men who tend to like to keep their feelings for themselves.

Women like to give their opinion about things and ask for advices from their friends and family before making a decision. When there is a conflict women like to avoid it and look for a solution to solve it. When it comes to body language women use gesture quite often with men especially when being in an affectionate relationship. Women often like to discuss their problems before looking for a solution.

When it comes to apology women like others to accept and consider their apology. In an affectionate relationship women tend to adapt to the behavior of her men. Women like to understand her concern that's why women tend to ask question very often.

During a conversation the person who dominate the talk is the one who ask the most questions and raises the most topics (Shuy, 1982). When it comes to empathy women tend to have this ability to understand other people's feeling more than men.

When it comes to arguments women tend to use different experiences to justify their arguments. When it comes to personality some women are affirmative in their way of speaking while others are weaker in their communication style and expression.

When it comes to body alignment women tend to speak either front or side by side. When it comes to facial expression they tend to be in coordination with their message like happiness with a smile and sadness with a cry.

During intimate moment women tend to use more gesture and talk about her feeling. Women often talk and share their problems to create closeness with their interlocutor. Women like to ask for advice before making a decision. Women tend get emotional in certain situations like sadness or romance which can also create a certain relation with others. When it comes to apology women tend to do it when needed while seeking forgiveness and a second chance.

Women like also to talk about their problems while seeking advices from their friends, family members and also relationship partner. When it comes to the description of one of the communication aspects of women, is about sharing their emotions and feelings especially with their partner. Women like also to ask questions while seeking advices about the subject that they are in doubt about.

Women tend to express their concern about certain situations. An important aspect for a female in an affectionate relationship since expressing concerns by a women can be seen as a request for help by their male partner, Women tend to share their knowledge and daily life with their partner most of the time.

Women wants to feel cherished and devoted (Gray, 1992). Women have the skills of intuitions which can influence their communication style and what they want to say. Women like to give their opinions about their favourite topics and discuss it with their partner.

Women show their interest to topics like fashion, beauty, lifestyle, travel and relationships. Women like sometimes to disclose intimate information with their partner if they feel that they can trust him enough. Women like to express their feelings during their communication process.

When it comes to the conversation, women like to include others in their conversation. Women like to talk about themselves to others in order to build a certain relationship with their interlocutor. Women tend to be organized during their communication and respond to a talk when the other has finished talking, meaning that they tend to interrupt less often.

Women like to listen to gain knowledge about what has been said to them. Women share their problems because of that need to feel listened, understood and build a relationship with the message receiver.

Women like to suggest new ideas to their interlocutor. When it comes to conflict women tend to avoid conflict in general. When it comes to eye contact women can either give a direct eye contact or avoid it depending on their cultural background, since each culture give a certain meaning to eye contact.

When it comes to apology women tend to apologize often regarding the situation that needs an apology. Women tend to have a certain skills when it comes to sharing their feelings and dealing with emotions which give them the skills of empathy quite often.

Empathy being the ability to understand other people's emotions. Women like to discuss topics related to relationship with their female friends to gain knowledge from their experiences.

A women's personality can influence her topics discussion, being a good aspect to know by her partner for people in an affectionate relationship. During the communication process women use also non verbal cues that can help enhance their message.

The communication style of women is often used to build a certain relationship with the person they are speaking with. Women tend to apologize often, an aspect to consider by the partner the women is in an affectionate relationship with. When it comes to subject of discussion, women like to speak to their friends about their feelings for their partner along to their partner as well.

The tone of voices used by a women can show the kind of emotions they wants to deliver during their communication process. Non verbal cues like waving to say 'hi' as a gesture or uncrossed arms are important to consider. Women like to share their problem whether is it with their friends or partner, while seeking feedback and advices for their problem.

Women also tend to develop their ideas by sharing their ideas and taught that need to be considered by their partner they are in a relationship with.

By knowing this aspects men can help women develop their ideas and understand the women's need to express themselves. Women also like to give compliments to build a certain connection with their interlocutor.

The authors Jennifer Coates (2013) in her book *Women, Men and Everyday Talk* about the importance of hedging during a women's talk for words like *I mean* for example and their use during a conversation.

2.2 Description of men's talk

They are different ways to describe men's talk, being explained by different communication professional. Communication style is referred as being a talk based on report (Tannen, 1990), by men meaning that is about giving information only and a talk based on rapport (Tannen, 1990) by women, meaning to build a relationship with others. Certain men like to tease their partner while showing to them love.

Men like to talk about their favourite topics like sports and cars for example. Men are often more direct in their communication style and tend to see problems to be solved not discussed. Men like to give advices and also order about things. Men like to achieve their goals and are less emotional during their communication style.

Men like to receive compliment as it help them boost their self esteem and help them feel appreciated. Men use online communication during dating to gain more information about their partner and build with them a certain trust. Men like to come as hero and solve the problems of their female partners or people in general.

Men tend to talk more about concrete situation not abstract with proof as well. Certain men like to use sarcasm to express their ideas and deliver a message. Men often like to have a short conversation in comparison to women. Men like to show a certain dominance in their communication style.

Men often tend to avoid feeling during their conversation since they see it as a sign of weakness. Men often prefer solving their problems on their own instead of seeking advices from others an aspect that they also see as a weakness.

Men don't like to be asked about their vulnerability since they like to appear capable most of the time. Men tend to be more direct in their communication style, they tend to like giving order that shows their dominance. When being lost men tend to avoid asking for help and like to solve their problems on their own.

When men are dissatisfied by a situation they tend to give critics even if it might hurt the feeling of the other person. Men tend to express their disappointment towards certain situations. Men like to be independent and reply on none but themselves. Men like to find solutions to their problems. Men like to make decisions on their own. Men often like control especially during a conversation but in their life in general.

When it comes to body language men tend to use eye contact to show their control and dominance of a situation and conversation. Men tend to have a more direct way of speaking being an important aspect to consider for people in an affectionate relationship. For the women not to feel offended by the talk. Men like to be part of a group of friend which enhance their self esteem. Men often like to think about their decision before making them.

The men's talk, focus on giving information and details. Men like to discuss topics most often related to sport and cars. The communication style of men tend to be stronger than the one of women.

When it comes to friendship, men tend to be in competition with their male friends which can appear in their communication style. Men in general like power, which also appear in their way of communicating with others.

Men focus on goal and their self is defined being their ability to have a result. (Gray, 1992) and they have this need of feeling appreciated, needed and admired. (Gray, 1992), an important aspect to consider in the understanding of men's talk and responses.

Men do not talk about their feelings in comparison to women. They prefer keeping their feelings for themselves. An important aspect for people in an affectionate relationship, when the women can be expecting her partner to share his feelings with her and might not do it. Which can frustrate the women that was expecting her partner to talk about his feelings to her.

When it comes to expressing emotions. Men who are socialized in expressive ethnic communities tend to express their emotions more than men who are not (Wood, 2012). When it comes to online communication, men use it to gain knowledge. The communication style by men is a talk based on report (Tannen, 1990), which is often used to give information and ideas to the person they are speaking to.

They listen to solve problems. The communication process of men is more about talking about information. Men like to solve the problems of others and do not like to share their problems, because they see talking about their problems as a sign of weakness in the personality.

Men talk less than women. Men tend to avoid complaining to their female partner about their problems, because they tend to consider complaining as a sign of weakness.

Men like to discuss their concern and issue with their female partner. Being an important knowledge for their female partner to have. Men like to solve problems tend to often be rational while looking for a solution.

Men like to be seen as expert in the field they are talking about and like to share their knowledge about their field of expertise, an aspect to be considered by women. Men like to give advices to their female partner to be seen as competent and knowledgeable. Men tend to like to argue about the topics that disturb them. Men like to find solutions to problems. When it comes to non-verbal cues, men tend to use gestures very often. An important knowledge to have by their female partner for people in an affectionate relationship.

Men like to take decisions on their own without seeking advices from others, as asking questions can be seen as a sign of weakness by men. Men talk to achieve a certain objectives and solving their problems. Men's communication style is often being more direct related to the subject that they wants to talk about, being an important aspect to consider for people in an affectionate relationship since it can help their partner to know more about the subject their partner wants to talk to them about.

When it comes to compliment, men like to give compliment to their female partner. Which is an aspect that is often liked by women. Especially when it comes to giving compliment about their looks, personality and intellect.

The authors Alon Gratch (2001) in his book *If men could talk: Here's What They'd Say*, talk about men's talk and the way men are ashamed to share their feelings and the way that they are not aware about their feeling about a men's insecurity, men's self involvement, aggression and self destructiveness when they put themselves down.

2.3 Advices for both men and women

The first advice to consider for both men and women is that each one needs to know the favourite topic of the other partner.

Asking questions is strongly advised since it help the person feel more knowledgeable about his or her partner. It also help to know more about the partner's favourite things and dislike for example. It is important to know the personality of the partner to better communicate with them. People actively look, change and create their social relationships in ways that goes with their personalities (Neyer, Mund, Zimmermann, Wrzus, 2014).

Knowing the characteristics of an introvert and extravert person help to explain their behaviour and communication style. Example is that an introvert like to spend the time alone have few friends share less about him self, whereas an extravert like to have a lot of friends talk more and always be surrounded by people. Extravert people like to spend time with others to build their self esteem.

When it comes to subject discussion knowing the favourite subject of the other person between men and women help them to know more about each others. A women can get to know more about sports and cars and talk about those favourite subject with their male partner when a men can know more about fashion and travel and talk about those subject with their female partner for example.

People who are self-confident talk with more confidence and showing a high degree of self-esteem in comparison to those who are not. An aspect related to the personality trait that must be known for both people in an affectionate relationship.

An aspect that happens when someone focus on their own self and start by seeing themselves better. Men tend to talk differently in comparison to women while also giving more compliment to women in comparison to women.

When it comes to giving orders, men don't know that commanding hurts the feelings of a women (Glass, 1992). Men should then avoid giving order to women and ask for things more politely.

Men's communication style tend to be more direct, which sometimes can be less accepted by a women if she need time to understand the situation. An advice for the men is to try to adjust to the communication style of a women during some required situation that can cause conflict.

On the other side women tend to be more direct during their expression and like to give many information before sharing a problem which can be seen by a men as a way to avoid talking about the problem directly, whereas it is only a communication style by a women.

Men during this situation need to understand the situation and let the women the opportunity to fully share her problem when she is ready. Men like to use sarcasm but sometimes it might be less understood by a women, so men should know when to use those sarcasm and when to avoid them.

When it comes to complain, men don't complain as much as women do, which can be an issue if the men is having problems in his life and might need the advice of this partner.

Men often hardly express their emotions since their early childhood. The advice for men would be for the women to ask the men a direct questions so they can open up to them. When it comes to topics, often men's favourite topics are cars and sports. When it comes to requests men do it more often in comparison to women. Some men can be very sarcastic and like to use joke to attract women's attention and like to make them laugh, which is often being accepted and liked by women.

Many men like to tease their partner and give joke to appear as more attractive to their female partner. Men tend to be more direct about what they want in comparison to women, who sometimes can keep what they want for themselves. When being in an affectionate relationship, the tone of voice of both men and women should be soft with the use of less complicated words.

Men should use compliment more often with his partner to help her enhance her self-esteem and confidence. During intimacy both men and women can freely talk about their feelings. Eye contact should be direct for both men and women. In order to improve the communication skills between men and women they are different things to consider.

First of all, the person needs to understand their partner which include patience and respect toward one another, but also consider their similarities and differences. Then people involved in the affectionate relationship need to have empathy for one another, being the ability to understand the other person's feelings and emotions.

Another aspect to consider is that both partners need to understand each others including the value of the other person along with their needs. Having a good communication skills is important by both partners for a better understanding.

The couple should also consider having a good listening skills in order to help understand the partner's needs and ideas. Knowing the personality of their partner is a good way to understand their communication style and behaviour.

Using a good non-verbal behaviours like tone of voices and gestures are also to consider for people in an affectionate relationships. When asking for things the couple should be more direct to avoid miscommunication.

To improve communication they are different aspects to consider, like the behaviour after receiving the message. Another thing to do is to ask the message receiver for feedback to know if he has well understood the message.

Another aspect during conflict is that the couple should avoid blaming one another when an issue happens, by taking the time to understand the situation and the problem together and find the best way to solve the issue.

Another aspect to consider during conflict is to avoid to talk about past behaviour to validate present behaviour. The couple should focus on the moment and solve the issue related to the situation of the moment.

The author Fred C. Lunenburg (2010) in his article *Communication: The Process, Barriers, And Improving Effectiveness*, talk about different way to improve the communication process like a person need to have a clear idea before delivering it, like a person need to know the purpose of their idea, like knowing the environment of the communication. A person need also to know the content of the message and the meaning of the words being used (Lunenburg, 2010). Another aspect to consider is seeking feedback, having a coordination between a person words and actions and finally being a good listeners (Lunenburg, 2010).

CHAPTER 3: THE MAIN BARRIERS TO COMMUNICATION

3.1 Linguistic barriers

Linguistic is the study of languages. The reason that certain words are being used for a proper understanding are one of the first aspects to consider in the study of linguistic. The meaning of the words used is also important in the study of linguistic, to know why those words have been used and why.

Each language has its own culture that give it a certain meaning, there is a difference between speaking a language and thinking the language with all its cultural meaning. Then, there is the definition of the words that have been used and finally finding the meaning of the words used, to understand why they have been used to deliver the message.

Languages have their own meaning because words can be used within different jargon, example, the expression 'going out' can mean leaving a place to another but also a couple who are dating. That's why, the use of simple words that can't be interpreted in many ways is strongly advised. The use of different languages, the accents, the different jargons can influence the way the message is being understood by the message receiver.

Now let's talk about the importance of knowing the culture of the language. Each language has its own culture and own explanation. There is a difference between speaking the language and thinking the language.

The knowledge of language is usually emphasized about the word itself, but when a person think the language and is used to the culture of the language then the meaning becomes different.

For the example of two people, who speak the same language, being English for instance, however one has been speaking the language for only a year or two without living in an English country. The person being speaking the language for more than ten years and living in an English country.

What would happen? Here is the scenarios of a miscommunication settings between two English speaker who think the language in a different way. Now the girl is the native speaker and the guy is the recent speaker. She told him: ' I want to see you again!' showing here excitement since body language is important in a communication settings within an interpersonal relationship.

He told her: 'Sure, you will'. The girl left thinking that the next time she will be seeing him again, will be for dating, since the meaning behind the word ' I want to see you' in an interpersonal relationship means dating. Whereas a person who is not a native English speaker will only see the sentence, 'I want to see you again' as its first meaning, being meeting the person again, without second meaning.

We often speak about the language as its first meaning and forgot most of the time, that language is not just about words, but also the meaning behind those words. Being defined by the person, its cultural background, education and geographical location of the person that can define the accent of the person who speak.

Language and linguistic often can be a barriers to communication. However even if people speak the same language, different reason can cause a barriers to communication like accents for example during the communication process.

The main idea of a message can contain the cultural background of the sender of the message which can hold a certain meaning. New languages can cause misunderstanding which lead to conflict for people in a relationship (Casing, 2023). A linguistic barriers comes when two or more people speak different languages and dialects which can cause miscommunication between people in an affectionate relationship.

Globalization, with the increased mobility that it entails, has exponentially increased the number of bi-national couples in which, very often, their members speak different languages and have different mother tongues (Djurdjevic & Roca, 2016).

Some authors have pointed out how learning a new language can even be a reason to have a foreign spouse (Piller, 2008, Karis & Killian, 2009).

However, other authors have also pointed out the language difference as one of the main problems in relationships between two people with different mother tongues. (Till, Barker, G. G, 2015, Ting-Toomey, 2009. Karis & Kilian, 2009) . When it comes to languages, people although they can speak the same languages, having a different dialects might influence the understanding of the message. Language barriers can cause social isolation and anxiety in someone's life and affectionate relationship when being unable to understand the meaning of the words being said by the partner.

Now they are more couples who speak several languages and having different mother tongues. An aspect that affect the relationship since expressing opinion and feelings with someone's mother tongue and second languages can be different.

They are different ways to avoid a language barriers. First of all, it is useful to use a translation website which can help a person get the meaning they are looking for when they have no other option.

A person can also use the audio of the translation website that can help a person get some knowledge about the language like pronunciation for example. Doing research about the language can help a person know the culture of the language to better understand it. It is also important to learn new phrases to help the other person to understand them.

The person should use simple phrases, a good tone of voice and simple grammar. Speaking slowly is also important to do for the other person to better hear and understand the words being said. The use of different dialect also influence the understanding of a message.

Understanding is very important for people in an affectionate relationship and a lack of it can cause issue during a relationship. Misunderstanding is “a mismatch between the speaker's intended meaning and the hearer's understanding of this meaning in the particular context of interaction” (Tzanne, 2000, p. 34). When a person is unable to understand the other they can feel lonely and left out.

An example is that a couple who speak English and each one having another mother tongue, while being with their family member they will speak their mother tongue however if their partner is with them they can feel left out during the conversation since they will be unable to understand.

The mother tongue of a person is key during a relationship since expressing an idea in a person's mother tongue is different from the one a person can express in a second language.

The use of idioms should be avoided, since they can't be understood by people who have a level of beginner in a new language. If both the language and the non-verbal communication are an issue to understanding the message, a person can try to draw or point towards what they mean, example could be an object. In language barriers people should consider that people can speak different accent and dialect.

Now to avoid language barriers taking language courses is important to consider. The use of simple words and talking slowly can help in the understanding of the message. The use of sarcasm should be avoided when speaking to someone who doesn't know the language well.

The authors Iv. Nikolova and Y. Ivanova (2008) in their article *Linguistics barriers in oral business communication*, enhance the importance of knowing the language of the person we are speaking with since they are certain words that can't be translated along with the importance of paralinguistic that help in the understanding of the message being sent.

3.2 Channel barriers

The channel barriers are also an important aspect to consider, being the process through which the communication is made. It can be done through the mouth, phone, text messages, emails, etc. Any medium used can be the reason for a miscommunication to occur between peoples in an affectionate relationship. The medium during the communication process need to be as efficient as possible or the message can loose its meaning if not being well understood.

Effective communication lead to a much better understanding and efficiency, that's why it is important that the communication channels used needs to be with the minimum barriers, since they can't be removed but need to be minimized. The channel used by a person is influenced by the emotional state of a person certain people like to speak face to face during a conflict whereas other might prefer to text their issue during a problem for example.

They are different channel of communication, like face to face, video conference, emails, phone, text messages etc... Using face-to-face as a way of communication is important because it is immediate (Guthrie, 2020).

The communication happens through different mediums. The level of mediums goes with the level of miscommunications that can happens through the use of them. It can be the phone that is has disturbances and might affect the reception of the message or the understanding of the words used.

An email is also another example of channel barriers if the tone of the message is being misunderstood by the receiver.

Also the rise of social media and digital communication have increased the messages being sent through text, social media and emails which have an influence on the way the young generation send their messages and interpret the reception of it. A person cannot avoid the presence of social media in their life but can have some control over its consequence (Wallace, 2023).

They are different issue to the understanding of a message like the noise that happens during the communication channel like the sound of a music playing a restaurant which can unable the understanding of the vocal message by a partner for example.

Even if the use of email and text message are useful during the communication process, they can't replace the non-verbal aspect of a communication that remains important for a person's communication skills. Along with the physical contact that goes during the communication process like touching a person while speaking to them. That can't be done over the phone for example.

The other negative aspect of the use of an online platform is the potential lack of attention to the non verbal cues, which is important to consider for people in an affectionate relationship and the way they communicate with one another and try to understand each others.

People who are constantly checking their messages, thinking, planning or dreaming during a conversation can miss non-verbal cues. That's why staying focused on the moment is important during the communication process.

They are different channel that can be used within interpersonal communication like emails, phone or videoconferences. Those different channel used during an affectionate relationship have an influence in the way the message is being understood by the message receiver. Example is that emails and text messages lack non verbal cues of the communication that appears when the communication is verbal.

People who are often on their phone texting and talking to a person face to face at the same time can miss on the non-verbal cues like eye contact and facial expression being important for the understanding of a message. That is the reason why being focused on the moment is important during the communication process.

Communication process contain noise that can interfere with the sending and understanding of a message like a music playing in a coffeehouse for example.

They are different channel to consider during the communication process like emails, text messages or social media nowadays.

Those different digital channel used during an affectionate relationship have an influence in the way the message is being understood by the message receiver. When speaking face to face the answer is right away whereas through text message it can take time to have the answer a person is looking for.

When the answer can be direct through face to face communication, it becomes indirect through the use of a medium, like phone or text messages. When it comes to conflict resolution for people in an affectionate relationship the use of face to face communication can be more efficient especially since non-verbal cues help in the understanding of the message like having a certain tone of voice with the use of gestures and eye-contact can help in the understanding of the message.

However certain couples prefer using text message or email during conflict resolution to avoid direct confrontation that happens when the communication is direct, face to face with their partner.

The authors Kevin B. Wright and Lynne M. Webb (2011) in their book *Computer-mediated Communication in Personal Relationships* talk about the use of social networking website and the way it has increased. People use it for their interpersonal relationship and to gain informations about their potential partner and manage their relationship.

3.3 Cultural barriers

Culture has been defined in different ways, in anthropology as being all the belief, habits, art and custom along with other abilities and habits of a man (Tylor, 1974).

Now with the rise of globalization, cultural diversity is very common, leading to inter-cultural communication that can lead to communication barriers. The culture influences different aspect of an individual, like personal space, and appearance through clothing for example. Which result in cultural difference of different groups and communities around the world and within a country like through each regions having its own dialect.

Each culture has a certain meaning for its symbols. Where some symbols might be seen in certain countries as acceptable they might not be the same for others, that's why being aware of the cultural differences is a very important aspect to consider, to avoid any miscommunication.

Culture help understand the beliefs, values and customs of individuals. Certain behaviour can be shared also by having a common language, since each language has its own culture.

Miscommunication during the communication process happens for many reasons among them the understanding of the first meaning of a phrase and its second meaning.

Another reason for miscommunication is the use of dialect that belongs to a certain region per country which can unable the interlocutor to fully understand what is being said.

Knowing what sort of medium to use regarding to what is being said is important to avoid miscommunication, like the use of text messages for short message and the phone for long talks, can help in the understanding of the message.

Miscommunication can also happens when people speak different mother tongue having different ways of speaking. Miscommunication can also happens when a person has a certain mentality and does not accept the mentality of its interlocutor.

Culture is what defines the values, beliefs, attitude and customs of a group of individual who share similarities related to a common location of languages. Culture include two subculture, the high and low-culture.

Culture is about all the beliefs, habits, rituals, language and knowledge that a person has. Apart from the differences of culture that can happen between people in an affectionate relationship. The couple can create interest into certain cultures within the relationship by having common habit like for watching movies and travelling for example.

Culture remains important in the study of interpersonal communication, since the different aspects of culture like rituals and customs appears through the communication process. Culture becomes a consequence of those interaction. The characteristic of culture are passed on through communication.

People during the communication process have their culture along with those acquired from past experiences. The communication process can enhance the different cultural aspects shared between people in a group for example.

The main characteristics of culture is that it is diverse, that's why communication remains important to better understand it. Sometimes people having a certain culture don't understand the culture of the other person whom they are in an affectionate relationships with. Intercultural couple can have a high rate of relationship instability and conflict according to the finding of some researchers with can be in part due to the differences in the relationship goals of the partners (Fonseca, Ye, Curran, Koyama, Butler, 2020).

An example regarding an affectionate relationship is that some couple kiss in public and others don't which can explain a cultural difference between couples. People are influenced by the culture that comes from the communication process. Each culture has its own habits that are recognized by the members of that culture. Each society has its own culture that people can try to adapt to.

Since each culture has its own habits it is important for people in an affectionate relationships with someone from a different culture to be aware of the other person's culture, an example could be a vegetarian dating someone who eat meat.

Communication is important for culture since it helps to better understand the culture of the other when it comes to people in an affectionate relationship.

Each culture has its own habits, languages, beliefs and rituals of a group. Certain culture want men and women to have different responsibilities. (Andrews, 2020) Culture can grow for people in a relationship, through shared experiences; like listening to common songs or having common habits, like their favourite restaurant for example which can make the relationship unique.

Culture help people stay connected to each other and give them that feeling of belonging. People often tend to think that their culture is understandable, whereas it is important to consider that each culture is different and what might be seen as acceptable in on culture might not be in another culture, example could be eye contact or the use of personal space.

Most people don't like to be invaded in their personal space. They are different kind of personal space, like the intimate space, the personal space, the social space and the public space (Rabbit, 2019). Personal space depend on people's culture, experiences, gender and personality (Rabbit, 2019).

Culture has different aspect that must be understood for people in an affectionate relationship. Many people tend to consider what is different as weird that's why understanding culture help a person know the difference to behave towards it. Cultures are always changing, those changes might or not appears to the person.

Different aspects have an influence on those changes, like communication that has a big influence on cultures, through the interaction of people. During an affectionate relationship people involved in the relationship might or might not see the changes of culture that appears on their behaviour.

Example of cultural changes in someone own behavior comes from someone past experience whether good or bad. Culture has an influence on the behavior of the one who has it. Communication has an influence on culture, especially with the exchange of information through technology like the use of social media for example that has created a digital culture.

Culture appears after the communication process with its different component like different beliefs and customs. Each person who interact with another person bring their culture to the conversation, after sharing their experiences. Understanding the values and beliefs help a person to better understand the culture. Each person who communicate with another person bring their culture into the communication.

It is very important to consider cultural difference in an affectionate relationship since it help know more about the different beliefs and customs of the individual that influence the communication process. It also shows the cultural difference and how one should know more about the culture of the person they are speaking to.

The authors William B. Gudykunst (2001) in his book *Cross-Cultural and Intercultural Communication* talk about the study of emotions across cultures and the conflict management within certain cultures.

3.4 Emotional barriers

Emotions like disappointment is a feeling that a person experience when they are not happy with a certain situation. Emotions is different for men and women whereas men like to hide their emotions on the other hand women like to share their emotions. However sometimes women find it difficult to share some of their feeling that are not clear or well understood. The emotions of a person influence the communication process used to deliver a message.

Emotions not only influence the content of the message but also the channel used that will depend on the situation. A person might find it better to share her love for someone via a text message for example whereas another person might find it better face to face. Emotions influence people's decision and understanding as well.

People in general prefer having positive emotions like joy and fulfillment and avoid negative emotions like sadness. People with mental health issue can have depression which lead to an increase in sadness being a negative emotion. People emotions influence their behaviour and response to a situations.

Often negative emotions can lead to negative choices, since a person should be in a good emotional state to make a decisions. A sad person might think negative and then make a negative decision whereas a happy person will make a positive decision. They are also mental illness that influence people's emotional like people with bipolar disorder that can have a change in their mood from good to bad which can also influence their decision.

People should be aware of their emotions to know how to control them and how to behave after them. Sometimes a person having spent a good day might come home and talk well with their partner but after spending a bad day might be angry at his partner although his partner has nothing to do with the situation. A negative person will always see the negative and a positive person will always see the good and opportunity in things.

They are different things that influence a person's emotions like their relationship with others, their professional career but also the weather. Often a rainy day will make a person in a bad mood in comparison to a sunny day. Emotions influence the content of a message that a person wants to deliver. Emotional barriers are important to consider since a person's behaviour and emotions influence a person's communication style along with the understanding of a person's message.

They are different things that help understand emotions like non-verbal cues which can help in the understanding of a message, since a text message will lack those non verbal cues. And understanding the meaning of a message remains key for people in an affectionate relationship. Being aware of a person emotions is important for the understanding of a message. Emotions change during the communication process, a person might be happy to send a message to their partner then becomes sad after receiving the answer from their partner.

When a person is aware of their own emotion it's called emotional intelligence. If a person know their emotion, they will know what emotion they will send during their message as well.

They are different negative emotions that influence the content of a message, like fear that can unable a person to express all their ideas. Anxiety is a negative emotion that influence the content of a message of a person in an affectionate relationship. People with anxiety tend to be more negative and pessimistic.

They are different aspect that help with anxiety, like therapy or seeking a mental health professional. Another emotions that can influence the communication process is anger, angry people make often bad decision and might say things to their partner that they might regret. It is better for an angry person to calm down and think well before speaking during a conversation.

Another emotion to consider is shame, a person who is shameful might avoid saying many things that they wants and that could have helped the relationship for example. There is also pride, a proud person will focus only on their own idea and will try to avoid hearing or understanding the idea of the other person which can be an issue for people communicating in an affectionate relationship.

A good communication skills help a person build their self esteem, being an important aspect for people in an affectionate relationship. And the understanding of someone own emotion help in the way they can have control over it.

Emotions are important for a person daily interaction and communication. the abilities to regulate negative emotions has been associated positively with a person's own marital satisfaction but also with the one of the partners marital relationship. (Bloch, Haase, & Levenson, 2014; Velotti et al., 2016).

Emotions should be communicated in all its aspect between people in an affectionate relationship. Expressing emotions is key when it comes to building strong relationship. If a person doesn't express, their emotions they can be buried and deprived and created in the body (Wachuka, 2018).

A person with a high emotional intelligence can recognize his emotions and know how to control it. Emotional intelligence is also about the understanding of other people's emotions. Having a positive emotion can help a person build self confidence being an important aspect for a person's mental health.

Self confidence help a person know how and what to communicate it also help a person know what they want and better communicate that need to their partner for people in an affectionate relationship. They are also other negative emotion like jealousy and regret that influence people's communication and relationship with others.

Having a good emotional intelligence is a key aspect to have by both partner for people in an affectionate relationship since knowing and understanding the emotion of the other partner can help them better communicate and understand each others. People who are confident have often control over their emotions, understand them and know the strength and weakness of their emotions.

The authors William B. Gudykunst in his book *Communication Yearbook 24* talk about the effect of both negative and positive emotions in their processing and their comparison to neutral message.

CHAPTER 4: DATA COLLECTION AND ANALYSIS

4.1 Methodology

The kinds of data to be analyzed for this research being the study of interpersonal communication within an affectionate relationship is qualitative. Through both in depth interviews with tape recording to URV student and people from Canada and questionnaires by paper directly to the URV students.

This research toward the study of interpersonal communication within an affectionate relationship is through both qualitative and quantitative research methods. The secondary data analysis is done mostly through research from academics journals and publication from scholars.

The qualitative research method will come from documents, textual analysis and using ethnography for a better understanding. The main tools used is tape recording to interviews the university students. For the quantitative aspect of the study, a questionnaire was given directly to the students.

For the demographic profile, I have given 50 questionnaires where only 40 were filled in to URV students. From a sample of 40 URV students who have replied to a questionnaire, I have chosen 26 of them since the rest were incomplete. The interviews was done to 3 URV student aged between 18-30 and 7 people from Canada aged between 20-35 both students and workers who had both university and college degree, who had been asked about their relationship.

The in depth interviews will help get the most important answers related to the main questions of this research being, what is interpersonal communication? How men and women communicate during an affectionate relationship?

Finally the in-depth interviews also look at the different barriers to communication like the cultural, the linguistic and the channel one while seeing their potential link to a conflict in the relationship.

There is also the questionnaire given to the student of the URV University which will look mainly at the main barriers to a conflict during an affectionate relationship, from the cultural, the linguistical, emotional to the channel barriers.

Ethnography is used as a primary data through in- depth interviews and questionnaires. Ethnography is about fieldwork and research design with different methods to have historical and personal situations along with the description and representations of humans (Tedlock, 2000).

Ethnography does not only help describe people from different culture but also help to better understand those cultures using different methods. Ethnography is also a way to give better credibility to past research, discover some 'unknown cultures' but also to give some 'cultural voices' and 'rights' to the participant, through tape recording.

'The ethnographer participates overtly or covertly in people's daily lives' (Hammersly & Atkinson 1983, p.2), and 'collecting whatever data are available to throw light on issues with which he or she is concerned' (Hammersly & Atkinson 1983, p.2). There are various limitations when doing a qualitative or using a certain ethnographic approach like the 'observer paradox'.

The 'observer paradox' is when the person being analyzed is being influenced by the presence of the observer. Avoiding errors while collecting data is a key aspect to consider, for avoiding any false conclusions, which also means that controlling the data constantly is required.

Different studies had shown the effect of the observer paradox, one of them being the *Coming of Age in Samoa* written by Margaret Mead, followed by different critics by the Australian professor Derek Freeman, in his book, *The Making and Unmaking of an Anthropological Myth* (1983).

Another important aspect to consider is the reliability and validity of the study, through the use of questionnaire and interviews.

Validity, being mostly towards the matching facts between the data collected with the conclusion to be drawn. And the reliability, being towards the consistency of the different measures done, which means that avoiding errors when collecting the data is a key aspect to consider, avoiding any false conclusions, which also means that controlling the data constantly is required.

When it comes to the interview questions, they have to fit with the student being interviewed but also, require a strong personal skill from the interviewer and a good structured-question for a better consistency.

Now, one of the main issues to consider for the reliability is regarding the reproduction of the data by other researchers within the same field. Whereas the validity will be towards the nature of the data gathered, interpreted and generalized.

They are also different ethical issues to consider when using surveys and interviews. The main ones will be to get the consent from the participant, telling the participants about the reason of the research and finally respecting the confidentiality of each participant regarding their identities and responses.

However, telling to the participant the reason of the research can also affect the validity of the research because sometimes the participant might not always want to tell the truth. The reasons could be personal, social or the motivation of wanting to give a 'good impression' to the interviewer.

When it comes to the interview questions, they have to fit with the student being interviewed but also, require a strong personal skill from the interviewer and a good structured-question for a better consistency.

The limitation of this study is the demographic aspect which is only people between 18-30 years for the URV student and 20-35 for the people in Canada.

Now, one of the main issues to consider for the reliability is regarding the reproduction of the data by other researchers within the same field. Whereas the validity is towards the nature of the data gathered, interpreted and generalized. They are also different ethical issues to consider when using the questionnaire and the interviews.

The main ones are to get the consent from the participant, telling the participants about the reason of the research and finally respecting the confidentiality of each participant regarding their identities and responses. However, telling to the participant the reason of the research can also affect the validity of the research because sometimes the participant might not always want to tell the truth for personal reason for example.

4,2 Results of the questionnaire and interviews

Table of the URV student who had received the questionnaire

URV Student	Age	Sex	From	Relationship statut
Paula	22	Female	Castellon de la Plana	single
Student 1	25	Female	Reus	single
Toni	19	Male	Tarragona	single
Camila	20	Female	Vila-Seca	single
Student 2	26	Female	Tarragona	single
Malina	24	Female	Tarragona	single
Student 3	19	Female	Santander	single
Student 4	21	Female	Bulgaria	single
Lara	25	Female	Barcelona	single
Elisabet	28	Female	Salou	single
Ferdaws	18	Female	Barcelona	single
Student 5	21	Female	Reus	single
Marina	19	Female	V i l a n o v a I laGeltru	single
Student 6	21	Female	Tarragona	single
Student 7	28	Female	Tarragona	single
Anna	25	Female	Tarragona	single
Carito	19	Female	Tarragona	single
Camila	21	Female	Spain	single
Laura	19	Female	Falset	single
Aicha	24	Female	Altafull	In a relationship
Laia	18	Female	Valls	In a relationship
Alex	27	Male	Cambrils	In a relationship
Nuria	22	Female	Reus	In a relationship
Dihane	19	Female	Cambrils	In a relationship
Lorca	19	Female	Castello de la Plana	In a relationship
Alejandro	23	Male	Tarragona	In a relationship

19 Heterosexual URV student who had a breakup. Some have given their consent to publish their name other didn't.

Paula is a 22 years old female student from Castellon de la Plana who study the first year of Nursing. She has been in a relationship with a student from the same city as here. Paula had 3 relationship with the longest that has lasted 2 years and a half and her partner longest was 1 year and 3 months. She has felt that her partner didn't listen to her concerning that matters to hear that he has forgotten. She also haven't been listening much to her partner when he was talking too much. Her partner has told her that she didn't give him much attention when she wasn't listening to him. Paula has met her partner at the institute. When it comes to the communication she often speak with her partner in person and via whatsapp. She found the most effective way of speaking to be via is via whatsapp. She also find that the impact of social media was toxic for her relationship. When it comes to language both couple speak Valencien and Spanish. The language spoken during the relationship was Spanish. When it comes to conflict she has been angry with her partner before and also her partner and the way the negative emotions was handled very badly. The reason for her breakup is that it felt that her relationship was like hell. She doesn't find that her relationship could have been saved. She think that her partner could have saved the relationship by making her life less as hell and less toxic. As a conclusion we can say that although the couple had both a university level the listening was very poor between the couple, with a relationship that have been intoxicated through social media. This couple have been angry at each others and Paula felt that this relationship was very toxic for her.

The issue during this relationship can be due to channel and emotional barriers and a lack of listening skills.

A 25 years old female student from Reus that was in a relationship with a men from Menorca who is also a university student. She has been in 1 relationship before that lasted 7 years and the same for her partner. She sometimes feel that her partner wasn't listening to her and she also sometimes have felt that she didn't listen to her partner. When her partner wasn't listening to her he will try to do it and on her part she was trying to listen to him because she knew she was wrong. She has met her partner during holidays. She often communicate with her partner via phone. The most effective way of communicating was in person and through the phone. And the impact of social media was indifferent to there relationship. She spoke Catalan and Menorquin with her partner also being the languages used during the relationship. She has been angry at her partner and her partner as well.

She used to manage the negative emotions with her partner by talking about them. When it comes to the reason of their breakups it was because they had different perspective about the future. She doesn't think that she could have done something to save the relationship and she think that her partner could have done something to save the relationship. As a conclusion we can say that this couple of both a university level had been together for a long time and when it comes to the listening process they have been trying to listen to each others with a relationship that has used mostly the phone and speaking the same language.

The issue during this relationship can be due to a lack of listening skills and emotional barriers

Toni is a 19 years old men from Tarragona doing a bachelor degree his partner is a female from Barcelona with a university level. She had only 2 relationship with the longest that has lasted 1 year and 10 months, same aspect for her partner. When it comes to the listening he has felt that his partner wasn't listening to him when he was very busy and he has not been listening to her partner sometimes. When his partner wasn't listening to him he would tell her and same for her. This couple had known each other since their childhood and had been in contact with each others since. Social media was the communication medium they have been using the most and the most effective channel used for their relationship and it had an important impact on their relationship. Toni speak catalan and 4 languages in total whereas her partner speak Spanish and 3 languages in total. The language spoken during the relationship is Catalan. This couple had been speaking catalan the language of Toni. Both couple had been angry at each others and the way the negative emotions was managed was through communication since it remains important for their relationship. Toni doesn't know the reason of his breakup and think that nothing could have been done to save the relationship. As a conclusion we can say that this couple had been communicating when they was a lack of listening skills and negative emotions and that the partner of Toni wasn't speaking her mother tongue during the relationship which could had been the reason of their breakup.

The issue during this relationship can be due to emotional barriers and a lack of listening skills.

Camila is a 20 years old female from Vila-Seca doing a Bachelor degree who had been in a relationship with a men from Barcelona with a level of training program. She had 2 relations in total and her longest relationship has lasted 4 years, same thing for her partner. She has felt that her partner was giving her short answer when she was speaking to him. She has also not been listening to her partner when she felt that his answer wasn't convincing her enough. When her partner wasn't listening to her she understood and tried to speak to him about it. On the other side her partner was indifferent when she wasn't listening to him. This couple had met in the institute. The person had communicated the most in person and through social media.

The issue during this relationship can be due to a lack of listening skills, channel barriers and emotional barriers.

The most effective way of communicating has been through physical contact and social media had a toxic effect on this relationship. Camila speak Spanish and 2 languages in total and her partner speak Spanish the only language. The couple have been speaking Spanish during the relationship. Camila has been angry at her partner and same for him and she think that the negative emotions couldn't have been managed. The reason of the breakup was because of lies and evilness according to her. She think that she couldn't have been able to do something to save the relationship, whereas on the other side her partner could have been able to save the relationship by being sincere and expressing what he really known and not lying. As a conclusion we can say that this relationship had been for a long time 4 years with a lack of listening skills since her partner was indifferent when she wasn't listening to him, social media had been very toxic for this relationship. Both couple have been speaking their mother tongue during the relationship. The negative emotions wasn't managed and lies where in the relationship. All this despite the fact that the couple spoke the same language.

The issue during this relationship can be due to a lack of listening skills, channel barriers and emotional barriers.

A 26 years female from Tarragona with a University level and her partner is a men from the same city with a higher education level. She has only been in 1 relationship that has lasted 7 years. She has felt that her partner wasn't listening to her when he was looking at his phone and she also had not been listening to her partner. When her partner wasn't listening to her, he would tell her about it and also realize it and when she wasn't listening to her partner he will make her see that she wasn't giving him attention. She has met her partner because they were friends. The couple used to speak over the phone and face-to-face. The most effective channel was through whatsapp and social media had no impact on the relationship. Her mother tongue was Spanish and she spoke 2 languages in total same for her partner who's mother tongue was Catalan. The couple spoke Spanish during the relationship. Both couple had been angry at each others and the couple used to badly manage negative emotions but now things had improved. And they was no real reason for their breakup. As a conclusion we can say that she has an experience in a relationship since her longest relationship has lasted 7 years. This couple didn't have listening skills problems but that the language spoken haven't been the one of their partner and that they was negative emotions that have been managed.

The issue during this relationship can be due to emotional barriers and a lack of listening skills.

Malina is a 24 years old female from Tarragona with a degree in Medicine and her partner is a male from Cartagena with a degree in Medicine. She has been in 2 relationship with the longest that has lasted 4 years and the same for her partner. She felt that her partner wasn't listening to her when he was on the phone and she also felt that she wasn't listening to her partner. When her partner wasn't listening to her she would tell him and when she wasn't listening to her partner, he would tell her about it. She has met her partner at the University. The couple used to speak in person, the most effective way of communicating was in person verbally and the impact of social media was positive since it has helped maintain the relationship when being in distance. Her mother tongue is Romanian and she speak 4 languages and her partner mother tongue was Spanish. This couple spoke Spanish during the relationship. When it comes to emotions she has been angry at her partner and her partner has been angry at her. Negative emotions were managed through the communication process and talking about their differences. The reason for their breakup was cheating and she think that she couldn't have been able to do something to save the relationship whereas she think that her partner could have done a lot to save the relationship. As a conclusion we can say that the couple had both experience in a relationship since being in a 4 years relationship. The couple had a lack of listening skills, the language spoken wasn't the one of the mother tongue of Malina with negative emotions that were able to be handled.

The issue during this relationship can be due to a lack of listening skills and emotional barriers.

A 19 years old female from Santander with a University level. Her partner is a male from Valls with a University level. She has been in 3 relationship. Her longest relationship has lasted 1 year and a half and her partner longest relationship has lasted 1 year. She has never felt that her partner wasn't listening to her and she has felt that she has not listened to her partner. Her partner was angry at her when he realized that she wasn't listening to him. She has met her partner thanks to a friend. The couple used to speak a lot via whatsapp and the most effective communication channel was whatsapp and directly. Social media had no impact on their relationship. She speak Spanish and 3 languages in total whereas her partner speak Catalan with 3 languages in total. The couple used to speak Spanish during the relationship. She has been angry at her partner and him as well. The negative emotion was managed by a good communication. The reason for their breakup was that the relationship was evil. She could have not been able to save the relationship neither did her partner. As a conclusion we can say that the couple had both university level and listening skills problems. The relationship had been using Spanish the mother tongue of her not her partner and that emotions was handled through communication.

The issue during this relationship can be due to emotional barriers.

A 21 years old female from Bulgaria doing a bachelor degree her partner is a male from Bulgaria with a level of mid cycle. She has been in 2 relationship, her longest relationship has lasted 1 year and 6 month and her partner longest relationship has lasted 4 months. She has felt that her partner sometimes didn't listen to her and she felt that she has often not been listening to her partner. Her partner was sad when she didn't listen to him and she was also sad when she didn't listen to her partner. She has known her partner since she was young through family. The couple spoke mostly in person and the most effective communication medium was whatsapp. Social media has been positive for their relationship. Both partner spoke both Spanish and Bulgarian and during the relationship the language spoken was Spanish. She has been angry at her partner and same for him. The negative emotion was managed. The reason for their breakup was a lack of love. She could had saved the relationship by thinking less of her and her partner giving her a less toxic relationship. As a conclusion we can say that it was a relationship with people from the same culture with a lack of listening skills and where the couple had been angry at each others.

The issue during this relationship can be due to a lack of a good listening skills and emotional barriers.

Lara is a 25 years old female from Barcelona with a University level and her partner is a male from Tarragona with level of education of a higher degree. She has had 2 relationship and her longest relationship has lasted 3 years and for her partner 5 years. Her partner has always listened to her and she didn't listen to her partner when she had anxiety. When she didn't listen to her partner he got angry. She has met her partner at work. She mostly spoke to her partner through whatsapp and the most effective channel of communication was through the phone. The impact of social media wasn't very big on there relationship. Lara speak both Spanish and Catalan with 4 languages in total and her partner speak Spanish with 2 languages in total. The couple spoke Spanish during the relationship. Lara has been angry at her partner and her partner as well. The negative emotion was handled through communication. The reason for the break up was the fact that the relationship has been neglected. She doesn't think that she could have done something to save the relationship and her partner could have save the relationship by listening more. As a conclusion we can say that this couple had both long lasting relationship in their past with a one side lack of listening, both speaking their mother tongue during the relationship.

The issue during this relationship can be due to a lack of a good listening skills and emotional barriers.

Elisabet is 18 years old female from Salou doing a Bachelor degree her partner is a male from Salou doing also a Bachelor degree. She only had 1 relationship that has lasted 5 month and her partner's longest relationship has lasted 1 year. She has never felt that her partner wasn't listening to her and she has never felt that she hasn't listened to her partner. She has met her partner during her bachelor degree. The couple used to speak mostly through phone and text message. The most effective way of communication was whatsapp and social media had no impact on the relationship. The couple both spoke Catalan with each one of them speaking 3 languages in total. When it comes to emotion both Elisabet and her partner have been angry at each others. And the negative emotions was managed through communication. The reason for the breakup was distance and Elisabet doesn't think that she could have done something to save the relationship neither did her partner. As a conclusion we can say that Elisabet has a short experience in a relationship since her longest has only lasted 5 months and that they was a good listening skills between the couple with the medium of communication having no significant impact on the relationship.

The issue during this relationship can be due to a lack of listening skills and emotional barriers.

Ferdaws is a 18 years old female from Barcelona studying in her first year and her partner is a male from Tarragona doing a Bachelor degree. She had 2 relationship and her longest has lasted 2 years and her partner's longest has lasted 8 months. She has never felt that her partner wasn't listening to her and she has never felt that she wasn't listening to her partner. She has met her partner through Instagram. The couple used to speak via whatsapp and the most effective way of communication was whatsapp. Social media had a good effect on their relationship. Both couple's mother tongue is arabic. Ferdaws speak 6 languages whereas her partner speak 4 languages in total. The languages spoken during the relationship was Spanish. Both couple had been angry at each others. The reason for the breakup was that the relationship was evil and none of them could have been able to do something to save the relationship. As a conclusion we can say that the couple had a good listening skills, with social media being good for their relationship. When it comes to the languages both didn't spoke their mother tongue during the relationship.

The issue during this relationship can be due to a lack of listening skills, linguistic and emotional barriers.

A 21 years old female from Reus with a University level and her partner is a male from Spain with a Higher degree level. She had 3 relationship and her longest relationship has lasted 4 years and the same for her partner. She has never felt that her partner wasn't listening to her and she has never felt that she wasn't listening to her partner. The couple have met each others in a party. The couple used to communicate via phone and the most effective channel was whatsapp. Social media had no effect on their relationship. Her mother tongue is Catalan whereas her partner's mother tongue is Spanish. Both couple used to speak Spanish during the relationship. Both couple have been angry at each others. And the best way to manage the negative emotions was through communication. The reason for their breakup has been the physical distance and neither one of them could have done something to save the relationship. As a conclusion we can say that the couple had both experience since they had a long term relationship with phone and texting as a medium of communication and that the couple was able to communicate their emotions.

The issue during the relationship can be due to emotional barriers.

Marina is a 19 years old female from Vilanova I laGeltru studying the second year of University with a male partner from Barcelona with a University level. She had one relationship that has lasted 1 year and her partner's longest relationship has lasted 2 months. She has never felt that she wasn't listening to her partner or that her partner wasn't listening to her. She has met her partner at the Gym. The couple used to speak via social media and the most effective channel of communication has been whatsapp. Social media had a negative impact on their relationship. Both couple's mother tongue is Spanish and Marina speak 3 languages in total whereas her partner speak 5 languages in total. The language spoken during the relationship is Spanish. Both couple have been angry at each others and the best way to manage that negative emotion was through communication. The reason for the breakup is that they was no connexion in the relationship. Marina think that she couldn't have been able to do something to save the relationship neither did her partner. As a conclusion we can say that the couple didn't have listening skills or languages problems since they were speaking the same language but that social media had been negative into the relationship.

The issue during this relationship can be due to channel barriers and emotional barriers.

A 21 years old female from Tarragona studying in her third year and her partner is a male from Tarragona with a Master degree level. She has been in 2 relationship and her longest relationship has lasted 5 years whereas her partner's longest relationship has lasted 4 years. She has never felt that her partner wasn't listening to her or that she wasn't listening to her partner. The couple used to talk via text messages and the most effective way of communication has been through phone calls. She thinks that social media had a positive impact on her relationship. She and her partner both speak Catalan. She speak 2 languages in total and her partner speak 3 languages in total. The language spoken during the relationship is Catalan. She has been angry at her partner but her partner has never been angry at her. The best way to manage negative emotions was through communication. The reason for their breakup is that they had different way and saw life differently. She think that she couldn't have done something to save the relationship whereas her partner could have avoided hiding from her. As a conclusion we can say that the communication aspect was overly good for this relationship expect for a negative emotion on one side of the relationship.

The issue during this relationship can be due to emotional barriers.

A 28 years old male from Tarragona with a University degree and his partner is a female from Amposto with a University degree. He had been in 4 relationship with the longest that has lasted 5 years and his partner's longest relationship has lasted 1 year. He has never felt that he wasn't listening to her partner neither did he felt that his partner didn't listened to him. The couple had meet each others directly. The couple used to speak face-to-face and through text messaging. The most effective channel for communication has been through face-to-face and social media had no negative effect on the relationship. Both couple's mother tongue is Catalan but during the relationship the couple spoke Spanish. Both couple speak 3 languages each. The couple has never been angry at each others and emotions was managed through communication. The reason for the breakup has been because of the time and neither one could have been able to save the relationship. As a conclusion we can say that couple has different relationship experience when He has been in a 5 years relationship his partner has only been in 1 year. When it comes to listening, channel and emotions they all have been good. However the couple didn't spoke his mother tongue during the relationship.

The issue during the relationship can be due to emotional barriers.

Anna is a 25 years old female from Tarragona with a University level and her partner is from Bulgaria with a middle level. She has been in 4 relationship and her longest relationship has lasted 3 years. She has felt that her partner wasn't listening to her and when she told him about it he wouldn't listen to her. She has never felt that she didn't listen to her partner. She doesn't think that she is right to think that her partner wasn't listening to her and her partner didn't succeed to convince her that she wasn't listening to him. Anna has met her partner through a friend. The couple used to communicate via whatsapp and the most effective channel was whatsapp. Social media had a good effect on the relationship. Anna mother tongue is Catalan and Spanish and speak 2 languages in total whereas the mother tongue of her partner is Bulgarian and he speak 3 languages. The language spoken during the relationship was Spanish. The couple has been angry at each others and the way the negative emotion was managed was by talking about her feeling. The reason for the breakup is that the relationship was monotonous. Anna doesn't think that she could have done something to save the relationship neither did she think that her partner could have done something to save the relationship. As a conclusion we can say that this couple had some listening skills issue, the couple is of a mixed culture Spanish and Bulgarian and the couple didn't spoke the language of Anna's partner mother tongue.

The issue during the relationship can be due to cultural, lack of listening skills and emotional barriers.

Carito is a 19 years old female from Tarragona who has a University level she has been with a male partner from Valls, Tarragona. Carito has been in 3 relationship and her longest has lasted 8 months the same for her partner. She has felt that her partner wasn't listening to her when her partner was busy doing many things at the same time. She has felt that she wasn't listening to her partner when she was busy. She didn't care much that her partner was busy when he wasn't listening to her. Her partner didn't care that she didn't listen to him because she was busy. She has met her partner in class. The couple communicate through social media and in person. The most effective way of communication has been in person and social media had no significant impact on the relationship. Both couple's mother tongue is Catalan. Carito speak 4 languages and her partner speak 3 languages. The language spoken during the relationship has been Spanish.

Both couple have been angry at each others and the way the negative emotions has been handled is through communication. The reason for their breakup is that it was a toxic relationship. Carito doesn't think that she could have done something to save the relationship neither did her partner able to do something to save the relationship.

The issue during this relationship can be due to a lack listening skills and emotional barriers.

Camila is a 21 years old female from Spain with a University level and her partner is a male from Spain who study in ESO. She has been in 5 relationship and her longest has lasted 1 year whereas the longest relationship for her partner has lasted 2 years. She has felt that her partner wasn't listening to her when he was on the phone and she has felt that she didn't listen to her partner. When her partner didn't listen to her she got angry and when she didn't listen to her partner he will took her phone. She has met her partner through a friend. She has communicated the most with her partner through phone and the most effective way of communication has been through snapchat. Social media has helped the couple be in a secretive relationship. Both couple's mother tongue is Spanish and Carito speak 3 language in total whereas her partner speak 1 language. The language that the couple was speaking during the relationship was Spanish. Both couple have been angry at each other and the negative emotions was managed through tears. The reason for the breakup is that it was an evil relationship. She could have saved the relationship by making more effort into the relationship same for her partner. As a conclusion we can say that Camila had listening skills problems with her partner and that social media has helped keep the relationship more discrete with the couple having emotional problems.

The issue during this relationship can be due to lack of listening skills and emotional barriers.

Laura is a 19 years old female from Falset with a University level and her partner is a male from Capcanes with studying in ESO. Laura has been in 2 relationship with her longest that has lasted 2 years and 7 months and the same for her partner. Laura has felt that her partner wasn't listening to her and she has felt that she didn't listen to her partner. Laura didn't felt understood when her partner didn't listen to her and she doesn't know the feeling of her partner when she didn't listen to him. Laura has met her partner at the Institute. The couple used to speak through social media. They was no special way of communicating that was the most effective and social media had a negative impact into the relationship. Both couple's mother tongue is Catalan with her partner's mother tongue being both Catalan and Spanish. Laura speak 3 languages in total and the same for her partner. The language spoken during the relationship had been Catalan. She has been angry at her partner and her partner as well. The way to manage the negative emotion was not to speak angry. The reason for that couple breakup was due to COVID. She doesn't think that she could have done something to save the relationship but think that her partner could have been able to save the relationship by behaving better with her. As a conclusion we can say that this couple both from Tarragona had listening skills problems with social media having a negative impact into the relationship. With negative emotions that were tried to be handled by the couple.

The issue during this relationship can be due to a lack of listening skills, channel barriers and emotional barriers

Analysis of the couple who had a breakup

65% of the couple come from the same the city and 35% come from different city. Meaning that couple seek partner from their own city. When it comes to the level of education of the couple 35% had the same level and 65% had a different level of education with their partner not always a university level. Meaning that the majority had a different level. 65% of the people questioned have been in less than two relationship and 35% had been in more than 2 relationship. An aspect that shows that the participant didn't have a lot of relationship.

As an overall conclusion we can say that 65% have been in a relationship that has lasted less than 2 years and 35% had a relationship that has lasted more than 2 years experience. Meaning that the majority had a short experience. It is quite consistent with the data provided by Hellen Fisher ("Anatomy of Love", Anagrama) when she points out that "love lasts four years". She actually means that the crush lasts four years. And a relevant aspect that the data collected gives us is that we should probably think of these relationships as falling in love, not as long-term love.

We can also say that 45% of the couples had been having the same years of experience in relationship like their partner meaning less than half have been in a relationship by having the same level of experience as their partner. Where as 55% of the couple had a different level of experience in comparison with their partner. Meaning that the majority had a different level of experience.

60% had felt that their partner didn't listen to them where 40% didn't felt that their partner didn't listen to them. 65% felt that they didn't listen to their partner whereas 35% didn't feel that they didn't listen to their partner. When it comes to the way the person react when their partner didn't listen 40% didn't reply 25% talked about it and 35% had a negative reaction relating to it.

When it comes to the reaction to the person responding toward their partner's response on them no replying 50% had a negative reaction 5% was trying to listen and 10% had their partner speak about it and the rest 35% didn't reply.

When it comes to meeting 30% met at school 20% through a friend and the rest 50% had met through other ways like online, gym, vacation etc...The majority had met through different places.

When it comes to the communication during the relationship 26% did it in person, 22% over the phone, 19% through whatsapp, 22% communicated through social media, 11% through texting. There is a variety of means of communication during the relationship. Although it must be said that most use more than one.

50% had replied that the most effective channel has been whatsapp. For 31% the most effective way of communication has been in person, and 14% had found that the most effective was through the phone. 5% have used snapchat. So the majority have found that the most effective way of communication has been through whatsapp.

When it comes to the effect of social media 25% had an important impact, 20% no impact, 10% was indifferent, 20% negative impact, 25% had a positive impact.

When it comes to the language spoken during the relationship 50% spoke their mother tongue during the relationship and 50% didn't speak their mother tongue during the relationship.

95% of the people questioned have been angry at their partner and 5% didn't. 85% have their partner angry at them and 15% didn't have their partner angry at them. So the majority of the couple have been angry at each other. At the time when most of these couples meet (young, still very provisional couples, with no vision of the future, of short duration, without financial stability etc.) the anger is something normal.

60% of the couple have solved their negative emotion through communication, 25% by not being angry and 15% had managed the negative emotion badly.

The reason of the breakup 20% because of evilness. 10% lack of connexion. 15% distance or 10% different perspective and 45% had other reason. They are a diversity of reasons for the breakup without a major reason, that is considered as normal.

When it comes to the things that the person could have done to save the relationship 85% said that they could have done nothing 5% didn't reply. 5% said that more communication was needed and another 5% said that more implication was required.

If the breakup is not important, in a way, many reasons are not sought or much thought is given to them. Breakups are part of the normality of the love process of postmodernity.

When it comes to the fact that the partner could have done something to save the relationship the answer is that 50% said that their partner could have done nothing. 50% said that things could have been done to save the relationship like being more sincere or listening for example

Couple that are still together

Aicha is a 24 years old female from Altafulla studying in her third year she has a male partner from Pobla de Montornes. She has been only in one relationship being the actual one. She has felt that her partner wasn't listening to her when he is watching the football. She also has felt that she didn't listen to her partner when she is studying or looking at her phone. When her partner wasn't listening to her he would apologize. And when she didn't listen to her partner she would ignore herself. Aicha has met her partner in person. The couple used to communicate via whatsapp. The most effective channel was in person. Social media had a positive impact on the relationship but sometimes was confusing. Both couple's mother tongue is arabic and for her partner it is arabic and berber. Both couple speak 4 languages. The language spoken during the relationship was Spanish. The couple has been angry at each others. The couple is still together. As a conclusion we can say that despite listening problems and emotional barriers the couple are still together.

Laia is a 18 years old female from Valls who is doing a Bachelor degree. She has been with a male from Pais Vasco with a higher level education. She had 1 relationship and her longest relationship has lasted 1 year and a half the same for her partner. She has felt that her partner wasn't listening to her when she was explaining to him the programme of the class, otherwise she always listen to him. She has also felt that she didn't listen to her partner. She understood that her partner didn't listen to her when it was regarding the programme of the class. She has met her partner through a friend that they had in common. The couple communicate through phone. The most effective way of communication during the relationship is whatsapp. The effect of social media on their relationship has been positive especially when there was a long distance relationship. The mother tongue of Laia is Catalan and she speak 3 languages and her partner mother tongue is Spanish and Vasco. Her partner speak 3 languages in total and the language spoken during the relationship is Spanish. The couple have been angry at each others and the negative emotions was handled through communication. The couple are still together. As a conclusion we can say that despite listening problems and emotional problems the couple are still together.

Alex is a 27 years old male from Cambrils with a University level and he is with a female from Cambrils with a University level. He has been in 2 relationship and his longest relationship has lasted 9 years and the same for his partner. He has never felt that his partner didn't listen to him but he has felt that he didn't listen to his partner. When he realized that she didn't listen to him he stopped talking to her. He has met his partner at a Nightclub. He communicate with his partner through whatsapp and phone. The most effective way of communication has been through the phone. Social media had a good impact on the relationship.

Both couple's mother tongue is Catalan and both couple speak 2 languages in total. The language spoken during the relationship is Spanish. Both couple have been angry at each others and the negative emotions has been well managed. The couple are still together. As a conclusion we can say that the couple are still together beside listening problems and emotional problems. This couple has also a long experience since they have been together for 9 years.

Nuria is a 22 years old female from Reus with a University level who is with a male from Reus in a higher level. She has been in 2 relationship and her longest relationship has lasted 4 years and his partner's longest relationship was also for 4 years. She has never felt that her partner didn't listen to her and she has never felt that she didn't listen to her partner. She has met her partner through a friend. The communication during the relationship was through phone and the most effective communication channel is Instagram. Social media had no impact into the relationship. Both couple speak Catalan and Nuria speak 2 languages in total and her partner speak 3 languages. The couple speak Spanish during the relationship. Both couple have been angry at each others and the negative emotion has been well handled. The couple is still together. The fact that they was no listening problems during the relationship can explain the fact that the couple is still together.

Dihane is a 19 years old female from Cambrils doing a Bachelor degree, her partner is a male from Miami Platja doing also a Bachelor degree. She had 3 relationship and her longest relationship has lasted almost a year and the same for her partner. She has never felt that her partner didn't listen to her and she has never felt that she didn't listen to her partner. She has met her partner at the Faculty. The communication was done through the phone and in person. The most effective way of communication is whatsapp and social media had no negative effect into the relationship. The couple both spoke Spanish during the relationship and both partner's mother tongue is Spanish. Dihane speak 3 languages in total and the same for her partner. She has never been angry at her partner neither did her partner got angry at her but she has been bothered by him and the same for her. The negative emotion was handled through communication. The couple is still together. As a conclusion we say that this couple had no problems with listening with anger during the relationship which could have been reason for why the couple are still together.

Lorca is a 19 years old female from Castello de la Plana who study in a graduate level her partner is a male from Barcelona in the auto studies. She has been in one relationship and her longest relationship has lasted 2 months and her partner's longest relationship has lasted 4 years. She has never felt that her partner didn't listen to her and she has never felt that she didn't listen to her partner. She has met her partner by being in the same apartment.

She communicate the most with her partner in person and the most effective way of communication has been in person. Social media had no impact on the relationship. Both couple speak Catalan and Spanish, Lorca speak 5 languages and her partner speak 2 languages. The couple speak Spanish during the relationship. The couple has never been angry at each others and the negative emotions was handled through communication. The couple are still together. The couple had no listening problems or emotional problems which could have been the reason why the couple are still together.

Alejandro is a 23 years old male from Tarragona with a graduate University with a female from Virani who is a nurse. He has been in 2 relationship and her longest relationship has lasted 2 years. He has never felt that his partner didn't listen to him and he has felt that he didn't listen to his partner. When her partner didn't listen to him he didn't like it but they solved it through communication. The couple has met through Tinder. The couple used to talk through phone since it was a long distance relationship. The most effective channel of communication has been the phone. Social media had a positive impact in the relationship. Alejandro speak Spanish and 3 languages in total and her partner speak Ukrainian and Spanish and 5 languages in total. The couple spoke Spanish during the relationship. Both couple have been angry at each others during the relationship and the negative emotions has been handled through communication. The couple are still together. As a conclusion we can say that the couple had only one side problems with listening with social media being positive in their relationship, speaking their mother tongue during the relationship and managing the negative emotions through communication, which can be the reason why the couple are still together.

Analysis of the couple who a still together

71% of the couple came from different cities and 29% had come from the same city. Meaning that the majority come from a different city. 71% had a different level of education and 29% had the same level of education. When it comes to the relationship 86% had been in less than 2 relationship and 14% had been in more than 2 relationship. Meaning that having few relationship can be a reason for couple having a more lasting relationship.

86% have been having the same length of experience when it comes to the relationship 14% had been having a different experience. Meaning that sharing the same level of experience is important for a lasting relationship. 71% haven't felt that their partner didn't listen to them and 29% have felt that their partner didn't listen to them. 57% haven't felt that they didn't listen to their partner and 43% have felt that they didn't listen to their partner. Meaning that the majority didn't have a listening problems, being a good aspect for a lasting relationship.

58% didn't reply on the part regarding their reaction towards their partner when they didn't listen to them and 14% had stopped talking to their partner when they didn't listen to them another 14% has asked for forgiveness and another 14% has understood the situation. As an overall the reaction was good toward handling the listening problems. 72% didn't reply at the answer regarding their partner's reaction when they didn't listen to them, 14% of their partner had ignored them when they didn't listen to them and another 14% of their partner got bothered when they didn't listen to their partner.

When it comes to the way the couple have met 85% have met in person and 15% have met online. So the majority of the couple have met in person being an important aspect for a lasting relationship. 56% have communicated through the phone, 22% have communicated through whatsapp and 22% have communicated in person. When it comes to the most effective channel of communication, 28.57% have communicated through whatsapp, 28.57% have communicated through the phone and 28.57% in person, 14.29% through instagram. When it comes to the impact of social media for 57% of the couple it had a positive effect on their relationship whereas for 43% it had no effect on their relationship. 71% of the couple didn't spoke their mother tongue during the relationship and 29% did speak their mother tongue during the relationship. When it comes to being angry 71% have been angry at their partner and 29% haven't . Same for their partner being angry at them. 57% had managed the negative emotions through communication 29% had well managed the negative emotion and 14% didn't reply.

As an overall conclusion the majority of those couple still together had come from the same city, having a different level of education, having the same length of experience when it comes to relationship. The majority haven't felt that they didn't listen to their partner or that their partner didn't listen to them which give a positive aspect about the listening within the relationship. The majority of the couple have met in person. Social media had a positive impact into their relationship. Anger has been part of their relationship and the majority had been able to well manage their negative emotions.

Comparison between the couple who had a break and those still together

As an overall conclusion we can say both couple together and separate had their partner outside their city. This shows us how the relationship area for couples has become broader and that the fact of belonging to the same geographical and cultural environment is not, as was thought until recently, a guarantee of stability for the couple.

Both the couple together and separated had a different level of education with their partner. The difference between the partners isn't a reason for insecurity about the future of the relationship anymore and became progressively a common situation.

For both kind of couple the majority had less than 2 relationship in total. The majority of the couple who had a break up have been having a different level of experience in relationship with their partner in comparison to the couple that were together who have been having the same level of experience for the majority. Meaning that sharing the same level of experience for a relationship is important for a lasting relationship. In a way, this shows us what the current hegemonic model of successive monogamy would be. The fewer relationships a couple has had does not necessarily increase the probability of their stability, but rather of their future breakup.

The majority of the couple who had a break up felt that they didn't listen to their partner and that their partner didn't listen to them. Whereas the majority of people who are still together didn't feel that their partner didn't listen to them or that they didn't listen to their partner.

For the couple who had a breakup the majority had a negative reaction towards their partner when they haven't been listened or that they didn't listen to their partner.

For the couple who are still together the majority didn't reply when it comes to their reaction when their partner didn't listen others have understood the situation, had asked for forgiveness or stopped talking to them, but in the majority the reaction had been positive. Meaning that the reaction of a partner regarding a listening problems is important for a lasting relationship.

Now when it comes to their partner's reaction when they didn't listen to them the majority didn't reply, others got bothered and some had ignored them. So we can say that the fact that the positive reaction of one partner towards the other is a positive aspect for the relationship for those who are still together. When it comes to the way they have met the majority of the couple who had a breakup had met at school or through friends. For the couple who are still together the majority had met in person which shows that the way a person has met their partner had a significant impact on the quality of the relationship.

These data clearly symbolize the transition from a pre-romantic or traditional model of love when family, friends or the community were taking care of finding a partner to the model of romantic love that has become hegemonic, where the freedom to choose a spouse is essential and most relevant. (Roca & Enguix, 2015)

The majority of the couple who had a breakup had communicated in person. Whereas the majority of the couple who are still together had communicated through the phone an aspect that shows that communication through the phone is important for a couple and it can have an influence on the fact that the couple will stay together or not.

When it comes to the most effective way of communication for people who had a breakup is whatsapp whereas for people who are still together the most effective way of communication have been whatsapp, the phone and in person an aspect that shows that the phone and in person are a good way of communication for people who are still together.

Now when it comes to the effect of social media into the relationship the majority of the couple together had found that is had an important impact into the relationship.

For the couple who are still together social media had a positive effect into their relationship meaning that social media can affect the way the couple will or not stay together.

When it comes to the language spoken during the relationship the majority of the couple who had a breakup spoke their mother tongue whereas for the couple who are still together, the majority didn't spoke their mother tongue which mean that a couple who doesn't speak their mother tongue during the relationship can help into having a good relationship that last.

This may be related to the idea put forth by Djurdjevic & Roca (2016) when talking about mixed couples that the difference may imply a learning and teaching process between the members of the couple that may result in a higher level of commitment and a greater relational flexibility.

The majority of the couple who had a breakup have been angry at each others. When it comes to the couple who are still together they also have been angry at each others meaning that anger is not necessarily a reason for a couple's breakup. Now the negative emotions have been solved through communication for the couple who had a breakup. For the couple who are still together, the majority have also solved their negative emotions through communication.

Table of the people being interviewed

This table gives informations about the people being interviewed both in Spain and in Canada. The reason for chosen people in Canada is to see if they will be new finding along with chosing people who are working and having a non-university level.

Name	Age	Sex	Location	Level of education	Relationship statut	Profession
Carito	19	Female	Tarragona	University	In a relationship	Student
Lara	25	Female	Barcelona	University	In a relationship	Student
Lorca	19	Female	De castello de la plana	University	In a relationship	Student
Sausane	28	Female	Montreal	University	Married	Student
Mehdi	20	Male	Quebec	University	In a relationship	Student
Alida	31	Female	Montreal	University	Married	Student
Safae	28	Female	Montreal	University	Married	Working
Lydia	35	Female	Montreal	University	Single	Working
Kassandra	25	Female	Montreal	College	In a relationship	Working
Anthoine	33	Male	Montreal	College	In a relationship	Working

The Interview of 3 URV student and the aspect that the interview has added along with the comparison with the questionnaire.

The person being interviewed

Name: Carito
Sex: Female
Age: 19
Resident: Tarragona
Profession: Student
Level of education: University level
Location: URV University

Partner

Sex: male
Resident: Banch
Level of education: University level

Interview information

Day: 28 November
Hour: 5.30pm
Location: Tarragona
Type of interview: Individual
Value of interview: Fiability

Soukaina: Hi my name is soukaina a doctorate student and I will ask Carito regarding her relationship. Please talk to me about your relationship.

Carito: I went with him, I know him from here from the University, I went with him 8 months. And we had a fight but now we are very good.

The couple have been together for less than a year and met face-to-face and already had a conflict.

Soukaina: And how does it work, your partner listen when you talk to him?

Carito: I always feel listened and I think that he also feel listened. The problem that we have during the communication is that he is more closed than me. When it comes to expressing his feeling I try for us to speak warmly so he can look for a way to express himself.

The couple have been listening to each others. The communication style of the couple is very different, Carito speak her feeling whereas her partner is more closed to himself and keep his feeling inside him.

Soukaina: How did you speak to him regarding the channel, texting, directly

Carito: We talk through texting in principal a lot because when we see each others here. He doesn't live Tarragona, he live in Banch another city, it is the way we can talk. But now when he stay for the night and all, the majority was done in person.

The couple have been speaking through texting when they was a conflict and face-to-face when being together.

Soukaina: Did you talk the same language?

Carito: Yes both Spanish

The couple have been speaking their mother tongue during the relationship

Soukaina: And regarding the emotion, how does the emotion works with him, have you been angry at your partner?

Carito: The truth is that no, few moment we had known negative emotions. Because we try. Like the few problems that we can have or few miscommunication. Like love and the fact that we love for each other go over and we look for how to solve it and we solve it.

The couple haven't been angry at each others and try to solve their misunderstanding and problems by making love go over. This couple didn't have a negative emotion like angerness being a good thing for their relationship.

Soukaina: Ok I understand. What are the things that you think that you can change in the relationship and all?

Carito: I think that it was one month that we have broken up and came back but now we are trying to improve everything and trying to improve and spend time quality time together looking for ways on doing new things together and especially talking about what happens and not letting it happens again and thinking that was stupid and always talking.

The couple have been trying to save their relationship through communication and trying to avoid past mistakes. An aspect that shows that the couple value their relationship.

Analysis

The interview has helped to know that the couple have met at the University and has stayed less than a year. Also why the couple have chosen to text being because of the distance. This interview has helped know the kind of topics that Carito like to talk about like expressing feelings. The other aspect found is that the couple after their first breakup are trying now to improve their relationship by doing new activities together and communicating about their breakup to avoid future mistakes.

When it comes to the comparison of this couple with the ones of the questionnaire we can say that this couple have met in person like the majority of the other couple still together, the couple came from different cities like the majority of the couple who are still together. The couple have never felt that they haven't been listening at each others like the majority of the couple who are still together of the questionnaire and when it comes to being angry the couple have been angry at each others like the majority of the couple who are still together with the result found in the questionnaire. The couple have been using the phone for texting an aspect also found in the majority of the couple who are still together.

The person being interviewed

Name: Lara
Sex: Female
Age: 25
Resident: Barcelona
Profession: Student
Level of education: University level
Location: URV University

Partner

Sex: male
Resident: Tarragona
Level of education: University level

Interview information

Day: 28 November
Hour: 4.30pm
Location: Tarragona
Type of interview: Individual
Value of interview: Deep

Soukaina: It is soukaina Doctorate student in Anthropology and Communication. I will ask Lara regarding the relationship she had in the past.

Lara: 'Before I was with a guy 3 years and we were at first well but when with the time they was a conflict. I needed to talk about the things that are missing and I always wanted to talk to him because we got angry at each others or when I am sad or angry but he never wanted to talk. When I asked him what do you think? What do you feel? Does this affect you? He will always tell me I am fine. I don't need to talk about anything. This doesn't matter. It's not important. I don't think anything. Then the years had passed and at the end I got tired because when I was unwell he didn't care because for him nothing happened so I left the relationship because I had none to speak with.'

As a conclusion we can say that Lara has been having a relationship that has lasted 3 years with which she had a conflict. She wanted to talk to him about her anger, her sadness or the things that were missing in her life but he didn't want to talk. So they was a lack of communication and management of negative emotions. For her partner they was no problem of feeling and when they was an anger problem it didn't seem to affect him and he had no opinion on the subject, for him everything was good.

Regarding this aspect we can say that the partner didn't see the issue regarding the emotions in the same way as Lara did an aspect that also shows a difference in personality.

Her partner doesn't like to talk about what Lara found an issue in there relationship. An aspect that shows a lack of communication from her partner's side. Her partner didn't give importance to what mattered to her. So we can say that there is a difference in opinion regarding the situation this couple was having. Each one was having a different perspective towards the situation.

Years after that she had to end the relationship because her partner didn't care about her wellbeing and she was tired of the situation. Which shows that this couple had different needs. Lara left the relationship because she felt like she had none to speak to. So this couple was lacking communication.

In this relationship, we can say that Lara's partner didn't want to talk about his feeling with her partner, he didn't value what for her was important like sharing ideas about feeling and problems that they had. Lara and her partner didn't have the same idea about the situation, or about sharing the emotions in the same way. What was important for Lara wasn't for her partner. All those aspect regarding the lack of expression of emotions and ideas along the difference in the personality weren't shown during the questionnaire.

Soukaina: How are the things regarding the conflict?

Lara: In that relationship?

Soukaina: Yes

Lara: It is very frustrating because I like telling him how I feel, I will explain to him that I am angry because those things had happened and he will tell me 'no'. What 'no'. He would say 'I am fine'. I would think that the conflict I have it only me because for him he didn't care. He didn't care about everything.

For Lara her partner has been ok with the problem this couple has been having. Every time she would give him her opinion regarding the situation and ask him to give her a feedback he would deny that there is an issue because for him he is ok with what it was happening. For Lara her partner didn't care about their problem and it was only her who seem having a problem because for him everything was fine. So in this relationship there is a difference in perspective and ideas regarding a problem. This couple doesn't see the problems the same way and the issue the same way. This couple have been having emotional problems in the way emotions had to be shared and talked about, since the partner didn't seem to have an issue when Lara was angry and he was fine with the situation.

Soukaina: How did you communicate with your partner always?

Lara: Regarding the way to talk

Soukaina: Yes, directly or with texting or how?

Lara: With my ancient partner we were living together from the beginning so we were talking directly we didn't have a communication through instagram or whatsapp nothing of that no.

Soukaina: And when there is a conflict normally you talk face-to-face?

Lara: Yes always, I don't like talking through texting because it make me nervous and I misinterpret what the other person wants to say and sometimes I don't express myself well and other moment I misinterpret and I don't like through texting.

This couple have been talking directly with no use of social media since the couple were living together. When they was a conflict the couple will still talk face-to-face since texting make Lara nervous and she misinterpret what others are saying and she also doesn't like it. When it comes to the channel this couple have been trying to solve their conflict directly through face-to-face but this way of communication didn't help solve their issue. They was also emotions that have influenced the way Lara was communicating since texting make her nervous.

Soukaina: For example when you listen, when you talk to your partner does he listen. When you ask a thing, your partner listen or not?

Lara: With my present partner, my boyfriend of now, yes listen a lot, he is like me he like to talk about everything and when I tell him that I am sad because of that he will feel that he should listen to what I have to say and he add what he feels in the moment always face-to-face

Lara's actual partner always listen to her in comparison to the previous one. He also communicate with her and listen to her feeling when she is sad and share also his feeling with her. Which means that the emotions are shared mutually with no lack of expression from any side. The communication with the new partner is done face-to-face which is also an important aspect to consider.

Soukaina: And for example when you feel that your partner isn't listening how does the things works do you talk to him or you will give him time to think or how does the things works?

Lara: When my partner doesn't listen. I always ask him why? If my partner said that now he can't or that he is exhausted. I will ask him do you need space? If he said yes. I will tell him later we will talk and if he tell me that he doesn't know. That will put me nervous and sometimes I will get more angry.

The communication with the new partner is done face-to-face and the new partner always listen but when he doesn't there is a communication between the couple in that regard since Lara will ask her partner for the reason and understand his moment if he need more space. However Lara get only satisfied if her partner accept to talk later but he doesn't know whether he need space or talk then she will get angry and nervous. In this aspect the couple doesn't have many listening problem but when it happens due to a lack of communication it create a negative emotion for Lara.

Soukaina: And for the language did you talk to your partner in Spanish?

Lara: Yes always in Spanish.

Both couple spoke there mother tongue during the relationship being an important aspect to consider, since they should be a lack of understanding of the vocabulary or meaning,

Soukaina: Did you feel that the way your partner spoke to you is different from your way of talking to him? The personality and everything.

Lara: With my actual no but I think we both have the same level of education and we are the same when it comes to expressing our needs. But with my previous partner always think that we don't fit the same personality and level of education because he doesn't think, he doesn't give things away and he doesn't think about the things and everything is like basic.

When it comes to new partner, Lara share the same level of education and personality with her partner including the way of talking. However with the previous partner the level of education and the personality were different. For Lara her partner didn't give taught about things that mattered for her that he didn't give away things, that for him things where in a basically level and aspect that Lara didn't want things to be. So the couple were different which can be an aspect to consider for their breakup.

Soukaina: Lets talk only about the problem you had in the past

Lara: The one before?

Soukaina: Yes, the one before?

Lara: I felt that I was at the bottom, it looks ugly but.

When it comes to the previous relationship of Lara she felt that she was in a weak position, she didn't like it. An aspect that shows that this relationship didn't fit with her personality, since she felt weak.

Soukaina: When you talk to him and he doesn't listen you tell him that he needs to listen. Do you tell him more things or talked to a friend or a family members so they can understand or you only talk to him?

Lara: I will first talk to him and If I see that he can't because he doesn't listen I will need to talk to another person and always with my best friend and mother so I can express what I feel with someone and that someone help me understand what I thoughts or felt.

Lara has been seeking the advice of her friends and family members when her partner didn't listen to her an aspect that shows things about her personality of wanting to solve the situation with her partner in different ways.

Soukaina: Example regarding the feeling, regarding the anger. You are angry with your partner and your partner got angry at you. How was the emotions? How did you manage the emotions at that moment?

Lara: Not well, because before this relationship like I have never encountered the stick to the conflict with him because I couldn't speak to him well, got me angry sometimes and now I realize that sometimes I had a bad mood and sometimes I didn't talk well the things and talk with ugly words and I wasn't understanding with him also because since I felt that he didn't listen and didn't understand me. At some point I didn't do it either and wasn't able to handle the anger and I got very angry.

The negative emotions wasn't well and Lara had no control over the conflict since she couldn't speak with her partner well. Lara things that she has been angry at her partner and being in a bad mood and using also negative words because she didn't feel that he was listening. So a lack of listening and understanding from her partner made Lara in a bad mood and brought her negative emotions. Since he wasn't listening she wasn't listening as well and she also wasn't able to control her anger and got very angry. So the reason of the last breakup was due to a lack of mutual listening with negative emotions like anger and negative words.

Soukaina: The reason for the breakup of this relationship is due to communication?

Lara: Yes above all.

The reason for the breakup of Lara's relationship has been caused by a lack of communication being the most important thing.

Soukaina: Could you have been able to do something to save the relationship?

Lara: I think that me more I couldn't have been able because to the moment I have left the relationship a lot of moment had passed where I was trying with him and explained to him that I am not happy that I don't want to stay in this relationship more because I don't feel listened, understood or complete. I don't want to stay with someone who doesn't want to stay with me. It was a long time that I was just repeating myself and I felt that I couldn't do more.

Lara doesn't think that she could have done something to save the relationship but she has already told him that she wasn't happy with the relationship. That Lara want to leave the relationship because of a lack of listening from her partner and that her partner doesn't understand her and that he doesn't make her feel complete. Lara doesn't want to stay with someone who doesn't want to stay with her, since Lara think that her partner doesn't want to stay with her. Lara felt that her partner wasn't listening and that she was repeating what she was telling him often. So a lack of listening and positive emotions from Lara.

Soukaina: Do you think that your partner could have done something to save the relationship.

Lara: I think that all this moment that I have tried taking with me. He should have listened to me for real, in a more active way and understanding my feeling and listening to them for real and trying to get interest in what I need to be happy. I think that we wouldn't have ended the relationship.

Lara think that her partner could have listened to her and trying to undertand her feeling and getting interest in what made her happy. So a lack of listening and understanding of emotions happened that has caused the breakup.

Soukaina: Regarding the culture, you have the same culture? Or you think that he has some thing in his culture different than you.

Lara: No, I don't think so, we come from the same thing the same.

Soukaina: You like the same thing. You go to the cinema and shopping and everything.

Lara: Yes

The couple share the same culture for everything. So no cultural barriers happened for that relationship. They have been sharing the like for the same activities.

Soukaina: Is there thing in your relationship that you wanted more and didn't have? For example what?

Lara: I missed a lot especially talking about the feeling when you are feel good or bad and the other feel good or bad and also I like doing activities and using free days and in this relationship that I had, my partner when he had a free day only like playing play station and doing nothing and this is a big deficiency because we didn't spend time together.

In that relationship Lara couldn't talk about her feeling to her partner whether she felt good or bad an aspect that shows her needs to express both her positive and negative emotions, but that needs wasn't fulfilled in that relationship. So they was a lack of communication about the feeling with different needs. Lara also wanted to do activities with her partner during free days. However her partner spend more time playing play station than spending time with her. An aspect that shows the difference in their personality, one preferring outdoors whereas the other preferring staying indoors, meaning that Lara is more extrovert and her partner more introvert.

Soukaina: Did you talk to him about it.

Lara: Yes, we got angry. I asked him to go to bed at the same time but he stay late playing and he will tell me that he is playing with his friends.

They have been anger and negative emotions about the subject with communication regarding the subject but with no result since Lara's partner kept on playing with his friends.

Soukaina: ok, and after that you have decided that after a time the couple need to finish.

Lara: mmh

So the couple has decided to breakup because of those issue. Like the communication, the fact that they got angry at each other and the fact that they was result after Lara's demand, related to going to bed at the same time.

Soukaina: Do you have things in your emotions that you think that you are better to change or he can change and never talked about it? Or you don't regret anything, everything had passed like it should be and you regret nothing from the past?

Lara: When I left him, at first I was sorry and I wanted to go back but I think that it is an emotional dependance really, because right away I found out that I was very happy with what I have done because I didn't feel like I was going to fix anything and then I think things happened as they had. In fact I think it happened late I wish I had left my relationship before because I wasted my time with someone who really wasn't looking for the same relationship as me. So I think I am happy how the breakup happened and everything. I just wish I could grab it sooner.

Lara didn't feel well just after the breakup she felt that she still needed his feeling and was emotionally depend but then she felt happier and realized that she couldn't have been able to save the relationship. She then realized that he would have broke up earlier and that the breakup happened late. She realized that the relationship was a waste of time, that they both didn't want the same thing in the relationship which shows a difference in their personality. Lara felt happier after the breakup that she think should have happened earlier. This part shows how the emotions have been handled by Lara from emotional dependency to detachment and happiness.

Soukaina: Ok, you think that your past relationship has affected this one?

Lara: yes a lot, should I explain why?

Soukaina: Yes

Lara: I have learned a lot that not only that I have to improve because when I got angry I have a bad mood and so. I have learned what I wanted, I don't want to be with someone like him, someone like me who knows how to talk, know how to communicate without being angry, who give importance to the same things and for a moment I met people who are like him and I didn't want to be with them. Until I met my relationship of now who made me realize that we stay like that. And with him the communication is better, I have more patience, I never get angry or get into a conflict.

Lara's last relationship has helped her to know more about her emotions like when she is angry and in the bad mood that she has to improve. She has learned that she need to be with someone who has the same personality as her who can talk well and can communicate with a positive emotion not being angry. She wants to be with someone who value the same things as her. She has been waiting until she finally find someone who communicate well with her. In this new relationship she doesn't get angry and get into a conflict thanks to the good communication that this couple has.

Analysis

The interview has helped to know that Lara had to leave her previous relationship since she has been with someone who doesn't share his feelings and also doesn't want to talk about them. In comparison with Lara who like to feel listened and like to talk about her feeling about being sad and angry. Lara's case shows the greater interest of the woman in the sentimental dimension of the couple, contrasting with the disinterest of the masculine part. The woman is responsible for the affections and feelings, while the man largely defined his masculinity precisely by his distance from. It is worth emphasizing the woman's gain in problem-solving capacity, that if she understands that the relationship is not working according to her way of understanding it, she does not assume the situation by keeping silent and accepting, but instead makes the decision to end it, in line with Giddens' model of "confluent love" (2000: 63), which defines it as a contingent, active love that gets rid of eternity - "forever" - and exclusivity - "one and only one" - typical of romantic love to be based on reflexivity and emotional intimacy: there is no need to stay together if the union does not work out, relationships continue because both partners choose to do so. (Giddens, 2000)

Her previous partner also didn't want to talk about the conflict the couple have been having. During the interview we found that the couple have been talking directly even through conflict an aspect that didn't appear in the questionnaire since details about the reason of the conflict weren't explained. During the interview Lara was able to show the difference between her actual and previous relationship that has ended. The interview has also shown how the couple handle a lack of listening like for example by giving each others distance.

The interview has also shown what was missing in Lara's previous relationship like being able to talk about her emotions and doing activities with her partner since he preferred staying at home and playing instead. The interview also gives information about Lara's emotional state after her breakup since she was very depend emotionally and realized later that she did well by breakup. Lara didn't have the same personality with her previous partner in comparison to the actual one where they are similar. Lara had left her previous relationship because she didn't feel listened the way she would have wanted to or gotten the expression of emotions from her partner. Finally the interview has helped to know the reason of Lara's choice of partner since she has been looking for aspect that were missing from her last relationship.

Now in comparison to all the previous questionnaire we find similarities related to the partner Lara has broken up with in the fact that the majority who had a breakup had felt that they haven't been listened by their partner and that they didn't listen to their partner either. There is was a negative reaction from Lara when her partner didn't listen to her a fact that we find in the majority of the couple who had a breakup. There is fact that the couple have been talking in majority in person, the couple have been angry at each others and also speaking their mother tongue during the relationship. The couple have been solving the negative emotions trough communication like the majority of the couple who had a breakup. Lara doesn't think that she could have been able to do something to save the relationship like the majority of the couple who had a breakup. On the other side Lara think that her partner could have been able to do something to save the relationship like a part found in the couple who had a breakup. When it comes to the personalities Lara shared a different personalities with her partner an aspect found during the interview of Lydia.

Now when it comes to the similarities with the couple who are still together, regarding the actual relationship of Lara, there is a similarities in the fact that she has been listened by her partner and him to her like the majority of the couple who are still together, there is the fact that the majority has also met in person shows that this aspect also remains in Lara's actual relationship. And also the fact that this couple have been talking about their negative emotions like the majority of the couples who have been together shown in the questionnaire. When it comes to the culture the actual couple of Lara have been sharing the same culture with the same personality.

The person being interviewed

Name: Lorca
Sex: Female
Age: 19
Resident: De castello de la plana
Profession: Student
Level of education: University level
Location: URV University

Partner

Sex: male
Resident: Tarragona
Level of education: University level

Interview information

Day: 28 November
Hour: 5.30pm
Location: Tarragona
Type of interview: Individual
Value of interview: Deep

Soukaina: Hi I am soukaina a doctorate student and I will ask Lorca regarding her relationship. Please talk to me.

Lorca: I am in the first relationship that I have and no more. Its been a small time, we have been for 2 months, its a small time. And now I feel very well.

Lorca has been in her first relationship meaning that she doesn't have a lot of experience in the field of relationship and also the length of the relationship has been short for the moment only 2 month for now. But she feels good in the relationship at the moment being a positive thing.

Soukaina: And how does your relationship works regarding the listening does your partner listen?

Lorca: Yes, he like listening and he is very understanding in the way that if I feel unwell a day I can talk to him and he will try to help me. And it is hard for me to listen, but its true that he is not as talking as me when it comes to feeling. It's harder for him to open up but well.

Lorca feel that her partner always listen to her and understand her. Lara communicate with her partner when she doesn't feel well and in this regard he will be trying to help her in that aspect. When it comes to listening Lorca find it much harder to do. When it comes to expressing feeling Lorca express her emotions more than her partner, since for her her partner will find it hard to share his feeling and talk about them.

Lorca: I think that the relationship is about listening and understanding the point of view of the other person and for me its true that I like a lot listening to what the other person need to tell me and I like to listen a lot.

So regarding the listening, although it is hard for Lorca she still like to listen a lot to what the other person is saying since for her listening is very important in a relationship along with the expression of the other person's point of view. So there is no lack of listening in this relationship however there is a lack of expression of emotion from Lara's partner.

Soukaina: And regarding the channel how did you talk to your partner? Texting, phone?

Lorca: Always in person, face-to-face. The truth I prefer more face-to-face, because like with whatsapp or texting the things can be misinterpreted not understand the tone of what the other person is trying to tell you. I prefer talking about the important things face-to-face.

This relationship has been communicating always directly face-to-face since Lorca think that through texting and social media the answer can be misinterpreted and the person can fall to understand the tone of the other person is trying to tell, which give us an important aspect about the personality that prefer direct communication. Which means that the person is not shy and like to talk about the important things in person.

Soukaina: Regarding the language, did you spoke the same language?

Lorca: Yes, Yes, Kind of. They are moment when we spoke one language and other moment when we spoke another language.

Soukaina: What other language?

Lorca: I speak Spanish and Catalan and my partner too. Its true that the important things for example are much easier to say in Catalan. But its ok we understand each others, because we both speak those languages.

Soukaina: Do you think for you is it better in Catalan or Spanish?

Lorca: For me personally it is better in Catalan. But for my partner it is better in Spanish, But its is ok I can say that there isn't any problem related to the communication for now. All our life we have both spoken since our childhood in both Spanish and Catalan.

The couple speak both Catalan and Spanish during the relationship, but for Lorca the important things are easier to express in Catalan. For Lorca the couple was understanding each others in those two languages. And in general Lorca prefer that is better for her in Catalan and for her partner in Spanish. But in general the couple communicate in those both languages since their childhood. It might be a small language barriers if her partner prefer Spanish when it comes to expressing his ideas whereas for Lorca it is in Catalan, but overall the couple speak both languages and communicate in those both languages.

Soukaina: Have you been angry at your partner and your partner got angry at you.

Lorca: To see no, to see no, we didn't have a big anger yet but I believe that the day we will have a big anger we will try to solve it in the best way, talking about it and more than everything. Being the most important things.

The couple has never been angry at each others, being a positive aspect for the relationship and Lorca feel positive about the future, that if anger happened they will try to solve it in the best way, especially trough communication an aspect that Lorca value a lot.

Soukaina: And how is the things regarding the emotion, when you are happy, how is he? Do you have the same emotion.

Lorca: Yes, Yes. Well, regarding the fact that when I am happy, he like it that I am happy. For example when come home and I tell that at the University. I am happy because things went well and I am very happy and I don't know what. And he also talk about when he is at work and we share this happiness.

Lorca and her partner share their feelings, especially the positive ones like happiness, when Lorca can talk about the things that went well at the University and the things that she is happy about. On the other side her partner share with her his happiness about the things that happened at work. So the couple was communicating about their positive emotion being a good aspect for the couple.

Soukaina: Regarding the education, do you have the same level of education?

Lorca: I am a student at the University. He works, he doesn't go to the University. He has done a cycle of automotive and its not the same level of education but I don't know how to explain. Its true that I have a higher level regarding the education, but it is ok.

The couple doesn't have the same level of education, Lorca has a higher level of education. She has a University level whereas he has an automotive training level.

Soukaina: Do you feel well with him, for you there is no problem.

Lorca: No

Lorca feel well with her partner and doesn't think that there is any problem in the relationship.

Soukaina: What is the most important thing in this relationship that you think?

Lorca: I think that it is the communication, it is very important. And the day when we are sad, we should not leave it a lot because of the feeling. Because at the end, one day I can be sad like that not let stay because we can fall into a sad cycle also.

For Lorca the most important thing is the communication and that when there is a sad feeling they should try to take it away to avoid falling into a sad cycle.

Analysis

The interview has helped to how the listening is done for Lorca's relationship, the reason why the couple prefer speaking face-to-face. The interview has also helped to know the favourite language spoken by each person along with the way the expression of positive emotions has been done and in which ways. And also what does the couple value the most in the relationship, being the communication to be able to control their emotions and not let negative emotions grows.

In comparison to the questionnaire of the couple who are still together, we can say that this couple have been having a different level of education like the majority of the couple who are still together like in the questionnaire. We also found that the couple have never felt that they haven't been listening to each others like the majority of the couple who are still together. There is also the fact that the couple spoke in person for the majority. The couple have been having different languages preferences for expressing themselves an aspect being close to the fact that the majority of the couple who are still together don't speak the same language. And when it comes to managing the emotions the couple have been having a good communication like for the majority of the couple still together.

The Interview of 3 student from Canada Age: 20–35

The person being interviewed

Name: Saousane
Sex: Female
Age: 28
Resident: Montreal
Profession: Student
Level of education: University level
Location: Montreal

Partner

Sex: male
Resident: Montreal
Level of education: University level

Interview information

Day: 24 December
Hour: 4.30pm
Location: Montreal
Type of interview: Individual

Soukaina: It is Soukaina a doctorate student in Anthropology and Communication. And I will do the interview with Saousane to know her actual relationship. So Saousane tell me where you are from and your level of education and your partner where he is from and his level of education?

Saousane: I come from Djibouti and I have done a high school degree in letter and I am doing a bachelor degree in political science at uqam and my husband come from Congo and he has a bachelor degree in administration and actually, that it.

The couple come from different countries having the same level of education both a bachelor degree from different fields.

Soukaina: How many relationship you had before and how long has been your longest relationship?

Saousane: My first true relationship has been with him and it has been for 1 years and a half and then we got married.

Saousane didn't have any experience before her marriage an important aspect to consider but the couple have been together for a year and a half before getting married, which means that they had a moment for knowing each others before being official.

Soukaina: And tell me about the listening how does it work with your husband do you always listen to him and he always listen to you or sometimes you feel that sometimes you don't listen to him and he doesn't listen to you. How does it work regarding the listening?

Saousane: When it comes to the communication regarding the listening, we talk a lot, we talk really a lot and he is really receptive in this really, even before the marriage, we are a couple that communicate a lot and he is very receptive.

Soukaina: You are very receptive regarding what he says actually.

Saousane: Yes, sure that sometimes, I will say that when there is a conversation I will ask myself why talking about it but then after I tell myself that it is important for him and we need to talk about it even if I don't like it and we are very receptive towards that we have no problem regarding that aspect, it is the thing that we do the best.

The couple communicate about many things according to Saousane, her partner listen to her a lot from the beginning of the relationship. There a very good communication for the couple and that there is no listening problem from either way. When it comes to topic discussion even if Saousane ask herself why she need to talk about certain aspect but since they are topics that matters for her partner she will consider talking about them for him.

Soukaina: How do you communicate the most, face-to-face, social media and how does it work regarding the communication.

Saousane: It always face-to-face because we live together and when we want to talk, we talk directly face-to-face.

Soukaina: And the best way of communication you have is face-to-face or phone, texting?

Saousane: Yes, its is really face-to-face, I am someone I don't like talking via phone I don't like talking through social media I don't like it, I prefer seeing the person face-to-face so we can talk normally between us, and I think it is the best way. And sometimes for example, when a person tell you that they need to tell you something important, of course you don't wait until you see the person you want to know directly. I know that he will insist so we talk face-to-face sometimes there is conflict because I want to know now and no I need to wait until we see each others so thats is frustrating, but I think that the best way is face-to-face. Now it is much easier because we live together.

The couple always communicate face-to-face since they are living together. Saousane think that face-to-face is the best way she doesn't like to communicate via social media or phone an aspect that affect the understanding of the message since through face-to-face a person can see non-verbal cues being a key aspect to consider when it comes to giving meaning to what the person has said. But they are moment when there is an important topics discussion, Saousane will want to talk about it over the phone whereas her partner will prefer face-to-face which can create conflict for the couple sometimes, but for the couple the best way of communication is through face-to-face so they will find a way to do it, even if Saousane find it frustrating to wait until to see the person to know the important information. This aspect also shows the difference in personality between the two one being less patient like Saousane and her partner being more patient.

Soukaina: Regarding the language what is your mother tongue. What is your mother tongue and what is his mother tongue? The language that you speak in the couple.

Saousane: My mother tongue is somali and he speak swaili but we communicate only in french.

The couple has different mother tongue somali for Saousane and swaili for her partner, however the couple has been speaking another language, french. An aspect that shows that couple can be having linguistic barriers when it comes to not expressing what they want in their mother tongue, but in their second language.

Soukaina: Have you ever been angry at him and him angry at you?

Saousane: Of course it had happened and it happens sometimes that I got angry but me more than him because he has a calm personality more chill, but I don't get angry easily but I got angry more than him but we talk about it and then it pass. We know how to manage the anger.

When it comes to the emotion we can say that Saousane has been angry at her partner more often in comparison to him, since they have a different personality, her partner being more calm in comparison to her. However Saousane get often angry an aspect that is being solved through communication. So this couple have been dealing towards anger through communication and has found way to manage it. As a conclusion we can say that anger is not a problem for this couple who knows how to solve it.

Soukaina: Regarding the management of the emotion how do you manage the negative emotions?

Saousane: I am someone who when got angry doesn't want to hear anything, I want to be alone, until it go away, I don't want to talk and I cant be next to the person, I cant stay next, I will try to isolate myself, I do something, I will try to watch a movie, I will try to think about it for 15 min to know why I am angry then I will watch something that I like I will eat that make me feel better then it goes away, when it go away I will talk about it, he knows how I am when I am angry. The person need to leave me alone, then it get better.

Anger is a negative emotion that Saousane has found way to manage it. Her personality towards that aspect is someone who can't stay next to a person when being angry but like to be alone and do something to feel better like watching a movie, thinking about the subject or eating to feel better. An aspect that shows that she has an introvert personality. After being alone and not being angry anymore, Saousane will talk about her anger. Her partner knows her personality well since when being angry her partner leave her alone until she feel better. Those aspects shows not only Saousane personality, but also the way her partner knows her personality and give her the time to be alone until she decide to talk about the subject when she isn't angry anymore.

Soukaina: Do you have the same culture or a different culture?

Saousane: We have a different culture, we are both african, we don't have the same culture, I come from a muslim country, he come from a country where there is a lot of religion, islam, catholic, protestant, from everything and there is the same way of seeing the family, the couple, but I think it is different because just the fact that we didn't grow up in the same religion, that but for the family it is normal and because he has spent his teenagers here and me too we can say that it make us closer that we have a common culture, we have got the life here of course we didn't leave our culture. I think it is different but not to the point that is not being able to get managed.

The couple doesn't share the same culture since coming from countries with different religions, muslim for Saousane and with different religion for her partner's country like islam and christianity. The couple have been seeing the relationship and the family the same way despite the fact that there is a difference in the religion. At the same time the couple share a common Canadian culture since they have grown up in Canada. So the couple have a different culture that is manageable when it comes to their background but have also have a common Canadian culture since they live in Canada

Soukaina: Do you have a different personality or similar or compatible, how is it regarding the personality?

Saousane: I know that I have always wanted to be with someone who can handle my bad personality. I can't say that I am hard to live with, I will say what to say without a filter and I will get easily upset now less but I get easily upset. He is very quite, he will not get angry easily when he get angry is that there is something and he will keep that for him and he will try to know why the person is angry and will try to tell you to calm down whereas I am always screaming and I feel that we complete each others because I can't be with someone who has the same personality as me it is impossible it will never last and the more the time goes the more I can get from his own personality to apply them to me and I think that it is much easier because when I get upset I know that will get to manage the situation and I try no to let him do everything and know myself also and now things are better at first it wasn't easy but now it is calmer.

Saousane think that she has a bad personality, that she like to say what she wants without making a difference and that when it comes to anger it comes easily. On the opposite her partner is calmer and get angry for something important and not easily in comparison to her so they are different in that aspect. Her partner doesn't share his anger and seek to know another person's anger and talk to her about being calmer so there is a different personality regarding to the management of the emotions. This couple have been having a personality that complete each others since Saousane need to be with someone who has a different personality as her. Saousane's partner has an influence on her personality and help her towards her anger problem during the actual moment of the relationship in comparison to the beginning. So the more time the couple have been spending time with each others the more Saousane was changing her personality and the more her partner was able to help her towards her emotions.

Soukaina: Has he ever said something regarding you personality and you regarding his personality?

Saousane: No, we let our emotions flow and he doesn't tell me you are like that you have to change that and I don't tell him that he has to change that. But unconsciously you think about ourself and I have to improve certain things, it is me that I have to be conscious about certain things but I know that he tell me that I have to change and be like that, then it is not good. It is me and with the time I try not to get upset easily for the small things.

Soukaina: So personality, who try to understand each others regarding the difference.
Saousane: yes, it is.

The couple doesn't criticize each others regarding their personalities, but Saousane knows that they are things in her personality that she needs to change and make better without her partner telling her about it. Saousane also try to control her emotions not to be angry for no reason. So the couple is respectful towards each others personality while Saousane is trying to improve things regarding her emotions.

Soukaina: Regarding the communication, do you think that because you are a girl they are things that he doesn't understand or he understand that you react this way because you are a girl and him because he is a guy. How does it work in that aspect?

Saousane: We have never ask each others the question. For me reacting in a certain way it is not common for women or common for a men. We are not into that. He will not tell me that you women are more emotional for example. No I tell that I am more emotional because of certain situation but not because I am women so I am more emotional for certain situation. Sometimes he has certain reaction and he is more emotional and its is him and he is a guy. I don't know how to explain, but I feel understood. The simple question is when I have my period I will overact. But how to say, we will tell each others that because I am girl, I have my period no, I feel understood he knows that I will have pain and I can be emotional moment and he understand that and sometimes I talk to him about certain things and he will be receptive. We don't react the same way because we have different personality, but we don't say that because he is a guy you react this way, we don't talk about that.

The couple has never talked about the difference between a men and women's talk, Saousane knows that her emotions are due for certain reasons not because of the fact that she is a women and her partner also get emotional and this has nothing to do with the fact that he is a guy or not. The couple understand each others when it comes to the expression of their emotions. Saousane feel understood about expressing her emotions and listened by her partner. Their reactions of different situations is due to their personalities.

Soukaina: Regarding the activities for example do you think that sometimes he doesn't give you time or that he spend more time with his friends and you with your friend. Have you ever had difference regarding that.

Saousane: No, we don't have problem regarding that, I let him go out if he need to go out with his friends. I am staying alone, how to explain, I like loneliness, I am not scared of loneliness and I like staying at home I don't like, he doesn't go out a lot but if he wants to go with friends, it is ok. I think that we spend a lot of time together with working from home we are always together so we spend a quality time together but he doesn't spend more time with his friend than me and all that. Those are not problem that we have so we are like the same.

The couple have different personalities, Saousane is more introvert and like to spend the time alone an aspect that she like and she enjoy being at home. Whereas her partner is more extravert and like to spend time with his friends. The couple get to spend time together that is of good quality since they both work from home and in general her partner spend more time with her than with his friend being a good aspect for the couple in general. The couple have different activities.

Soukaina: How did you met?

Saousane: I was friend with his brother and one day I was talking to his friend and we met and he told me wait my brother want to talk to you, so we talked and after 5 months, we started seeing each others and we saw each other 4 times and after we started dating. We met thanks to his friend, since I was friend with him at first.

The couple have met in person through a friend.

Soukaina: What is your reaction when he doesn't listen to you and his reaction when you don't listen to him?

Saousane: When I don't listen to him he get angry and me too. On another side, I am the kind of person that Is not that I don't want to listen, but when you are angry, I can't talk because I know that I will not have perspective regarding the situation, I will react directly so what is better is after, because the communication is not always good because when you get angry you can say words that are very hurtful to the person, it is not because you close yourself that you don't communicate but have another way of communicating. Sometimes I don't understand, because he is the kind of person who when he is angry like to talk right away, me too but I need few minutes to calm down.

Soukaina: It is the angrenesss both side.

Saousane: Exactly, for anyone, when you you want to talk and you don't feel listened you get angry easily, it is human I think.

Saousane get angry when her partner doesn't listen to her and she also can't talk during that moment since he needs perspective. So Saousane prefer waiting until she is no longer angry before speaking to avoid saying something hurtful to her partner. Saousane prefer being calmer before speaking when she is isn't feeling understood whereas her partner can speak right away. So they have both way of reacting to a lack of listening.

Soukaina: What is the impact of social media on your relationship?

Saaousane: We are not very into social media, we don't publish anything, so at the end there is no impact because we are not two people who are into social media, we are not active. So there is no impact in this level because both of us are very far from all this.

The couple are not into social media so social media has no impact into their relationship.

Soukaina: Are they things regarding the communication that you want to talk about?

Saousane: In general?

Soukaina: That happens in your relationship in general?

Saousane: In general a person, I think that we should be able to talk about everything, They are certain people who say that if you say certain things he will not take it well no I will hurt his feeling, no. I think it is not good to keep everything inside, then they are way of saying it, sometimes you will not say it in the way that goes with. It is important to say everything, you should not be afraid to say things because you are afraid that the person will leave you or that will not take it well, but your feeling first. I think that a person should always put themselves first even if you are in a relationship or married, you should also put yourself in priority because if you keep everything inside, one day you will explode and its over. A person should be able to talk about everything, say things even if they are angry and will not take it well, we are human. You are angry because of that, what do you want me to do. I will push everything its my choice and I say it, if he is happy its good if not its the same thing, I dont care so much. But at least you said it.

Saousane value the topics of communication during her relationship. Saousane believe that a person should say everything that they wants to just to be in a way that is not hurtful to the other person. Saousane believe that a person should say all that they feel inside themselves. For Saousane a person should put themselves first by saying everything that they believe. Regarding the topics Saousane think that a person need to be able to talk about different subject regarding the behaviour of the other person. Saousane believe that a person should say what they feel no matter what is the the reaction of the other person.

Soukaina: Usually the kind of conflict you have is related to what?

Saousane: Sometimes he doesn't like it when at the last minute I say that I will go on a trip, I am not the kind of person who will talk about things even if we are in a relationship I dont want to feel that I am seeking permission. Sometimes I don't talk about it because at the end it is my decision, he can be happy or not I don't care. But after it is true that when being in a relationship you need to talk about the situation. He always tell me you do what you want at the end of the day, I would like it that you tell me about it. When I tell him things I tell him in a way that his opinion doesn't count. I am very authoritarian because I don't like to feel dependant of the decision of a men whether it is my father or anyone. I can't stand the control. It is regarding those aspect that we have issue, but nothing bad.

Saousane has a conflict in her relationship regarding her decision to travel where Saousane doesn't like to feel as she need to ask for permission. Saousane like to make her own decision regardless of her partners' feeling. Saousane's husband like to know what her partner is doing. Even if Saousane share her plans with her partner she doesn't consider her partner's opinion. Since Saousane doesn't like to feel controlled. What shows aspect about her personality.

Soukaina: Are there things missing in the relationship?

Saousane: In which way?

Soukaina: Things you want to improve.

Saousane: I am sure they are things to improve, whether it is regarding the communication. For example, when I tell you that when I am angry and he wants to talk and I don't want to hear anything. I know it is not good in a way, because it is good to put your emotion on a side and knowing on how to listen to the other person. Just making effort regarding that and avoiding to close yourself and take into account what the other person want to feel. You will not be blocked on your emotions what you feel whereas the other person feel other things too. If you don't talk about it it is not good. That things to improve.

When it comes to the thing to improve the relationship they are regarding the communication for Saousane's relationship. When she is angry she doesn't want to talk to her partner and for Saousane this aspect can be improved since for her the emotions should be away from the listening. For Saousane the partner should consider her emotions. So talking about the emotions is an important aspect for Saousane.

Soukaina: Regarding the emotions do you always share your emotions and him his emotions?

Saousane: Yes, me more than him, because he is someone who take perspective regarding the situation and he will think before hurting someone, I am direct, I don't have a filter when I feel something I will even if its not the moment I will tell it. I am the kind of person who will wait until I go home for example. Even if certain moment, like during a reunion if I want to talk about something I will now. Then after it is too late. Because after you will forget about what you felt, I don't like to give myself the time to calm down. I like saying things at hot, because it is the moment where you are the most sincere you know. Then after you will say it is ok I am in a good mood I will tell it next time if he do it again and he will do it again and you will calm down. It is not good to calm down too much.

Saousane is someone who express her emotions more than her partner since he will take time before sharing his emotions. Saousane share her emotions regarding the situation and during the moment she feel that emotion. Saousane like to share her emotions at the moment because for her those emotions are the most sincere. Saousane doesn't miss the opportunity to share her emotions with her partners.

Analysis

In comparison with the result of the couple who are still together found in the questionnaire we can say that Saousane has never felt that she didn't listen to her partner or that her partner didn't listen to her like the majority of the couple who are still together, when it comes to meeting the couple have met face-to-face like the majority of the couple who are still together. The most effective way of communication has been in person like the majority of the couple who are still together. The couple didn't spoke their mother tongue during the relationship like the majority of the couple who are still together and finally the couple have been angry at each others like the majority of the couple who are still together in comparison to the result found in the questionnaire.

If we look at other aspect we can say that the couple have been have a different culture an aspect that we find during other interviews of couple who are still together like the interview of Mehdi. When it comes to the personality the couple have a personality that complete each others another aspect found during another interview of Safae for example who are still together. When it comes to the personality the couple know how to improve each others without having to tell the other person to change. The couple have never talked about the difference of the communication style between men and a women and Saouane's partner is understanding that she can be emotional during her period for example.

When it comes to aspect related to the communication that Saousane value they are more related to the topics to be discussed being able to talk about many topics in a way that will not hurt the other person. When it comes to the conflict when they happens it is more related to Saousane's character on not liking to feel controlled and preferring making her own decisions. When it comes to the things missing in the relationship they are more related to her reaction when she is angry that she doesn't want to listen or talk during that moment an aspect that Saousane want to improve. So the fact that the communication is a missing aspect also found during the interview of Mehdi for example and lack of listening during the interview of Safae. And when it comes to the emotions Saousane express her emotions more than her partner an important aspect to consider. Since this one side of expression of emotions happens during the interview of Cassandra.

The person being interviewed

Name: Mehdi
Sex: Male
Age: 20
Resident: Quebec
Profession: Student
Level of education: University level
Location: Quebec

Partner

Sex: female
Resident: Montreal
Level of education: University level

Interview information

Day: 25 December
Hour: 4pm
Location: Montreal
Type of interview: Individual

Soukaina: It is Soukaina doctorate student in Anthropology and Communication I give the interview to Mehdi regarding his present relationship. Mehdi, Tell me where you are from, your age and level of education.

Mehdi: I am from Canada, city of Quebec I am student in programming, university level and this is the question.

Soukaina: And for your partner, where she is from and her level of education?

Mehdi: And for my partner it is the same thing, she is also from Canada and study in programming and she is from Montreal, not from Quebec city.

Mehdi is a student from Canada with a university level along with her partner. This couple come from different cities.

Soukaina: How many relationship you had before and your longest relationship has lasted for how long?

Mehdi: I didn't have a lot, maybe 2 or 3 and my longest relationship is the one of now that is about 1 year.

Mehdi had only few relationship before and his actual relationship has been short for now.

Soukaina: Have you ever felt that your partner didn't listen to you or that you don't listen to her?

Mehdi: I think that everyone feel that in a moment or another, there is no perfect relationship where the communication is directly settled , yes I have felt that she didn't listen to me but we only need to talk to tell each other that we need to listen to each other and we end up listening to each others.

The couple have felt that they haven't been listening to each others and has solved the issue about talking about the fact that they should listen to each others.

Soukaina: What happen when you didn't listen to her, how did she react when you didn't listen to her.

Mehdi: Well automatically that was a conflict that happened.

Soukaina: Ok, how did it happened, when she didn't listen to you? When you didn't listen to her they was a conflict?

Mehdi: When she didn't listen to me or I didn't listen to her, they was a misunderstanding and a conflict that happened and I know that is related to the communication, it is the basis for the couple it is the basis for everything the communication. When they was a conflict that was going to start, that we were in a conflict, I will tell that we haven't understand each other well, we have to start over again so we can get along, to better understand and solve the situation.

When Mehdi didn't listen to her partner a conflict was created. A lack of listening has also created a misunderstanding in the relationship due to a lack of communication. For Mehdi the communication is what help a couple start and communicate. The couple know that when there is a lack of listening it is because of a lack of understanding, so the couple talk again for a better understanding and looking for ways for the solutions. This couple have been solving their lack of listening thanks to communication and looking for ways to solve their problems.

Soukaina: On her side when you don't listen to her, how does she react regarding to that?

Mehdi: When I don't listen to her I realize it and most of the time I try to solve the problem and tell her that we need to listen to each others because we got lost a little bit.

Mehdi know it when he doesn't listen to her and will tell her partner that they need to listen to each others because they have been doing that thing differently.

Soukaina: ok, so when you don't listen to her you realize it, but when she doesn't listen to you, she realize it, does she tell you something or on her side?

Mehdi: No, in both ways it is always me that realize it, always in a couple from what I have heard, one of the two will more realize that there is a lack of communication in the couple.

In this relationship Mehdi knows it when he doesn't listen to her but on her partner side she doesn't realize it when he doesn't listen to her. For Mehdi he is more aware about the lack of communication that they have in that relationship.

Soukaina: How have you met your partner?

Mehdi: Because we have friends in common.

The couple have met each others in person thanks to a friend that they have in common.

Soukaina: How do you communicate the most? Social media, phone texting?

Mehdi: Since we don't live in the same city, it is via social media.

Soukaina: The way of communication that is better is?

Mehdi: Messenger or whatsapp.

The couple have been communicating mostly via social media since they live in different cities and the social media have been the most effective for their relationship. So this couple because of the distance doesn't communicate directly in person.

Soukaina: What is your mother tongue and her mother tongue?

Mehdi: Me it is arabic and french

Soukaina: And her?

Mehdi: Her it is arabic and she came about 6 years, her level of french wasn't good but has improved so we can talk well.

Soukaina: So the language spoken during the relationship is french?

Mehdi: Yes, it is

For mehdi his mother tongue are arabic and french and for her partner it is arabic and has learned french after. The couple speak french during the relationship not being the mother tongue of Mehdi's partner.

Soukaina: Have you ever been angry at her and her at you?

Mehdi: Yes, many times

Soukaina: How did you do to handle those negative emotions?

Mehdi: Take distance from the situation to know why did this happen, looking for ways to find the solution, we look for the reason and if we need it we take a break not necessarily of few days but few hours, we talk after, we let things cool off then we talk both.

The couple have been angry at each others. The negative emotions have been handled by taking time off from the situation to get some perspective into what happened and seeing the possibilities for the solution. The couple will look for why it did happen and sometimes take break to let the negative emotion go away for few hours before talking again.

Soukaina: And regarding the culture, do you have the same culture or a different culture?

Mehdi: I am from morocco and she is from tunisa, there isn't a big difference in the culture but they are things that are different, that I have noticed but nothing that will affect the couple.

The couple doesn't share the exact same culture, but both of their culture have similarities and differences that doesn't affect the relationship.

Soukaina: Regarding the personality do you have the same personality, a different personality, personality that complete each others.

Mehdi: Regarding the personality she is very emotional, one word or another can hurt her. Whereas I say what I think sometimes it is complicated when it is like that but she get used to it, we can manage that, when you can know your personality and the one of the other it is much easier after.

The couple have a different personalities, Mehdi is someone who like to say that he thinks, although it can affect the relationship and makes things complicated. On the other side her partner is more emotional. Knowing each others personality is something that help the relationship according to Mehdi.

Soukaina: What are the things that are missing during the relationship?

Mehdi: I think it is the communication, we go back to the same subject

The things missing during mehdi's relationship are related to the communication.

Soukaina: Do you sometimes think that you communicate this way because you are a guy and she communicate like that because she is a girl?

Mehdi: I think that girl think more about their feelings during a relationship and guys try more to take step back during certain aspects. So yes it has an impact on the communication, because the girl as soon she has something in mind and doesn't like it she would not take perspective and go upfront to the guy thinking that he wanted to hurt her emotions but the guy will take a step back and tell himself that she has done that for this reason or that reason, in general.

Mehdi think that women are more towards their feeling, whereas men can take perspective from certain situations. For him women will be more about sharing her feelings directly.

Soukaina: Are there things regarding the communication that you want to improve?

Mehdi: In general or during a conflict it is important to learn on not listening to reply but to understand what a person has to tell you. And replying regarding what the person has told you not on what you have in mind. A person will tell something and has something in mind and think of telling it when the person will stop talking. It is a problem during the communication, the most important thing is to put on side what you want to say, you listen well what the person has to say and why and understanding and replying regarding what the person has told you.

For Mehdi listening is towards understanding not replying. The reply should also be done towards what a person think. The person needs to reply regarding to what the other person has told them according to him.

Soukaina: Did social media had an impact on your relationship?

Mehdi: You mean the fact that she has instagram or other or the way it help us to better communicate

Soukaina: The fact that you have social media, the fact that you use them has an impact on your relationship?

Mehdi: The communication during social media is not the best way, when you send them a message, the message she receive it will read it not hear it so is not emotion with it, so if you tell her certain things and you wrote with certain emotions, she will not understand it like the way you want to say it. It is neutral, something it can be misunderstood and what you have wanted to explain to her is different from what she understood, whereas it is the same sentence can be understood in different way, so it is to avoid during a relationship.

Social media is not a good way of communication according to Mehdi, since the emotions are hidden during a message an aspect that can cause misunderstanding. For Mehdi a person can't deliver the meaning intended through social media, so not a good channel to use according to Mehdi.

Soukaina: The conflict that you have is related to what usually?

Mehdi: It is jealousy or the fact that when I am busy I don't give her enough time, I don't get her busy and she think that I ignore her because I don't feel anything for her but it is because I have other things to do on the side. The time that she want me to give her is more than what I can give her.

Emotions and a lack of time are reasons for the conflict in Mehdi's relationship. Her partner ask for more time than Mehdi can give. An aspect that shows that the conflict is due to emotions and personality differences.

Soukaina: Regarding the emotions, do you always share your emotions and her her emotions? When you are angry and happy do you share that?

Mehdi: Yes we show it we don't hide our emotions. We don't hide our emotions. We can't show happiness when we are not or hiding our angerness or sadness. We show directly what we feel and we try to explain to the other the best way to solve the situation.

Both Mehdi and her partner share their emotions. Whether they are happiness or anger.

Soukaina: Regarding the activities do you have the same activities or different activities?

Mehdi: The studies and some sport on the side. She study in computer science in college. We don't study the same. The activities are kind of similar between the studies and the sport.

The couple have been having similar activities.

Analysis

In comparison to the questionnaire, we can say that the couple come from different cities like the majority of the couple who are still together with the result found in the questionnaire. Mehdi had less than 3 relationship like the majority of the couple found in the questionnaire. When it comes to the lack of listening only one partner has felt that he hasn't been listened. When it comes to the reaction after a lack of listening it was solved through understanding and communication like the majority of the couple who are still together. The couple have met in person, like the majority.

The couple spoke mostly through social media like the majority of the couple who are still together and the most effective way of communication has been through whatsapp. The couple have been angry at each other and has handled the negative emotions through communication like most of the couple of who are still together. When it comes to the other aspect, we can say that regarding the culture and the personalities the couple have been having different culture and different personalities like for another couple done during the interviews. The communication is an aspect that is missing during Mehdi's relationship.

When it comes to the difference between a men's and a women's talk, we can say that Mehdi has found a difference in the way that women talk directly regarding their feelings, whereas men take often perspective towards the situation. In comparison to other interview where the subject hasn't been important. When it comes to aspect related to the communication, Mehdi thinks that the listening is an important aspect to consider since a person needs to listen to be able to understand the situation and then reply and this need to be related to what the person has said.

When it comes to the conflict during his relationship it was related to the emotions and difference in personality like during Saousane's relationship. Finally both Mehdi and her partner share their emotions an aspects found during the relationship of Safae and Anthoine. When it comes to the activities the couple have been having similar activities like for Lara's relationship.

This is a characteristic that the irruption of romantic love, also within the framework of the appearance of industrial society and its new conceptualization of privacy, had already placed at the center of sexual-affective relationships. Later, among the various readaptations of the romantic couple model, the model of the so-called "companionate marriage": "an ideal marital in which emotional closeness is understood to be both one of the primary measures of success in marriage and a central practice through which the relationship is constituted and reinforced" (Wardlow & Hirsch 2006: 4)

The person being interviewed

Name: Alida
Sex: Female
Age: 31
Resident: Montreal
Profession: Working
Level of education: University level
Location: Montreal

Partner

Sex: male
Resident: Montreal
Level of education: University level

Interview information

Day: 1 January
Hour: 12pm
Location: Montreal
Type of interview: Individual
Value of interview: Deep

Soukaina: It's Soukaina student in Anthropology and Communication, I will do the interview with Alida regarding her relationship.

Alida: I have 31 years old I live in Canada, Montreal and I have a bachelor degree in economic and certificate in project management and I am doing a Master degree in information technology management and my partner has a Master in business analytic and a Master degree in Human Ressources and he has 34 years old. And we are both together.

Both Alida and her partner have a level of a Master degree meaning that they have the same level of education an important aspect to consider for their relationship.

Soukaina: Your longest relationship has lasted how long?

Alida: It is the actual one and has lasted for 11 years.

The couple have been together for 11 years meaning a long time and also that know each other well and have been used to being with one another. The fact that they have been together for 11 years shows that they have expertise in the field of relationship.

Soukaina: Have you ever felt that your partner doesn't listen to you and that you don't listen to him?

Alida: It happens sometimes when we have a problem in understanding that they are things that he understands in a certain way and things that I understand in a certain way and yes it happens. It can happen that we don't understand each other or that we don't listen to each other. I will tell him things that he necessarily doesn't want to do or he will tell me things that I necessarily don't want to do, those are things that happen, yes.

The couple have been dealing with misunderstanding regarding certain situations, where they both have been experiencing a lack of understanding towards one another and a lack of listening from one another. The couple have been talking to each other about the things that they want to do even though their partner has told them about an aspect that shows their personality on wanting to do what they want instead of listening to the other person.

Soukaina: How do you react when your partner doesn't listen to you?

Alida: When I have a conversation and I feel that we turn around or that is more back and forth, I will just tell him ok, and we stop there, on my side I will not continue the conversation.

Soukaina: On his side how does he react when he sees that you don't listen to him.

Alida: When he sees that I don't listen to him, most of the time he will tell the same thing it can be in the same day or within different days and he will repeat the same things for a long time until I listen or he realizes that I will not do it and I am not listening at all and he will be tired of repeating himself, usually that is how he reacts.

Regarding the reaction when it comes to listening, Alida has been aware that during a conversation when her partner isn't going straight to the subject or to the point Alida will end the conversation, an aspect that shows her communication style of not arguing and also her personality on not being patient for example. On his side her partner will keep telling her what he wants her to listen to and repeat it until she listens or he realizes that she will not. An aspect that shows the difference in the reaction towards a lack of listening. Alida being more about ending the conversation and avoiding the topics and her partner being more about insisting about the topics until he gets her attention, so their reactions are very opposite.

Soukaina: How did you meet?

Alida: We met in Canada in Montreal, when he was during the holidays to see his cousin.

The couple have met each other in person in Montreal.

Soukaina: How do you communicate the most? social media, texting, phone, face-to-face?

Alida: We communicate the most via phone or face-to-face since we live together, sometimes when he go to work we talk while he is going at work and when he come, we talk, they are the two ways of communication that we use the most.

Soukaina: What is the way of communication that is better for your relation?

Alida: It depend on the situation, but I will say face-to-face.

The couple communicate mostly over the phone when Alida's partner is at work and face-to-face when they are together since they live together. However the couple find it more efficient to communicate face-to-face.

Soukaina: Did social media had an impact on your relationship?

Alida: Impact not really but its sure that social media have an effect since your partner will put your picture and you put his picture and you have a conflict and you necessarily want to put the picture of your partner, he feel frustrated and your partner tell you that he need to go out and that you have a cold moment and you don't talk for a moment you don't necessarily want to know what he is doing. It can create stress to know what he is doing on social media. No, there not a big impact, it depend on the way we use it.

Social media has been creating some effect for the couple like when the couple don't want to share the picture of their partner while being in conflict which can create a negative emotion for the other person or the fact that the person can be stressful when it comes to seeing what their partner is doing on social media while being in conflict. So social media has been a source of stress and negative emotions for the couple when they are going to a conflictual moment.

Soukaina: What is your mother tongue and his mother tongue?

Alida: My mother tongue is french and his mother tongue is mina.

Soukaina: The language you speak in the relationship is?

Alida: More french.

The couple didn't spoke their mother tongue during the relationship.

Soukaina: Have you ever been angry at your partner and your partner at you?

Alida: Yes.

Soukaina: How do you manage those negative emotions?

Alida: I will say it depend on the degree, it depend on the reason, what has created this anger. On my side, when I am angry I will tell how I feel but I will avoid and do my best not to increase the tone and after, once I say how I feel, I disappear and I will stay in my side until my partner decide to talk to me or I decide to talk to him it can take one day or two days, usually one day maximum it is more me and if I go back to him I will try to explain to him how I feel and how I would like us to do to solve the problem on his side when he is angry he can increase the tone of voice but what happen most of the time is that he prefer avoiding the conversation and it will take time for him we are not necessarily are going to talk, sometimes it can take one day, sometimes 2 days, 3 days, sometimes more it depend until he feel comfortable to talk so he will come to me or I will realize that it has taken to much time and that I am tired of this situation and will go talk to him.

The couple have been handling the negative emotions in different ways regarding the situation. Alida is someone who after being angry will try to avoid increasing her tone. She also like to be alone after expressing her feelings until she decide to speak to her partner or he goes to her. It doesn't take usually more than one day for Alida to start talking to her partner after a conflict. When Alida has decided to speak to her partner, she will express her feeling to him and also look for ways to solve the problem. On the other side, her partner react more differently since when he is angry he will increase his tone, her partner is someone who will avoid talking about the issue in comparison to Alida. Her partner also will take more time before speaking to her again like 2 or 3 days or more. And her partner take too long, Alida will decide then to go and speak to him. So there is a different way of reacting to a conflict in this relationship.

Soukaina: Usually the type of conflict that you have is related to what in general?

Alida: It is due to misunderstanding that haven't been solved in the past, relating to the behaviours or responsibility related to house things regarding to what he have to do at home and everything it is more related to the organization it is most of the time it would be the reason for our conflict.

The couple have been having conflict in their relationship to to things related to each others' behaviours or how to handle things in the house and the way they need to organize themselves. Those aspect have been in the relationship for a long time without being solved yet.

Soukaina: Regarding the emotions, do you express your emotions and he express his emotions. How does it work regarding the emotions.

Alida: Me no, I don't communicate really my emotions he has already told me that already, the only emotion sometimes that I communicate is that when I am not happy about a situation I will talk about it but sometimes I can not be happy about a situation and I will prefer not to talk about it.

Soukaina: On his side regarding the emotions.

Alida: I can say he communicate his emotions and feeling, it is something that he talk about often.

Alida and her partner are very different when it comes to expressing their emotions. One side Alida is someone who doesn't communicate often about her emotions, when she isn't satisfied with a situation she will sometimes talk about it and other moment she won't. On the other side her partner is someone who talk about his feelings and emotions. So we can see a difference in personality and communication when it comes to expressing the emotions in this relationship.

Soukaina: Regarding the personality do you have the same personality, different personality or personality that complete each others.

Alida: We can say that we have different personality, it is sure and certain.

The couple according to Alida does have a different personality, an important aspect to consider for a couple since it has an affect on how the couple will behave with one another.

Soukaina: Regarding the culture, do you have the same culture or different culture.

Alida: We have different culture, yes since we don't come from the same country, they are similarities but also differences.

Soukaina: Regarding the activities, regarding the value.

Alida: Regarding the activities it is the same, we like travelling, going to spa, walking, shopping, regarding the value, yes, we don't have kind of the same value, but I feel that I have more value depending on my education, I have value that are more important to me in comparison to him.

The couple doesn't share the same culture since they come from two different countries. When it comes to activities the couple like to enjoy the same kind of activities like shopping, spa, travelling. However when it comes to the value, Alida think that the couple has the same value in general and that they are value that are more important to her in comparison to her partner. Alida also think that she has more value than her partner because of her education.

Soukaina: Regarding the communication are they things that you want to talk about.

Alida: Regarding to communication we have a therapist in helping relationship, we have session with her and she help us to better communicate. She tells us the problem we have related to the communication and she tell us what to do to improve them. It is it.

The couple have been seeing a therapist that has been helping them to communicate better, to know the problem that they have related to the communication and what they can do to better communicate and improve.

Soukaina: Related to the way of communication you told me that you communicate via phone and face-to-face and via phone what are the situation.

Alida: Via phone when he goes to work when he is not at home we talk over the phone but when he is at home we speak face-to-face, but they are moment that we dont want to talk, they are moment when I like to stay alone so we won't talk but when he go to work he will call me to talk to me and everything.

Soukaina: Are they other moment when you talk over the phone, except for work.

Alida: yes, when I am travelling or when I he is travelling.

The couple have been communicating both face-to-face and over the phone, especially when Alida's partner is at work. However when the couple is together at home, sometimes they talk and they are other moment where Alida prefere staying alone, so in this aspect the couple will talk over the phone when her partner goes to work. So this aspect shows that regarding the situation, the couple will speak either face-to-face or over the phone.

Soukaina: How many relationship you had in the past?

Alida: Only 1 and it is not like a relationship.

Alida has been in less than 2 relationship before.

Soukaina: Doe you think that he communicate in a certain way because he is a guy and you in a certain way because you are a girl?

Alida: sometimes yes, sometimes no, it depend. All depend on the background and the education and the environment it is more all that then the fact on being a girl or a guy it is true that it is an aspect to consider but not only that.

For Alida the fact of being a guy and a girl influence the communication but they are also other factors to consider like the education, the background and the environment.

Soukaina: Are they thing missing in the relationship.

Alida: Yes, there isn't any perfect relationship, things that are missing I can say complicity and the communication that is not good all the time

The things missing in Alida relationship are related to the communication and personality.

Analysis

As a conclusion we can see that this couple came from the same city like the majority of the couple who are still together from the result found in the questionnaire. Alida has decided to stop the conversation with her partner when he wasn't listening to her like the majority of the couple who are still together. Alida has been in less than two relationships like the majority of the couple who are still together. The couple have met in person like the majority of the couple who are still together. This couple has been speaking both face-to-face and in person, again like the majority of the couple who are still together. When it comes to the most effective way, it has been in person like the majority of the couple who are still together.

Other results have been found like the most of the couple still together, has been the fact that the couple didn't speak their mother tongue, the fact that the couple have been angry at each other and also the way the couple have been handling the negative emotions being through talking for Alida and by avoiding the conversation on her partner's side. An aspect also found in the result of the questionnaire of the couple still together. Now if we look at other aspects the conflict has been regarding to unsolved past issues regarding their behaviour and towards the responsibility in the house and towards the organization also. These are problems, without a doubt, that appear more frequently in couples who have already been living together for a considerable amount of time and where both members of the couple work, like here. When it comes to the emotions Alida is someone who doesn't always express herself, she will only do it sometimes when she is not happy about a situation. However on the other side her partner communicates often about his emotions, which results in an antagonistic model to the one that is established in a stereotyped way. When it comes to the personality the couple have a different personality an aspect already found in a previous interview like the one of Mehdi for example. When it comes to the culture the couple have a different culture, an aspect found in more than one interview.

When it comes to the activities the couple have been having similar activities like for Mehdi's relationship. Now if we look at other aspects related to the communication, the couple have a therapist that helps them improve their way of communication, a result not found during the other interviews.

Obviously, the fact of being a couple of long duration in time explains this difference. Another aspect found is towards the reason of the use of the phone between the couple, often when the couple are travelling or the partner is at work. When it comes to the difference in communication between a man and a woman's talk it is an aspect that matters for Alida but for her other aspects like the environment, the background and the education are also to consider. Finally when it comes to the things that are missing in her relationship they are more related to the complicity, so the personality and also the communication like for Saousane, Mehdi and Antoine's relationship.

Interview with 3 workers from Canada Age: 20–35

The person being interviewed

Name: Safae
Sex: Female
Age: 28
Resident: Montreal
Profession: Working
Level of education: University level
Location: Montreal

Partner

Sex: male
Resident: Morocco
Level of education: University level

Interview information

Day: 24 December
Hour: 4pm
Location: Montreal
Type of interview: Individual
Value of interview: Deep

Soukaina: Its Soukaina, student in Doctorate in Anthropology and Communication. I will do the interview to Safae. Safae please tell me about you your age, your level of education and the one of your partner.

Safae: hi, Soukaina, My name is Safae, I am 28 years old I have Bachelor in Scenario, Cinematography and Television. I live in Canada, I am from Montreal and My partner, I am married and my partner is from Morocco and for his education he has a Master degree in Finance.

Regarding this aspect we can say that safae doesn't live in the same country as her partner and that they have both a University level with different level of degree, since a Bachelor for Safae and a Master degree for her partner

Soukaina: How many relationship you had and your longest relationship has lasted how long?

Safae: My longest relationship as you have seen is about 3 years, married for about 2 years. For the relationship, I had only 1 serious relationship before but for the most it was only casual.

Safae had only been in one serious relationship in the past which shows that she didn't have many serious relationship.

Soukaina: Tell me a little about, how does it work with your husband now. Do you feel that when you talk to him he listen and when he talk to you listen and how does it work related to the listening.

Safae: For the listening it is an important things since the beginning and the trust also, yes we listen to each others and we treat each others like friends and that is what is important in a relationship according to us.

Soukaina: You have never felt that he has never listened to you and you not listened to him. So there is always the listening ok.

Safae: Its possible, it depend on the circumstance of each person, sometimes he is busy sometimes I have lived something that I want to tell him, I know he is very busy and he can't listen to me so I will tell him or I wait for the best time to have his attention 100%.

Soukaina: But in general you have his attention and there is the listening in both ways.

Safae: The listening in both ways, exactly.

For safae the listening and the trust are important in a relationship so the couple has been listening to each others and treating each like friends, being key for their relationship. However few moment regarding the circumstances when her partner is busy, Safae will tell him that she needs him to listen to her or wait until he has moment and can listen to her so she can talk to him about what she has done. But in general Safae is able to have her husband's attention so he can listen to her and she can listen to him as well. So in this regard the couple value listening and find a way to listen to each others, even when Safae's partner is busy she will wait for the moment he can listen, so he will do it or tell him about it when he can't.

Soukaina: What is your reaction when he doesn't listen and that you don't listen to him?

Safae: My reaction is that I have a hard head and he take a step back and time and we give each other time what I do is that I calm down and try to see how he see the thing, sometimes I accept and sometimes I tell that each one of us has way of thinking and seeing the things and after we talk about sometimes, I know I have a hard head. Sometimes you have to accept that a person see things differently, you don't have to accept to see things in his way, we are all different.

After a lack of listening, Safae try to understand that each one of them has a way of thinking and being calm safae and her partner talk about the situation. Safae try to accept the way her partner see things because they are different.

Soukaina: How have you met each others.

Safae: We have through social media, on facebook.

The couple have met each others through social media, a way few couple have met each others.

Soukaina: What is the impact of social media on your relationship?

Safae: He is not into social media, so social has no impact into our relationship, so we don't have a problem with that.

Social media had no impact into Safae's relationship, since her partner doesn't use social media very often. A common way for looking and meeting a partner however it is not common among the couple of this study.

Soukaina: And how do you communicate, is it face-to-face, via phone or how does it work?

Safae: We have all those ways because it is a long distance relationship from the beginning so its really social media, but since he live in Morocco and I live in Canada he is not here officially so its really whatsapp and when one need to see the other its face-to-face. Because the distance create sometimes misunderstanding.

The couple speak mostly through social media like whatsapp because of the distance and aspect that has created misunderstanding for their relationship. Otherwise the couple spoke face-to-face.

Soukaina: What is the best way of communication for you?

Safae: Since I don't have the choice it is the phone, but the best is face-to-face because the distance cause misunderstanding.

The best way of communication has been face-to-face otherwise through the phone.

Soukaina: your mother tongue is?

Safae: My mother tongue is arabic but normally my first language is french, its both, we communicate in both french and arabic.

Soukaina: So you communicate with your partner in french and arabic.

Safae: Exactly

The couple have been speaking both their mother tongue during the relationship.

Soukaina: Regarding the emotions have you ever felt that you have been angry at him or him at you.

Safae: Its totally normal, so we can be angry at each others, and I am not a person that is very patient and with this distance I have discovered that I reached a big patience and what make me angry is that he is far from me so sometimes I create conflict coming from nothing because of that, because of the lack of his presence

Soukaina: Has he been angry against you?

Safae: Yes but not against me, he is very stressful in his work and when I say something he can get angry and it is misunderstanding most of the time.

The couple have been angry at each others and it has been mostly because of the distance. The distance has made her very patient but angry at the same time.

Soukaina: How do you manage the negative emotion when it happens?

Safae: We give each others the time to calm down, this is what I like a lot about him, he take alone and he will tell me Safae we talk after I am really mad and after we will talk about it, and talk about something else.

The couple have been managing the negative emotions through distance and communication by talking after the negative emotions has gone.

Soukaina: You have the same culture so I believe that you have common activities.

Safae: We have the same culture, so we have the same event shared and when he is not here we take pictures, I talk to his family he talk to mine.

The couple have the same culture and share the same event through pictures when they are at distance.

Soukaina: Regarding the personality, do you have the same personality or different or personality that merge, or complete another how is it regarding the personality.

Safae: One personality complete the other and I have a hard head, when I am right, I am right and he is the only person who can help me see things in a different way, he take the time to explain and he will show me that there is nothing wrong of accepting that I am not right.

The couple have been having personalities that complete each others, Safae's partner help her change ideas and see things in a different way and accept other perspective.

Soukaina: The conflict that you have is related to what in general?

Safae: Most of the time it is due to understanding, I think about something in a certain way and him in a certain way and we don't understand each others and he understand things in his way and it is misunderstanding most of the time. And also the person in front of you don't want to say that they are wrong. So even if I know that I am wrong I will say that I am right 100%

The conflict is often due to things the couple understand differently. Safae's personality doesn't allow her to admit when she is wrong.

Soukaina: Regarding the emotions do you always express your emotions and him his emotions?

Safae: It depend on the situation but sometimes I have learned that we should no be ashamed of expressing our emotions and you should explain to your partner what you feel, so sometimes the person in front of you doesn't know what you feel, so she need that you explain to him, so he can understand you.

For Safae a person need to express her feeling to her partner for him to be able to understand her emotions.

Soukaina: Do you think that he talk in a certain way because you are a girl and him in a certain way because he is a guy?

Safae: Talking in a certain way it depend on what you mean. But they are things that he adapt because he is a guy and I am a girl. Culturally he tell me I am a men I can do that and that and you are a women you cant do that. But I explain to him I have lived abroad and my parent have been open mind and the culture can tell you that you can do certain things and the women certain things. But for me it is not that. With the time he has learned that with me it is not like that.

There is a difference in the way a men and a women should behave according to Safae's partner but for her it is not like that. Even if the culture may allow certain kinds of behaviours

Soukaina: Does he always express his emotions?

Safae: Yes he does but most of the time when he is angry he take a step back and go for a walk because he know that if he expose I will cry and he doesn't want to see that. I am sensitive, he react with everyone but not with me. He prefer going out or we will say things that will be lowering for us that will break our relationship so to avoid this he will take a step back.

Safae's partner always express his emotions but he will take time before reacting because Safae is very sensitive. Safae's partner decide when angry to take time so the couple will avoid having to say things that can be negative for the relationship.

Soukaina: Are they things missing in the relationship? Things to improve?

Safae: Understanding, the listening, but at least I tell myself that regarding that aspect we listen to each other and each one of us say that he is right. So we lack listening and the listening is important and the communication also.

During Safae relationship she want to improve the listening in her relationship

Soukaina: Regarding the activities do you have the same activities and different activities?

Safae: We have similar activities and also different where we try to discover the things we haven't done yet. We have a list about what we want to do.

The couple have both similar activities and different activities

Soukaina: Are there things regarding the communication that you want to talk about? Things that happen related to the communication that you want to improve?

Safae: I have a problem when I am angry I don't listen to the other person. During the communication I need to control my emotion and listening to the other person. I think that the best way is to take a step back and going out like he does and talking to him but the other person need to let you do that. Sometimes during a conflict the other person doesn't let you the time to think and attack you. It is not good to attack the other person. I need to learn to control my emotions.

When being angry Safae has learned that she need to listen more and be able to have more control over her emotions. She also realized that during a conflict her partner talk straight forward without giving her the time to think.

Analysis

As a conclusion we can say that the couple have been having a different level of education like the majority of the couple who are still together with the result found in the questionnaire. The couple came from different cities like for the majority of the couple who are still together. Safae has been in less than 2 relationship like for the person questioned during the questionnaire who are still in a relationship. When it comes to the listening the couple have been listening to each others like the majority of the couple who are still together. The couple had been communicating through the phone and in person like the majority of the couple who are still together. The couple have been angry at each others like the majority of the couple who are still together and the negative emotions have been handled through communication.

When it comes to the other aspect, the couple share the same culture a result found in the interview done with Lara and when it comes to the personalities, the couple have been personalities that complete each others like found during the interview with Saousane. When it comes to the conflict it is due to a lack of understanding according to Safae, meaning communication an aspect also found during Anthoine's relationship. When it comes to expressing the emotions both Safae and her partner express their emotions like during Mehdi's relationship. When it comes to the things missing in Safae's relationship their are related to the understanding and improving the listening like for Saousane's relationship.

The couple have both similar and different activities like for Cassandra. Finally related to the things related to the communication Safae need to improve her emotions and her listening skills and learning to take perspective regarding the situation.

This couple, in addition to being a couple who have lived together, also has the particularity of living separately. This is an increasingly present situation in the lives of many couples, which has led to the labeling of this type of cohabitation as Living Apart Together. This formula may be the result of a choice or a need on the part of the couple (De Jong, 2004 and Levin, 2004). In couples who live in different places, the problem of the use of social networks and communication technologies increases, and with it also the presence of misunderstandings in communicative terms.

The person being interviewed

Name: Lydia
Sex: Female
Age: 35
Resident: Montreal
Profession: Working
Level of education: University level
Location: Montreal

Partner

Sex: male
Resident: Montreal
Level of education: University level

Interview information

Day: 5 January
Hour: 7pm
Location: Montreal
Type of interview: Individual
Value of interview: Deep

Soukaina: It soukaina student in a Doctorate in Anthropology and Communication. I will do the interview with Lydia regarding her previous relationship.

Lydia: I have 35 years, my level of education I have a bachelor in fashion business and he had 37 years old and had done studies in finance.

Lydia has a university level degree.

Soukaina: How many relationship you had before and your longest relationship has lasted for how long?

Lydia: I had 2 relationship in total and before him I had one and my longest relationship has lasted 5 years it was with him.

Lydia had few relationship before, only two. An aspect that shows that she doesn't have many diverse experiences.

Soukaina: Have you ever felt that your partner didn't listen to you or that you didn't listen to him?

Lydia: Yes we had problem regarding that aspect like that actually.

The couple have felt that they haven't been listening to each others.

Soukaina: How did you react when he didn't listen to you and how did he react when you didn't listen to him?

Lydia: I wanted always for us to talk about it so we can solve the situation very soon but he was more closed to himself and giving silent treatment and closed on himself.

Lydia wanted to communicate when he wasn't listening to her whereas her partner didn't want to talk and prefer staying silent when they was a lack of listening.

Soukaina: Regarding the language what is your mother tongue and his mother tongue?

Lydia: French

The couple spoke both their mother tongue during the relationship

Soukaina: How do you communicate the most? Phone, texting, social media

Lydia: Texting

The couple have been mostly communicating through texting.

Soukaina: The most effective way of communication was?

Lydia: At the beginning of the relationship I would say texting, but then when it became more serious I would say more over the phone.

The couple have been texting but the most effective way has been through the phone.

Soukaina: Did social media had an effect on your relationship?

Lydia: Yes

Soukaina: Positive, negative?

Lydia: Negative, more negative, I would say.

Soukaina: For example what are the scenarios.

Lydia: For example, it was the moment when we can see what the people would like on instagram, and I would see that he would like weird picture of girl with few clothes, so we can a bit in conflict because of that.

Social media had a negative effect on the relationship since they were moment were it has created jealousy and conflict when her partner was looking at the picture of other girls, that Lydia found inappropriate.

Soukaina: Have you ever been angry at your partner and your partner at you?

Lydia: Regarding social media or in general?

Soukaina: Yes in general.

Lydia: In general, Yes

Soukaina: How did you do to overcome and manage those negative emotions?

Lydia: Of course, I am someone who like to talk it about her emotions, trying to help the other understand how I felt, and on his side he was someone very patient, he will show a lot of patience and we had our similarities and differences.

The couple have been angry at each others and the way the negative emotions has been handled by Lydia was through communication and taking about her emotions to her partner. On the other side her partner will be more patient about the situation

Soukaina: Regarding the culture you had the same culture or a different culture?

Lydia: Not the same, he was an african like me but from another country, so they were many things that we had in common regarding the culture and other that were different, but it was very similar.

The couple had a different culture, since they were coming from different countries, although they were certain things that were similar for them.

Soukaina: Regarding the personalities. You had the same personality or a different personality?

Lydia: I would say opposite, two personalities, both in extreme

The couple had two different personalities, being on the opposite side.

Soukaina: Regarding the conflict you had before, it was related to what.

Lydia: It was especially because of the future and because he wanted to go to his country and I wasn't sure so it was conflict related to that aspect, anything related to the future. Because he wanted to go to his country and me I wasn't sure, so they were conflict in that aspect related to the future.

The conflict between Lydia and her partner is related to the future and the things that they want to do and where to live, since the partner of Lydia wanted to go back to his country.

Soukaina: Have you ever felt that his way of speaking to you is different from your way of speaking to him?

Lydia: Yes, because I am someone who can insist for him to express himself and it wasn't really his type so we had two different ways of speaking. Sometimes the two ways got into a clash, our both ways.

The couple had different ways of talking, Lydia partner's doesn't express his feeling easily so Lydia had to insist.

Soukaina: Have you ever taught that he speak like that because he is a guy or that you speak like that because you are a girl?

Lydia: Yes, he would tell me that a lot, but those things are for girl, we don't talk about our emotions like this you can't tell me that, things like that.

Lydia's partner has realized that she spoke about her emotions and that it is something for girls in comparison to guys, that they are things that she can't tell him.

Soukaina: Were they things related to the communication that you want to talk about, things that bothered you?

Lydia: I had to grab the informations regarding his emotions and feelings he is not someone who share how he felt, he preferred often keeping everything inside him and sometimes it got cumulated until it exploded and I didn't know all that, it came from nowhere. I believe that on his side he told that it could be aggressive to always wanting to talk right away, he would prefer taking a moment and then coming back, so they were two kind of communication, yes.

Lydia's partner isn't someone who talk about his emotions and feeling and sometimes he will keep that for himself until he will tell all about it at once. Lydia's partner also think that he should talk sometimes instead of right away an aspect that can appear aggressive regarding to him.

Soukaina: Did you came from the same city or different cities.

Lydia: Two different cities, then the same city.

The couple came from different cities.

Soukaina: Were they things that you could have done to avoid the breakup or things that he could have done to avoid the breakup?

Lydia: Of course, he could have had a bigger open minded, he was someone very irritable, as soon as we told him something he took it very personally, very bad and on my side I could have tried to adapt myself at his type of personality instead of trying to make him into my own personality.

Lydia think that both her and her partner could have been able to do something to save the relationship on Lydia side she think that she should have tried to attapt to his personality and on her partner side he should have had an open mind about the situation and being irritable or taking things personally. So the aspects were related to their personalities.

Soukaina: How did you meet each others?

Lydia: We had friend in common, we had met each others one or two times in a event where we had friends in common that were here and we have exchanged phone number and it is where the relationship has started so it was during the event through friends in common.

The couple have meet each others through a friend that they have in common.

Soukaina: Were there things missing in the relationship?

Lydia: They were a lack of communication. They was communication not when there is a conflict or problem it is at that moment when they was a lack of communication

The things missing during the relationship were related to the communication especially during moment of conflict an aspect to consider for the reason of their breakup.

Soukaina: Regarding the emotions, do you always share your emotions and him his emotions.

Lydia: I am someone who always share his emotions, for him it was less than he should have so it was unequal

Lydia share her emotions more than her partner an aspect to consider, since for her her partner didn't share his emotions as he should have.

Soukaina: Did you have the same activities or different activities?

Lydia: We had similar activities but we liked to go into the activities of each others but we liked to participate in the activities of each others too. It was not a problem that they were things that weren't similar, we always participated and always encourage each others, similar but we participated in the activities of the other.

The couple have been having similar activities while being part of each others activities.

Analysis

As a conclusion we can say that the couple have been coming from the same cities like the majority of the couple who had a breakup found in the questionnaire. Lydia had less than 2 relationship before another aspect found in the majority of the couple who had a breakup. Both couple haven't been listening to each others like the majority of the couple who had a breakup. When it comes to the reaction of her partner when Lydia didn't listen to him, his reaction has been negative since he has been closed on himself. Both couple have been speaking their mother tongue during the relationship being also like the majority of the couple who had a breakup. When it comes to social media they had a negative impact into their relationship like the majority of the couple who had a breakup. Both couple have been angry at each other and the couple have been handling the negative emotion through the communication from Lydia side an aspect also found for the couple who had a breakup since communication has been a way to handle their negative emotions.

When it comes to the things that could have been done to save the relationship the common fact is that her partner could have been able to save the relationship by being more open an aspect that we found in the majority of the couple who had a breakup. On the other side Lydia could have been able to save the relationship by adapting her personality to the one of her partner.

Other aspect to consider are the fact that both couple have been having different culture and they also have been having different personalities an aspect that we found for the previous relationship of Lara. The difference in personalities is an aspect already found for couple who had a breakup. If equality is used to being synonymous with continuity, with no rupture of the relationship, difference often symbolizes the opposite, being a common explanatory cause of the rupture.

When it comes to the conflict it was related to aspect related to the future since she didn't know whether she wanted to go back to the country of her partner or not. The disparity of criteria regarding the future often happens during breakup stories, and it probably has to do with the rhetoric of romantic love, which establishes the eternity of love, which is why the couple always has to have a consensus on its future.

When it comes to the difference between a men and a women's talk, Lydia's partner has told her that she behave this way and talk about her emotions because she is a girl and that guys don't talk about their emotions according to traditional stereotyped models of femininity and masculinity.

A new aspect found in comparison to the other interviews done like the one of Anthoine. When it comes to aspect related to the communication, the communication, Lydia has realized that her partner wasn't sharing all the things with her that she had to look for ways to take the information from him regarding his feelings and emotions since he wasn't someone who share his feelings easily and keep his emotions inside. When it comes to the emotions Lydia was sharing more her emotions than her partner an aspect also found during Lara's past relationship. Finally when it comes to the activities the couple had the same activities and participated in each others activities a new aspect found in a relationship that has ended in comparison to the other lasting relationship were the couples were not participating in each others activities which show that their personalities regarding their activities might have influenced their relationship.

This could be related to the fact that currently the couple relationship is "threatened" mainly by the desire for individuality. As Beck and Beck-Gernsheim (1998) have indicated, the desire and/or need for individualization and the desire and/or need for a shared relationship constitute a kind of illness that can be considered as the postmodern and postromantic pathology par excellence.

The person being interviewed

Name: Cassandra
Sex: Female
Age: 25
Resident: Montreal
Profession: Working
Level of education: College level
Location: Montreal

Partner

Sex: male
Resident: Morocco
Level of education: College level

Interview information

Day: 6 January
Hour: 1pm
Location: Montreal
Type of interview: Individual
Value of interview: Deep

Soukaina: My name is soukaina student in Anthropology and Communication. I will ask Cassandra regarding her actual relationship. So Cassandra tell me about your age, level of education and you are from and the level of education of your partner and where he is from.

Kassandra: My name is Cassandra I am 25 years, I am from Canada and I have a college degree, and my present relationship he is Moroccan and has a college degree

The couple have both a college degree. Cassandra is from Canada and her partner from Morocco.

Soukaina: How many relationship you had in the past and your longest relationship has lasted for how long?

Kassandra: I had 3 relationship and my longest relationship has lasted 3 years.

Kassandra had 3 relationship and her longest has been 3 years, meaning that she has been having a lot of experience

Soukaina: Have you ever felt that your partner doesn't listen to you or that you don't listen to your partner?

Kassandra: Yes

The couple have been not listening to each others.

Soukaina: How did you react when your partner doesn't listen to you or that you don't listen to your partner?

Kassandra: In my previous relationship, my first relationship, You let your emotions control you so you get angry because it is something that is bothering when your partner doesn't listen to you. But with the time the communication is the key for the relationship. To communicate with the person with whom you are in a relationship is the best solution.

Soukaina: And with your partner how does he react when you don't listen to him?

Kassandra: As I said you get angry, but with the time we learn to communicate and we communicate it is really.

Kassandra get angry when her partner doesn't listen to her and she try to solve the problem through communication.

Soukaina: How many languages do you speak and what is your mother tongue and what is his mother tongue?

Kassandra: My mother tongue is French and his mother tongue is Arabic.

Soukaina: The language you speak in the relationship is?

Kassandra: French

The couple didn't spoke their mother tongue during the relationship.

Soukaina: How do you communicate the most with your partner? Texting, phone, email, face-to-face

Kassandra: texting

Soukaina: The best of communication is?

Kassandra: Face-to-face

The couple spoke mostly through texting and the best way have been the communication through face-to-face.

Soukaina: Did social media had a negative effect on your relationship?

Kassandra: No, because we don't have social media

The couple doesn't have social media so there is no impact on the relationship.

Soukaina: Have you ever been angry at your partner and your partner at you?

Kassandra: Yes

The couple have been angry at each others.

Soukaina: How do do you to manage those negative emotions?

Kassandra: I wait until I am not angry anymore and I will say he will go out until he calm down and when he is calm he will come back and we will talk.

The couple have solved the negative emotions through communication and being calm for both of them.

Soukaina: Regarding the culture you have the same or a different culture?

Kassandra: A different culture.

The couple have been having a different culture an important aspect to consider.

Soukaina: Regarding the personalities, do you have the same personalities or different one?

Kassandra: Different personalities

The couple have been also having different personalities.

Soukaina: Are they things that are missing in the relationship?

Kassandra: In the relationship

Soukaina: Things you want to improve.

Kassandra: I would say improve my behaviour

Soukaina: Are they things that he can improve in the relationship.

Kassandra: To manage his emotions, no let his emotions take over him.

Kassandra wants to improve her behaviours and want that her partner to have more control over his emotions.

Soukaina: When you are angry at each others, is he the one who talk to you or you who talk to him?

Kassandra: Most of the time it is him who come and talk to me, it is someone who when he go outside

he calm down then he go inside and he is well, so it always him who take the initiative so we can talk and solve the problem.

Kassandra partner is someone who take the initiative to talk to her after they have been angry at each others, he will go out calm down and then come back and talk to her.

Soukaina: Has he ever tell you you communicate this way because you are a girl or that he communicate like that because he is a guy, or never talked about it?

Kassandra: I think that we have never talked about it.

The couple have never mentioned the difference in the communication between a guy and a girl.

Soukaina: Are they moment you think that he doesn't understand you?

Kassandra: We stay two different humans, so of course they are moment that we don't understand each others or that we don't agree about certain things. We end up sitting and trying to explain to each others and finding solution and normally after everything is well.

The couple have been having moment of a lack of understanding and agreement and this aspect has been solved through communication.

Soukaina: Regarding the listening you told me that they were moment where you haven't listened to each others but regarding that you go to him so he can listen to you and he go to you to him so he can listen to you, how does it work when there is a problem regarding the listening?

Kassandra: I go to him so he can listen to me more, I will tell him that I will explain to him my feelings regarding a situation

Soukaina: On his side how does it work when he realize that he didn't listen to you he will come and tell you, so I didn't listen to you, we need to talk about a subject?

Kassandra: No it is me who will tell him, that him, I will tell him you didn't listen to me, can you be careful because I don't want to repeat myself.

Kassandra will go to her partner to get an explanation of why he haven't listened to her and share her feeling with him. In both situations it is Kassandra that go and talk to her partner when he doesn't listen to her and tell him that he needs to listen her.

Soukaina: How did you met?

Kassandra: At the beach

The couple have met in person at the beach.

Soukaina: Regarding the emotions do you always express your emotions and him his emotions

Kassandra: Yes we express our emotions but me more than him.

The couple both express their emotions but Kassandra express more her emotions an aspect that shows a one side situation.

Soukaina: The kind of conflict you have is related to what in general?

Kassandra: A lack of communication

The conflict that happens is often due to a lack of communication

Soukaina: Regarding the activities do you have the same activities or different activities?

Kassandra: The same activities expect for the sport

The couple have similar and different activities

Soukaina: Are they things regarding the communication that you want to talk about, things to improve

Kassandra: Learning to more express myself about what I want. More about what I like and I don't like so we understand each others without misunderstanding.

Kassandra need to improve her communication with her partner regarding what she wants an important aspect for her partner so he can understand her.

Analysis

As a conclusion we can say that the couple come from different cities like the majority of the couple who are still together. The couple have met in person like the majority of the couple who are still together. The other aspect that we find in the majority of the couple who are still together are related to the fact that the couple have been angry at each other, the fact that the negative emotions has been handled through communication and the fact that the couple didn't spoke their mother tongue during the relationship.

Other aspect to consider is that the couple also have different culture and different personalities an aspect also found in an interview done with Saousane who is also in an actual relationship. When it comes to the things missing in the relationship was the way Kassandra needed to improve her behaviour with her partner and on the other side her partner had to better control his emotions. When it comes to the difference between a guy and a girl's talk, the couple have never brought the difference in the communication. When it comes to the communication the couple have been moment when they didn't understand each others but they have tried to sit and explain to each others the situation in order for them to find a solution. When it comes to the emotions, Kassandra have been expressing her emotions more than her partner an aspect found during the interview of Saousane. The conflict during Kassandra relationship is due to a lack of communication an aspect also found during the relationship of Anthoine. When it comes to the activities the couple had both similar and different activities like for Safae's relationship.

The person being interviewed

Name: Anthoine
Sex: Male
Age: 33
Resident: Montreal
Profession: Working
Level of education: College level
Location: Montreal

Partner

Sex: female
Resident: Montreal
Level of education: College level

Interview information

Day: 26 December
Hour: 12pm
Location: Montreal
Type of interview: Individual
Value of interview: Deep

Soukaina: Its soukaina student in doctorate in communication and anthropology. I will do the interview with Anthoine regarding his actual relationship. Anthoine tell me about your age where do you live, your level of education along with the one of your partner and where does she live?

Anthoine: I am anthoine I have 33 years old, my partner sarah has 31, we both live in st hubert, south side in longueuil. Regarding the education I have a college degree in aerospace and sarah has a college degree in special education and audioprosthethist

Anthoine has 33 years old and both him and his partner have a college degree.

Soukaina: How many relationship you had before and your longest has lasted for how long?

Anthoine: My longest relationship is the actual one that has lasted more than 6 years, and before I had 3 relationship. If I remember well.

Soukaina: Your partner longest relationship?

Anthoine: I would say this one and the others has lasted few years.

Anthoine had more than 2 relationship before and both him and her partner had been having the same level of experience when it comes to relationship.

Soukaina: Have you ever felt that your partner doesn't listen to you?

Anthoine: It is not her that doesn't listen it is me that doesn't speak enough.

Anthoine have never felt that her partner didn't listen to him but that they was a lack of communication from his side.

Soukaina: How have you met your partner?

Anthoine: In a dating website.

The couple have met each others through a dating website.

Soukaina: How do you communicate the most? Face-to-face, social media, texting?

Anthoine: When we have serious discussion it is much easier via texting, like we both try to solve our problem like that otherwise it is face-to-face that we talk.

The couple communicate through texting when there is a serious discussion otherwise face-to-face.

Soukaina: The best way of communication that you think is?

Anthoine: Texting because I have difficulty expressing myself.

The couple speak via texting since Anthoine has difficulty expressing himself.

Soukaina: What is your mother tongue and her partner mother tongue?

Anthoine: French

Soukaina: So the language spoken during the relationship is?

Anthoine: French

Both couple have been speaking their mother tongue during the relationship.

Soukaina: Have you ever been angry at your partner and your partner been angry at you?

Anthoine: Angry I would say no, disappointment. Angry, no we are not angry people.

The couple have never been angry at each others.

Soukaina: Regarding the culture, do you have the same culture or a different culture?

Anthoine: I would say the same culture, we don't have the same value, or degree of value. But we have the same culture, she is a white educated by a diverse family, her parent have divorced when she was young he has four family, on my side I am only one, she has two brothers and sisters and another brother, I am only one educated by my mothers.

The couple have the same culture, but have different value.

Soukaina: Regarding the activities you like the same activities or tend to like different things?

Anthoine: Regarding sarah she is very outdoors, going outside and playing in the snow, walking outdoors. She has certified for scuba diving, what I don't have it and I have tried but I didn't succeed. I like surfing outside the water, I can walk, biking and going to the gym but she doesn't like the gym but she make efforts.

Both couple have been doing outdoors activities, just different activities.

Soukaina: I want to talk about when you are texting during important moment, is it also good for your partner?

Anthoine: It is for both of us, she is very emotional so when the emotions go up she start crying and she can't control herself and on my side I have difficulty thinking when someone give me too many argument so texting help me think about what I want to say and what the other person wants to hear and on sarah side, it is better for her to express herself via texting and even if she was young she used to write letter to her mother because she couldn't express her emotions.

Soukaina: It's a good things for both of you

Anthoine: Yes and it never end, the texting

Texting has been a good way of communication for both couples for Anthoine since texting help him think about the idea he wants to text and for her partner it is better for her to express herself when she is very sad and crying an aspect that she has started at an early age.

Soukaina: Finally you find solution thanks to texting

Anthoine: We can hear the point of the other and we can think and the same time that we read which is beneficial for not saying things that we won't like or that we don't really think but things that are mean

Texting help the couple better express themselves and say the things that they like without having to hurt another person's feelings. It is also a good way for them to know the idea of the other person and think about what to say.

Soukaina: You have the impression that you communicate less, did she tell you about it.

Anthoine: I can see it and she told me about it at the beginning it is how it is exploded. Regarding my project and what I taught she will find herself included because she found herself excluded, she told me about it and I have also realized it and I am like that when I have a project I don't necessarily want to tell it to everyone, I prefer doing my project and after showing the result.

The lack of communication of Anthoine has been mostly towards his projects which has made her partner feel excluded from the relationship. Anthoine's partner have told him that he doesn't communicate enough with her and he has also realized that aspect.'

Soukaina: Regarding the emotions, she does it better through texting than face-to-face.

Anthoine: Yes, when there is many emotions on her side, she start crying regarding what we are talking about but it is usually hard subject.

Anthoine's partner express herself better through texting especially during hard subject that made her sad and where she start crying.

Soukaina: On your side, it is what you like, sharing your emotions via texting?

Anthoine: Like what I said, it is the verbal, I have things to say but I have difficulty talking about them in words when there is moment to tell them I find it easier to write them even sometimes during the day when there is a situation I will write them for not to forget about them.

Anthoine like to express himself via texting since he find it hard to express himself orally and Anthoine will write his ideas so he will not forget about them before deciding to talk about them.

Soukaina: Regarding the personality do you have the same personality, different personality or personalities that complete each others.

Anthoine: We complete each others, I am analytic and she is more personal in the human side, she also work with human also so she is close to her emotions and need to feel appreciated on those things, whereas I am more about fact and data and all. My personal side need to be developed.

The couple have been having personalities that complete each others Anthoine being more analytical whereas her partner being more personal. Anthoine is more about fact whereas her partner is more emotional.

Soukaina: When there is a conflict and you talk via texting, is there improvement as how you manage the conflict via texting?

Anthoine: At the beginning we didn't know each other that well, I was wondering if she can talk without crying, but it is her nature, I can talk about it. But when there was argument or things to say close to feelings, I don't mind using those ways that are good for both of us and we can understand each others and talk through that.

The couple find it beneficial to speak through texting especially when Anthoine's partner become emotional and start crying. So texting has been a good way to talk about feelings and during argument as well.

Soukaina: What is your reaction when your partner doesn't listen to you and you don't listen to her?

Anthoine: It is more frustration and feeling of ignorance from my side and when she doesn't listen to me it is kind of the same not necessarily frustration but I do what I want.

Anthoine's partner felt frustrated when anthoine didn't listen to her and Anthoine also feel frustrated when her partner didn't listen to him on the top of feeling free.

Soukaina: How do you manage the negative emotions

Anthoine: Regarding the negative emotion I am more closed, I will talk about it but later, not during the same moment, depending on the emotion, I am not very expressive during this aspect. For her she will be more sad most of the time and more closed on her self.

Anthoine has been taking a step back from the negative emotions by communicating about them after and her partner is also closed and becomes sad when negatives emotions happens.

Soukaina: Are they things missing in the relationship?

Anthoine: Mostly the communication on both side, I feel like there is a lot on her side, not necessarily a lot things that I don't mind not knowing. On her side they are things that she would like to know a lot that I need to tell her and that I don't do it.

The things that are missing in Anthoine relationship are related to the communication, where her partner needs more communication from Anthoine. Or aspect related to her partner that she talk about and that he doesn't necessarily want to know about.

Soukaina: Do you communicate in a certain way because you are a guy and her because she is a girl?

Anthoine: Our ways of seeing things men and women influence and the communication for women is more important than for certain men.

According to Anthoine men and women have a different understanding on things and women value more communication than men.

Soukaina: What is the impact of social media on your relationship?

Anthoine: There is no impact. As a real estate agent I expose my life on social media but I do in respect to my partner I don't use her pictures and giving message through social and on her side it is the same she use less social media than me.

Social media had no impact into Anthoine's relationship since he doesn't share pictures of his partner on his platform.

Soukaina: Usually the conflict that you have is related to what in general?

Anthoine: Communication, common expenditure and personal and travel destination or activities, not necessarily conflict but aspect that we don't necessarily agree on.

The conflict is due to communication, expenses, travelling and activities.

Analysis

In comparison to the questionnaire, we can say that the couple has been having the same length of experience like the majority of the couple who are still together found in the questionnaire. Another aspect has been that Anthoine has never felt that her partner didn't listen to him like the majority of the couple who are still together found in the questionnaire.

When it comes to other aspect, we can say that the couple have been having the same culture and personalities that complete each other another aspect found during the interview of the relationship of Safae. A fact that have been found already. Now if we look at another aspect for the relationship like the emotions both Anthoine and her partner have been sharing their emotions through texting. When it comes to the things missing in the relationship is has been related to the communication where Anthoine wasn't sharing as much as he should have and her partner talking more about the things that Anthoine doesn't necessarily want to know. For the difference between a men and a women's talk Anthoine think that men and women understand things differently and that also men and women communicate differently. Finally the conflict in Anthoine's relationship has been due to different aspect like the communication like for Kassandra's relationship and travelling like for Saousane's relationship.

Problems of interpersonal communication in sexual-affective couples: a comparison of the results

In this section we will look at the link between the literatures and the people interviewed along with those who have received the questionnaire. We are going to take a tour of the large units of analysis that we have addressed in the investigation such as interpersonal communication, interpersonal relationship but also at other aspect that are important in a relationship like the personality, the listening, men and women's talk along with the different barriers like the linguistics, the channel, the cultural and emotional barriers. According to Knapp and Daly (2010) Interpersonal communication is defined as the process whereby one individual stimulates meanings in the mind of another through verbal and/or nonverbal means that's the reason why understanding is key and have been valued in some of the people interviewed like Mehdi when is an aspect that he consider important for the communication.

Interpersonal communication has become very popular among college undergraduates, with the courses and subjects becoming more widely available. Students ask for answers on how to communicate with their friends, partners and acquaintances (Miller, 1976). According to Brabaw (2022) Besides the rules it is important to consider that relationships needs compromise. An aspect found in this study during the interview of Saousane when she decides to speak to her partner about certain aspect that matters to him even if she doesn't necessarily want to talk about them, but she does it for him.

The intimate communication between the members of a sexual-affective couple acquired importance with the irruption of romantic love. Previously, the couple as such did not constitute a significant core of coexistence or relationship, since, in general, the couple was diluted within the larger framework of the extended family and the community, especially in rural areas.

The main purpose of marriage was reproduction, both biological and social, and the existence of a special communication between spouses was not an objective or a relevant element of marriage. One of the important changes that romantic love introduced was precisely the establishment of the basic and fundamental nucleus of the nuclear family, formed by a heterosexual couple and their children, of neolocal residence.

The home where this family had to reside thus became the core of the couple's private life, which in this context emerged as the basic and fundamental unit of coexistence and relationship. The growing importance of communication for couples became an objective for a romantic relationship, as it already appears in a very significant way for companionate marriage.

On the other side a lack of compromise is a negative aspect for the relationship as found during the interview of Lara when her partner prefers spending time playing video games instead of going out with Lara.

Regarding interpersonal communication we can say that the *we* language that is used by couples have stronger commitment, have more of a shared identity, and after having stressors they will use more communal coping strategies (Agnew et al., 1998; Helgeson et al., 2017). In this study we found that aspect within Mehdi's relationship who has been deciding with her partner that they need to talk after a lack of listening so a *we* language has been used during their relationship.

When it comes to the study of conflict it was stated that tensions come from differences in the position of each one, creating annoyance and conflict in the relationship (Fossa; Molina; M.E., de la Puerta, S., Barr; Tapia-Villanueva, L. (2016). The conflict of the couple is about an interactional process of development when there there is an unequal position of the partners and there is an emotional distress that requires the regulation of the unpleasant emotions. (Katz & Gottman, 1997; Tapia et al., 2009).

As we have already pointed out previously, in addition to the consideration of the more psychological and personality type dimension to explain the conflict for couple, a sociocultural dimension of the characteristic love model must also be considered, in this case, of what we could call the post-modernity or late modernity. In this sense, we must bear in mind that this period is characterized by incorporating, in a hybrid way, elements that are based on both pre-modernity and modernity (Lyon, 1994)

In this way, the idea of emotional commitment would be an innovation contributed by romantic love and developed in a special way by the so-called "companionate marriage" in the middle of the last century. Romantic love, likewise, would have contributed in a very important way to overestimate the expectations associated with sexual-affective relationships as a couple. And this is an important element to take into account since it is at the basis of many conflicts and frustrations for current couples.

In this study we found that aspect among the people being interviewed during Saousane's relationship who has been having a different position when it comes to sharing her travelling plan with her partner since for her she can travel without telling him about it whereas her partner was expecting to know about it.

There is also Alida who has been having a different position with her partner related to the behaviour and responsibility in the house. There is also Lydia who has been having a different position than her partner when it comes to where the couple should live in the future. Another example of a difference in position has been found during Anthoine's relationship where the couple has been having conflict due to travel destinations, activities and expenses.

A difference in perception causes a conflict cycle (Yeager, 2009). During conflict, the perceptions of a partner of one another's goals, beliefs and motivation that goes into the interpretation of communication are often far from the self-reported goals and beliefs of the other. (Yeager, 2009)

In this study we found that aspect within Mehdi's relationship where conflict has been caused by jealousy or when his partner thinks that he ignores her and doesn't have feeling for her anymore whereas he doesn't give her enough time because he is busy and he can't give her the time that she wants.

According to Yaeger (2009) Conflict is present during human relationships, for the close and loving ones. It is a healthy part for the life of the partners. In this study we found that among all the couple who have been interviewed and are still together that conflict has been part of their relationship even if the couple is still together.

When people have conflicts during a committed romantic relationship or marriage, they often make attributions that are cognitive related to what extent they think their partners are culpable and responsible for negative relationship events (Fincham; Bradbury, 1992). In this study we found that aspect within Lara's relationship who believes that if her partner would have listened to her in an active way and understood her feeling while being interested in what made her happy the relationship would have not ended.

The conflict can be destructive or constructive depending on how a person deals with anger during a conflict. (Brown; Nelson, 2012) Among the people being interviewed we found that aspect within Lara's previous relationship who has been very angry at her partner during a conflict and she wasn't talking to him well and talked with ugly words.

Lara's previous partner also wasn't listening to her and being understanding and she didn't do it either which has been a negative aspect of their relationship since the couple had broken up. During Lydia's relationship the way anger has been dealt with has been destructive for her relationship since Lydia's partner wasn't talking about his negative emotions whereas Lydia was communicating her emotions. When it comes to Saousane's relationship we can say that the couple has been able to manage their anger by talking about it an aspect that has been constructive for their relationship.

During Mehdi's relationship the couple has been taking a break of few hours after being angry at each others until they are calmer before talking about it being a good aspect of their relationship. During Alida's relationship we can say that when she is angry she will try to avoid increasing the tone and talking about what she feels and how they can solve the problem being a good aspect for their relationship. During Safae' relationship the couple has been giving each other the time to be calmer after being angry at each others before talking about their anger being a constructive aspect. During Kassandra's relationship the couple have been also giving each others the time to be calmer after being angry at each other being talking about it.

When it comes to the emotional barriers we can say that, the abilities to regulate negative emotions has been associated positively with a person's own marital satisfaction but also with the one of the partners marital relationship. (Bloch, Haase, & Levenson, 2014; Velotti et al., 2016)

In this study among the people being interviewed like Alida who after being angry at her partner has been communicating her feeling with him while avoiding increasing her tone and leaving the conversation until her partner come to her or she goes to him to explain to him her feeling and how they can solve the problem. During Safae's relationship we found that after the couple has been angry at each other, they will take time to be calm before talking about the situation.

According to Sanford (2012) Anger is better understood as a context-specific characteristics that can change within people during various episodes of conflict. In this study we found that aspect during Safae's relationship who has been angry at her partner because of the distance that is between them and her partner being angry at her because of the stress that he has at work being two different contexts that has created anger. A lack of listening has caused Saousane and her partner to be angry at each others. Another example of a person who has been angry after a lack of listening was Kassandra.

In contrast, when there is a decline in the satisfaction, partners may start to delete their desires and emotions, which interferes with the closeness of the relationship that subsequently cause an increase in conflicts. (Impett et al., 2012). In this study we found that aspect during Lara's previous relationship who has not been satisfied by her partner's lack of listening and communicating about his feelings along with the fact that he hasn't been doing outdoors activities with her as she wanted. All those aspects has caused conflict in her relationship.

The struggle to be happy in a relationship affects the ways in which conflict is managed, experienced and expressed (Gottman et al., 1998; Tapia-Villanueva et al., 2014). Among the people being interviewed couples have been handling conflict in different ways, there is Carito who has been putting love above their problem and making effort to solve them.

Among the other couples who are still together, many have been managing their conflict through communication like Saoussane who prefer being calm before talking about a problem. There is Mehdi who has been communicating with his partner after a lack of listening. Safae who has been preferred to be calm before communicating after a conflict. There is also Cassandra who has been going to communicate with her after a lack of listening.

Understanding is very important for people in an affectionate relationship and a lack of it can cause issues during a relationship. Misunderstanding is “a mismatch between the speaker's intended meaning and the hearer's understanding of this meaning in the particular context of interaction” (Tzanne, 2000, p. 34). People misunderstand each other often during social encounters and misunderstandings can happen for people who have different languages or cultures, but also for people who have the same language and cultural background. (Tzanne, 2015)

In this study we found that aspect during Mehdi's relationship who has been a misunderstanding with his partner after a lack of listening.

There is also Alida where they were moment when she didn't understand her partner and he didn't understand and the couple have been also having a conflict due to the misunderstanding that ha't been solved in the past.

There is also Safae who has been having misunderstanding in her relationship with her partner where she has been understanding things in a certain way and her partner in a certain way which has caused conflict in their relationship being also caused because of the distance but also because of the fact that her partner is very stressed at work. Other couple have been having problem with understanding like during Cassandra's relationship when they were misunderstanding in her relationship due to the fact that she wasn't expressing herself about what she like and doesn't like.

When it comes to the study of personality, people actively look, change and create their social relationships in ways that goes with their personalities. (Neyer; Mund; Zimmermann,; Wrzus, 2014).

From very diverse sources, self-help books to research and scientific articles, there has been a lot of debate on the question of whether there are equal, complementary or antagonistic patterns of search for a partner.

There is an increasing attention and importance that the question of choosing a partner has received, within the framework of the so-called elective society (Beck-Beck-Gernsheim, 1998), to the point of that various authors have been able to speak of love as the new religion of the 21st century and as the most important thing for the lives of many people (Beck-Beck-Gernsheim, 1998).

In this study among the people who have been interviewed we found that aspect within Saousane's relationship who has been seeking a partner that has different personality than her since for her she can't be with someone who has the same personality as her. The couple have been having personality that complete each other when Saousane is someone who express more her anger and her partner being calmer and helper her to be calmer. Saousane has also been using aspect of her partner's personality to imply them to her own personality.

Other example has been Lara who breaks up with her previous partner because they had a different personality since he didn't give thinks away of thought about certain things. There is also Lydia who also broke up with her partner because they have opposite personalities.

When it comes to the study of listening we can say that, A responsive and positive listening behavior can be good for a marital satisfaction, but previous studies have looked at responsive behaviour with emotionally positive behavior and focused mainly on young married people. (Pasupathi; Carstensen; Levenson; Gottman, 1999). In study we found that aspect among the married couple being interviewed like during Lara's relationship where she will ask her partner about why he didn't listen. We also found that during Saousane's relationship where she has taken the time to be calmer before communicating with her partner after a lack of listening.

Other example has been found during Alida's relationship where her partner prefers repeating himself until she listens. Or during Safae's relationship when her partner prefers taking a step back from the situation after a lack of listening whereas she has taken the time to be calmer before communicating with her partner. Finally there was also Kassandra who has been asking her partner to listen to her after a lack of listening.

Long-married couples have things in common when it comes to conflicts, by decreasing their need towards a listening behavior. (Pasupathi; Carstensen; Levenson; Gottman, 1999). In this study we found that aspect among the couple who are married and have been having a lack of listening like for Safae's relationship when her partner doesn't listen to her when he is busy or during Alida's relationship when they were moment when the couple didn't listen to each others.

Of course, speakers also react to listener's behaviors; for example, a speaker who receives too few listening responses may escalate in negativity (Gottman et al., 1977). In this study we found that aspect among many people being interviewed like during Saousane's relationship who has been angry at her partner and him as well after a lack of listening. There is also Kassandra who has been angry at her partner when he didn't listen to her. During Mehdi's relationship the couple have been having a conflict after a lack of listening from each others.

According to Cahn (1990) The relationship between the listener and the speaker depend on the feeling of being understood by the listener which help in a satisfying relationship to be established and maintained. In this study we found that aspect during Carito's relationship who feels that her partner listens to her and understand her, being a good aspect for their relationship since he couple are still together.

The outcome of listening helps to build a relationship after a first interaction. (Bodie et al., 2008) In the study we found that aspect within Saousane's relationship whose partner has been listening to her before the couple has decided to get married, meaning that this aspect has been important into building their relationship.

Giving advice and active listening gives an evaluation of the partner and conversation that is positive than just acknowledging because people expect a high level of involvement in a conversation rather than just a backchannel cues. (Weger Bell, Minei & Robinson, 2014).

Among the people being interviewed, we found that aspect during Carito's relationship who has always felt listened and her partner as well. Lara has also felt listened by her partner. There is also Lorca who has been listening a lot to her partner. Among other couple there is also Saousane's partner who has been very receptive to her and Anthoine's partner who has also been listening to him.

According to Gottman, Coan, Carrere and Swanson (1998) during the conflict, few couples who are married have active listening. Among the people being interviewed we found that they were moment during Alida's relationship where the couple weren't listening to each other. Another example has been also during Safae's relationship where the couple hasn't been listening to each others.

A listening that is skilled create an interaction result that is rewarding after the partner's message has been understood which creates an interaction that has a positive effect though an affiliation between the partners. (Weger, Bell, Minei & Robinson, 2014). Among the people being interviewed, there is Lorca who feels that she is being listening and understood by her partner and that she talks about her day to her partner and that he can understand and help her when she need it.

For the difference between a men and women's talk we can say that according to Gray (1992) Women tend to share their knowledge and daily life with their partner most of the time. In this study we found that aspect for some of the couple being interviewed like for Lorca who has been sharing aspect about her day at the University, Saousane who like to share what has happened to her partner right away or Safae who also like to talk about what she has done to her partner.

Studies done before have found that during conflict conversation, women tend to express more negative emotion (e.g., Gottman & Levenson, 1988). In this study we found that aspect during Saousane's relationship who gets angry after a lack of listening along with Kassandra as well. When it comes to Anthoine's relationship her partner will also feel frustrated after a lack of listening.

When it comes to the study of women we can say that, women language is used as a social medium; for women, communication is used for social maintenance, building relationship, and creating bonds. (Brown; Nelson, 2012) In this study we found that aspect during Lara's relationship who had preferred to breakup with her previous partner since he wasn't communicating enough with her an aspect that has been missing in her relationship.

According to Tannen (1990) The conversation style of a female is being characterized towards hearing and speaking the language in relation to intimacy and connection. In this study we found that aspect during

Lara's relationship who has been trying to communicate with her previous partner asking him to talk to her about his feeling an aspect that was important for her relationship but her partner wasn't doing it. There is also Lydia who has been trying to grab the information from her partner about his feeling and emotions since he wasn't communicating enough. According to Komarovsky (1967) stated that women talk more usually but are not necessarily dominant in their relationship in his study of marriages. In this study we found that aspect within Saousane's relationship who has been talking about her partner about everything that she wanted whether her partner like it or not since for her being able to talk about everything is important in a relationship.

According to Shuy (1982) stated that during a conversation the person who dominates the talk is the one who asks the most questions and raises the most topics. In this study among the people being interviewed we found that Lara has been asking her partner about why he wasn't listen to her and about his feeling as well. There is also Kassandra who has been asking her partner to listen to her after his lack of listening from him. Men focus on goal and their self is defined by their ability to have a result (Gray, 1992). In this study there is Anthoine who doesn't like to talk about his project but prefer being focused until he has achieved his goal then show the result after. Women and Men have a different way of reacting, the men can stay in control and the women can show that she's vulnerable. (Brown; Nelson, 2012) In this study we found that aspect during Mehdi's relationship who for him a women is more emotional.

Several studies of heterosexual couples found that women use more emotion work than men to increase positive emotions and self-esteem in their partner (Duncombe & Marsden, 1993; Erickson, 2005). A woman like through rapport talk to check on the status of a relationship and also to talk about her feelings. (Brown; Nelson, 2012) In this study we found that during Lorca's relationship who has been talking about her feelings to her partners an aspect that she was doing more than him. There is also Saousane who like to talk about her feelings at that moment and doesn't like to keep them inside and wait for later. There is also Safae who has been talking about her feeling to her partner since she needs to explain to him her feelings so he can understand.

This literature with research on emotions, found an aspect related to emotional stoicism— where men are expected to hide their emotions and feelings in our society and emotions no matter their emotional or physical pain: A “strong” man never cries (Umberson; Anderson; Williams; Chen, 2003). “Cultural ideas about women (as more emotional, supportive, and reactive) and men (as less emotional and more independent, and proactive) shape behavioral norms, reproducing beliefs about purportedly ‘natural’ gendered behavior” (Ganong & Larson, 2011, p. 157). In this study among the people being interviewed we found that during Mehdi's interview who for him women are more emotional than men and also during Lydia's interview who's partner believe that men don't talk about their emotions and that his partner shouldn't tell him to do it.

In the study of linguistic barriers we can say that, couples have been having difficulty hearing the expression of others even if both partners speak the same language. (Gottman, 1999) In this study we found that within Lara's previous relationship who although the couple have been speaking the same language the couple have been having difficulty communicating.

Speaking the same language for a daily communication is vital for a relationship. (Ho, 1990; Llerena-Quinn; Bacigalupe, 2009). We found that aspect among all the couple being interviewed who have been speaking the same language even some have been having a different mother tongue.

When it comes to the study of cultural barriers, Intercultural/multilingual couples have different strengths in their relationships and communication in comparison to monocultural/monolingual couples (Molina, Estra, Burnett, 2004).

In this study we found that aspect during many intercultural couples who have been interviewed like Saousane or Safae who has been having a good communication with their partner in comparison to Lara who has been having the same culture and language with her partner and had issue related to the communication.

Intercultural couple can have a high rate of relationship instability and conflict according to the finding of some researchers with can be in part due to the differences in the relationship goals of the partners. (Fonseca, Ye, Curran, Koyama, Butler, 2020) There is one example in this study that reflect that aspect and it is for Lydia's relationship who has been having a different culture as her partner and the couple have been having conflict due to the way they had to plan their future.

Intercultural like mono-cultural couples face challenges like common accommodation and adjustment for different moods, lifestyles and habits (Gaies, Clark, & Afful, 2015). In this study, among the people being interviewed we found that aspect for certain intercultural couples like Saousane who's culture have been having different habits than the one of her partners. We also found that aspect during Alida's relationship who has been having conflict with her partner related to the responsibility and the organization of the house. Another example has been found during Lydia's relationship who has been having a different culture than her partner and also different choice when it comes to the location of where the couple should live.

When it comes to the study of channel, a great amount of people have fear and avoid face-to-face (FtF) communication, which affects their lives in different ways. (Kelly, Keaten, 2007). A study found that about one-fourth of romantic couples discuss serious problem through the use of technology, with about 10% using it to apologize for talking about confrontational subjects (Coyne et al., 2011).

The use of technology to talk about personal and serious discussion has been explored beyond the expression of affection or relationship maintenance behaviours. (Perry; Werner-Wilson, 2011).

In this study among the people being interviewed we found that within Anthoine's relationship who has been avoiding communicating face-to-face with his partner during important subject and the couple have preferred communicating through texting since it helps Anthoine to better think about what he wants to say and for her partner it help her to better express herself especially when being very emotional.

Kraut et al. (1998) stated that a poor weak tie and quality used by the internet for social relationship can be replaced by a better (i.e. face-to-face) relationships, or that time spent online can be spent forming strong-tie (i.e. face-to-face) relationships. In this study we found that among some couple who have been using face-to-face communication as their only way of communication like during Lorca's relationship who considers that using texting and social media can cause a message to be misinterpreted and misunderstood. There is also Saousane who has also been using face-to-face communication as the only way of communication in her relationship although sometimes it was frustrating for her to wait until she meets her partner to know about what he wants to tell her.

Couples who use face-to-face communication have a higher satisfaction (e.g., Goodman-Deane et al., 2016). Face-to-face communication is a communication method that is the richest. It allows to have feedback instantly along with multiple cues like intonation, body language, touch, gestures and words. (Goodman-Deane; Mieczakowski; Johnson; Goldhaber; Clarkson, 2016).

In this study we found that aspect among many couples who are still together there is Carito communicate face-to-face with her partner when he is in town. There is Lorca who prefer using face-to-face communication instead of texting since for her a person can't understand the tone of the other person, for her face-to-face is important during important subject. There is also Saousane who prefer communicating using face-to-face communication being for her the best way of communication. Safae also has considered using face-to-face communication as the best way of communication since distance causes misunderstanding. There is mehdi who believes that the emotions of the message can't be understood when texting or through social media. Other people have been considering face-to-face communication as their best of communication being Alida and Kassandra.

The choice of the internet for social reason by people depend on their relationships, including their type, their pre-existing sociability and their geographical distance. (Dimmick et al., 2000) In this study among the people being interviewed we found that aspect within Mehdi's and Safae's relationship who has been communicating with their partner using the internet for social media because of the distance.

According to Spitzberg (2006) defined computer-mediated communication (CMC) as “any human symbolic text-based interaction conducted or facilitated through digitally based technologies...that requires actual people engaged in a process of message interchange in which the medium of exchange at some point is computerized” (p. 630-631).

Within interpersonal relationship there are romantic relationships that use computer-mediated communication (CMC). (Perry; Werner-Wilson, 2011). In this study we found that aspect among certain couple like Carito, Lydia, Kassandra and Anthoine who have been using texting and Mehdi and Safae who have been using social media during their relationship.

Thus, it is important to know why and how this population uses technology for communication and how the use of technology has an impacts in communication—potentially changing how couples “do” relationships naturally. (Perry; Werner-Wilson, 2011). In this study we found that among the people being interviewed different people have been using technology for different reason they are for example Carito who has been texting her partner when he was out of town.

There is also Alida who has been using the phone to communicate with their partner when he was at work. There is also Mehdi and Safae that have been using social media to communicate with there partner because of the distance although they both believe that communicating through social media can cause misunderstanding. There is also Anthoine who has been using texting to talk about important subjects instead of communicating face-to-face.

According to Byron (2008) The lack of synchronization in CMC can cause difficulties in the communication and of the delay in the ability for the user to give feedback, which can cause misunderstanding, ambiguity and conflict. In the study we found that among certain peoples who have been interviewed who consider that the use of CMC can cause misunderstanding being Lara, Lorca, Safae and Mehdi.

There are no nonverbal communication cues in CMC which can be an issue to communication since nonverbal communication are important in interpreting and understanding a messages (Byron, 2008). In this study we found that aspect during Lara's relationship who has been avoiding social media because message can be misinterpreted.

There is also Lorca who prefer avoiding instant messaging since cause a message to be misinterpreted and the person can't see the tone of what the other person wants to say. Another example is Mehdi who considers that social media isn't a good way of communication since for him the emotion of the message can't be understood as it should be and what he wants to say is not necessarily what her partner understands so a message can be understood in a different way as well. so for him social media should be avoided. There is also Safae who believe than social media cause misunderstanding.

Access to social media can help people to connect without the need of face-to-face contact, which is an very convenient way to expand social networks (Nesi et al., 2018). An aspect that it considered by the couple who has been using social media like Mehdi and Safae because of the distance they have with their partner.

Social media can help bring up relationships easily, it can cause challenges for people in a romantic relationship. (Bouffard, Giglio, & Zheng, 2022). In this study among the people being interviewed we found that aspect during Alida's relationship when they were moment were the couple weren't talking and it has been difficult for her to look at the social media profile of his partner regarding to what he is doing online or whether or not she should put a picture of her partner after having a cold moment.

Partners in a committed relationship often ask for a validation of the behaviour from each other on social media, which can cause negative outcomes and potential conflicts. (Bouffard, Giglio, & Zheng, 2022). Social media access can cause a sense of insecurity, jealousy and lack of trust, which cause issue related to the well-being of the relationship and increases the wiliness for breakups and infidelity. (Bouffard; Giglio; Zheng, 2022).

In addition when the there is a fear or suspicion of a partner having extradyadic behaviors online would cause frequent conflicts due to the use of social media, which cause a relationship commitment to decrease due to stress and frustration, causing social media addiction. (Bouffard; Giglio; Zwheng, 2022).In this study we found that during Lydia's relationship where the conflict in her relationship has been caused by the behaviour of her partner liking picture of other girls on social media.

CONCLUSION

This research is about the study of interpersonal communication within an affectionate relationship. Through the use of a mixed methodology both qualitative and quantitative to have the data needed. The technique used has been both through in-depth interviews and questionnaire.

The key aspects studied have been in interpersonal communication with the role of listening. There was also the study of men and women's talk and the advices given to them for a better communication skills. Finally the kinds of barriers to communication like the linguistic barriers, the channel, the cultural and emotional barriers that might be an issue in the communication between people in an affectionate relationships.

This study is important for people in an affectionate relationship in order to improve their communication skills to avoid conflict. In this study the interview has been done to both URV student aged between 18-30 and both worker and student from Canada between the age of 18-35. The study can also be done for older people to know the different effect of listening, culture, emotions, channel can have for people in a different age group.

This study can help to improve the communication skills for people in an affectionate relationship, but also for therapist to help couples during couples's therapy sessions, along with people who want to do further research in this topic.

Like with the example of the research done by the University Oberta de Catalunya (UOC) to improve affectionate relationship. That project has looked at many couples having different sexual orientation while leaving together for at least a year (Coll, 2023) in comparison with this current study that has looked at heterosexual couple who had different lenght during their relationship. That project has studied the effect of a lack of satisfaction of the relationship and the consequence it has on peoples's health. (Coll, 2023) That project has had also suggested online therapy session to help couple intofinding what is best for them. (Coll, 2023) Helping both the couple who had a conflict and not to improve their well being and the future of their relationship. (Coll, 2023).

The limitation of this study is the demographic aspect which is only people between 18–30 years for the URV student and 20–35 for the people in Canada.

This means that we must interpret the data within the framework of a reality not of established sexual-affective couples, but rather of initial couples that in many cases will be "test" or experimental. Even so, the data collected and analyzed show a very significant reality that, given the characteristics of the sample used, can be interpreted as the prelude to what can become the hegemonic reality in the immediate future.

In this sense, we believe that the verification that some of the homogamous rules that in the past represented the guarantee of stability and success of couples in the cases studied do not necessarily operate like this, as it is the case of sharing the same mother tongue or the same national identity.

On the contrary, it is even verified how situations and elements of "difference and inequality" between partners can contribute to stabilizing and strengthening the relationship.

As representatives of the so-called postmodern society, the couples studied combine characteristics of the romantic love model with others of currently emerging sex-loving models. In this way, we have been able to observe the importance of having perspectives of the future of the relationship, of sharing time and intimate emotions and of reaching high, intense and deep levels of communication. For the second case, the increasing and transcendent incorporation of communication through new technologies can also be considered, which even supplements face-to-face communication to address conflicts for couples.

We can say that interpersonal communication is important for people in an affectionate relationship. A relationship can be of different aspect from dating to marriage an aspect found among the people being interviewed. We found that the communication in the moment is very important for people in an affectionate relationship. People in affectionate relationship can have different misunderstandings caused by many reasons and the listening being one of them. Recognizing the emotions has been an important aspect for many couples being interviewed which has helped them to better communicate them.

When it comes to the conflict it has been done for many reasons being both positive and negative for a relationship. Some couple had also conflict due to the organization of the house whereas as for others it has been due to misunderstanding or to a lack of communication. Understanding has been very important for people in an affectionate relationship.

For the emotions, expressing emotions is important for people in an affectionate relationship, we found that among the couple who had a breakup a lack of sharing the feeling of one partner has happened, meaning that sharing feeling is a key aspect for the success of a relationship. When it comes to expressing the negative emotions like anger, both couple who have been together and the one who had a breakup. Many couple who had experienced anger during their relationship had taken the time to be calmer before communicating with their partner.

When it comes to the personality they have been a couple who have been seeking personalities that are similar or complementary to their own being an important aspect for the couple being interviewed. Sometimes misunderstanding can also be caused by having different personalities.

Listening is a key aspect during a relationship, the majority of the couple being interviewed and who are still together have felt that they have been listening. A lack of listening had a negative impact into some relationship. They was also the reaction of each partner after a lack of listening where some partner had taking a time off from the conversation and many had an immediate reaction after a lack of listening by communicating with their partner about that aspect.

When it comes to the difference between a men and a women's talk some couple have realized that there is a difference. Certain partner believe that women are more emotional than men which also has an effect in the relationship if the men expect to share less his emotions with his partner. There is also the fact that women communicate to create connection with others.

For the linguistics barriers we found that they were couple who had been having the same language and still have issue during their communication. Another aspect found among the people who had received the questionnaire was that the majority of the couple who had a breakup had the same mother tongue, whereas the majority of the couple who are still together had a different mother tongue meaning that a difference in the mother tongue can also be beneficial to a relationship.

When it comes to the cultural barriers although they have been difference related to the expectations of a relationship, the way of communication or aspect who had the same culture who had conflict, meaning that a difference in culture isn't always the reason of conflict and there is also the fact that they have been couple who have been able to manage this difference of culture.. We also found that they were both couple who had the same culture and had a breakup and others who had a different culture and had also a breakup meaning that a difference in culture isn't a reason for breakup.

When it comes to the medium used during the communication process face-to-face has been the most important one among the couple being interviewed since the answer is right away and misunderstanding and misinterpretation are reduced. in comparison to the use of computer mediated communication. However the majority of the couple being interviewed have used the phone when being away from each others.

They was also the use of texting by certain couple during certain situations like when discussing some important topics or when they were unable to express their taught by talking directly. Which shows a difference in the use of a medium by different couple and their effect in the relationship.

Finally social media has been used by some couple when they was a distance between them we found that it hasn't been preferred by the couple who are still together like the one being interviewed. It had a negative impact for many couple especially among the couple who had a breakup as found during the questionnaire but also for some of the people being interviewed. Since the use of social media has caused misunderstanding and misinterpretation for many couple.

REFERENCES

- Abeykoon, H. (2019) *Asynchronous Message-Based Communication*. Retrieved from: <https://wso2.com/library/articles/2019/12/asynchronous-message-based-communication/>
- Agnew C. R, South S. C. (2014) *Interpersonal Relationships and Health*. Oxford University Press.
- Agnew C. R., Van Lange P. A., Rusbult C. E., Langston C. A. (1998). Cognitive interdependence: Commitment and the mental representation of close relationships. *Journal of Personality and Social Psychology*, 74(4), 939
- Altman, S. (2015) *Understanding men*. Pink Villain Publishing
- Altman, I; Taylor, Dalmás A. (1973) *Social Penetration: The Development of Interpersonal Relationships*, New York: Holt, Rinehart, and Winston, p. 3, ISBN 978-0030766350 .
- Anderson, A. Lynch, T. (1988) *Listening*. Oxford University Press.
- Barnard, D. (2017) *The Importance of Eye Contact during a Presentation*. Retrieved from : <https://virtualspeech.com/blog/importance-of-eye-contact-during-a-presentation>
- Baum, I. (2021) *11 Communication Rules Every Couple Should Follow in Their Relationship*. Retrieved from: <https://www.rd.com/list/improve-relationship-communication/>

Bauman, Z. (2003). *Liquid Love: On the Frailty of Human Bonds*. Cambridge: Polity.

Baxter, L. A., & Babbie, E. R. (2004). *The basics of communication research*. New York: Wadsworth/Thomson.

Baxter, L. A., & Braithwaite, D. O. (2008). *Introduction: Meta-theory and theory in interpersonal communication research*. In L. A.

Baxter, L. A., & Braithwaite, D. O. (2008) *Relational dialectics theory: Crafting meaning from competing*

Baxter, L. A & Braithwaite, D.O (Eds.), *Engaging theories in interpersonal communication: Multiple perspectives* (pp. 349–361). Thousand Oaks CA: Sage.

Baxter & D. O. Braithwaite (Eds.), *Engaging theories in interpersonal communication* (pp. 1–18). Los Angeles, CA: Sage

Baym, Zhang, Y. B., & Lin, M.-C. (2004). Social Interactions Across Media: Interpersonal Communication on the Internet, Telephone and Face-to-Face. *New Media & Society*, 6(3), 299–318. <https://doi.org/10.1177/1461444804041438>

Beck & Beck-Gernsheim (1998) *El normal caos del amor..* Barcelona, El Roure

Berger. C.R., Roloff M.E., Roskos-Ewoldsen D.R. (2010) *The Handbook of Communication Science*. Second Edition. SAGE Publications, Inc.

Bradberry, T. (2016) *The 8 Secrets of Great Communicators*. Retrieved from: <https://www.entrepreneur.com/article/270631>

Bodie, G. D., Worthington, D., Imhof, M. and Cooper, L. O.(2008). What would a unified field of listening look like? A proposal linking past perspectives and future endeavors. *International Journal of Listening*, 22: 103–122. doi:10.1080=10904010802174867

Bouffard, Giglio, D., & Zheng, Z. (2022). Social Media and Romantic Relationship: Excessive Social Media Use Leads to Relationship Conflicts, Negative Outcomes, and Addiction via Mediated Pathways. *Social Science Computer Review*, 40(6), 1523–1541. <https://doi.org/10.1177/08944393211013566>

Bloch, L., Haase, C. M., & Levenson, R. W. (2014). Emotion regulation predicts marital satisfaction: More than a wives' tale. *Emotion*, 14, 130– 144. <https://doi.org/10.1037/a0034272>

Brown, J. (2021) 8 Communication Exercises That All Couples Should Do on a Regular Basis. Retrieved from: <https://www.fatherly.com/love-money/communication-exercises-for-couples>

Boissiere, E. (2022) 5 Misunderstanding That Will Cause Problems In Your Closest Relationships. Retrieved from: <https://everydaypower.com/reasons-for-a-misunderstanding-in-relationships/>

Bodie, G. D., Worthington, D., Imhof, M. and Cooper, L. O. 2008. What would a unified field of listening look like? A proposal linking past perspectives and future endeavors. *International Journal of Listening*, 22: 103–122. doi:10.1080=10904010802174867

Bouffard, Giglio, D., & Zheng, Z. (2022). Social Media and Romantic Relationship: Excessive Social Media Use Leads to Relationship Conflicts, Negative Outcomes, and Addiction via Mediated Pathways. *Social Science Computer Review*, 40(6), 1523–1541. <https://doi.org/10.1177/08944393211013566>

Boyd, C. (2021) *How anxiety interferes with communication, completing tasks*. Retrieved from: https://www.utdailybeacon.com/city_news/how-anxiety-interferes-with-communication-completing-tasks/article_32dc3504-13a8-11eb-92ed-2761d4c2aeb5.html

Bhasin, H. (2021) *Miscommunication – Definition, Causes and How to Avoid It?* Retrieved from: <https://www.marketing91.com/miscommunication/>

Bhasin, H. (2021) *Communication Process – Definition, Importance, Components and How to Improve*. Retrieved from: <https://www.marketing91.com/communication-process/>

Brabaw, K. (2022) *How to Define and Discuss Your Relationship Deal Breakers*. Retrieved from: <https://www.self.com/story/relationship-deal-breakers>

Braithwaite P.(2021) *Fighting Fair Is a Skill—Here Are 12 Therapist Approved Tips*. Retrieved from: <https://www.self.com/story/fighting-fair>

Byron, K. (2008). Carrying too heavy a load? The communication and miscommunication of emotion by email. *Academy of Management Review*, 33(2), 309– 327.

Cahn, D. D. 1990. Of course, speakers also react to listener's behaviors; for example, a speaker who receives too few listening responses may escalate in negativity (Gottman et al., 1977) understanding and interpersonal relationships. *Journal of Social and Personal Relationships*, 7: 231-244. doi:10.1177/0265407590072005

Campo, N. (2022) *5 Ways Technology Can Actually Help Your Relationship*. Retrieved from: <https://www.self.com/story/how-tech-can-help-relationships>

Craig & Muller (2008) *Communication in the conversation of disciplines*, *Russian Journal of Communication* 1 (1), 7-23

Coates, J. (2013) *Women, Men and Everyday Talk*. Palgrave Macmillan

Coll, B. (2023) Letters to resolve a crisis: a UOC study seeks 100 couples in conflict to apply a psychological technique. Retrieved from: <https://elpais.com/espana/catalunya/2023-05-04/cartas-para-solucionar-una-crisis-conyugal-un-estudio-de-la-uoc-busca-100-parejas-en-conflicto-para-aplicar-una-tecnica-psicologica.html>

Cottrell, A.B., 1990. Cross-national marriages: a review of the literature. *Journal of comparative family studies*, 21, 151-169.

Das, N. (2021) *Supportive Communication Meaning, Importance, and Attributes*. Retrieved from: <https://www.ilearnlot.com/supportive-communication-meaning-importance-and-attributes/62441/>

Davis, J. (2020) *Prevent Miscommunication with The se 10 Tactics (incl. 5 Popular Examples)*. Retrieved from: <https://www.message.ly.com/miscommunication/>

Davison, C. (2020) *What is uncertainty reduction theory examples?* Retrieved from:
<https://wanderluce.com/qa/what-is-uncertainty-reduction-theory-examples/>

De Jong Gierveld, J. (2004) "Remarriage, Unmarried Cohabitation, Living Apart Together: Partner Relationships Following Bereavement or Divorce," *Journal of Marriage and Family*, no. 66: 236-243.

Dimmick, J., S.L. Kline and L. Stafford (2000) 'The Gratification Niches of Personal Email and the Telephone: Competition, Displacement, and Complementarity', *Communication Research* 27(2): 227-48

Djordjevic, M. Roca Girona, J. (2016). Mixed Couples and Critical Cosmopolitanism: Experiences of Cross-border Love. *Journal of Intercultural Studies*, 37(4), 390-405.
<https://doi.org/10.1080/07256868.2016.1190695>

Doyle, A (2020) *Important Active Listening Skills and Techniques*. Retrieved from:
<https://www.thebalancecareers.com/active-listening-skills-with-examples-2059684>

Doyle, A (2021) Types of Listening Skills With Examples. Retrieved from:
<https://www.thebalancecareers.com/types-of-listening-skills-with-examples-2063759>

Duncombe, J., & Marsden, D. (1993). Love and intimacy: The gender division of emotion and emotion work. A neglected aspect of sociological discussion of heterosexual relationships. *Sociology*, 27, 221- 241.
doi:[10.1177/0038038593027002003](https://doi.org/10.1177/0038038593027002003)

Eatough, E. (2021) *Eye contact is important (crucial really) in communication.*

Retrieved from: <https://www.betterup.com/blog/why-is-eye-contact-important#:~:text=Eye%20contact%20is%20what%20happens,of%20white%20surrounding%20our%20irises.>

Eatough, E. (2021) *7 types of listening that can change your life and work.* Retrieved from: <https://www.betterup.com/blog/types-of-listenings.>

English, R. (2021) *What is PARALANGUAGE?* Retrieved from: <https://www.goseeko.com/blog/what-is-paralanguage/>

Fisher, H. (1999) *Historia natural de la monogamia, el adulterio y el divorcio.* Barcelona, Anagram.

Fossa, P., Molina, M.E., de la Puerta, S., Barr, M. and Tapia-Villanueva, L. (2016), *What Do We Do When We Discuss? A Micro-genetic Analysis of Couples' Conflict.* Aust N Z J Fam Ther, 37: 105-118. <https://doi-org.sabidi.urv.cat/10.1002/anzf.1136>

Fonseca, A. L., Ye, T. Curran, M. Toyama, J. Butler, E.A. (2020) *Cultural Similarities and Differences in Relationships Goals in Intercultural Romantic Couples.* Journal of Family Issues, Volume 42, Issue 4

Freeman, D (1983), *The Making and Unmaking of an Anthropological Myth*, Penguin Books

Gaines, S. O., Clark, E. M., & Afful, S. E. (2015). *Interethnic marriage in the United States: An introduction.* *Journal of Social Issues*, 71(4), 647- 658. <https://doi-org.sabidi.urv.cat/10.1111/josi.12141>

Ganong, K., & Larson, E. (2011). Intimacy and belonging: The association between sexual activity and depression among older adults. *Society and Mental Health*, 1, 153– 172. doi:[10.1177/2156869311431612](https://doi.org/10.1177/2156869311431612)

Giddens, A. (2000) *La transformación de la intimidad. Sexualidad, amor y erotismo en las sociedades modernas*, Madrid, Cátedra

Gibson, A. J. (2022) *Here's What to Do When You're Feeling Lonely, According to Experts*. Retrieved from: <https://www.goodhousekeeping.com/health/wellness/a28915137/what-to-do-when-lonely/>

Glass, L (1992) *'He says, she says: closing the communication gap between the sexes'*, Paperback

Gonsalves, K. (2021) 6 Basic Types Of Romantic Relationships & How To Define Yours. Retrieved from: <https://www.mindbodygreen.com/articles/types-of-relationships>

Goodman-Deane J., Mieczakowski A., Johnson D., Goldhaber T., Clarkson J. P. (2016). The impact of communication technologies on life and relationship Gottman, J., Markman, H., & Notarius, C. (1977). The topography of marital conflict: A sequential analysis of verbal and nonverbal behavior. *Journal of Marriage and the Family*, 39, 75–84.
Fasatisfaction. *Computers in Human Behavior*, 57, 219–229.

Gottman, J., Markman, H., & Notarius, C. (1977). The topography of marital conflict: A sequential analysis of verbal and nonverbal behavior. *Journal of Marriage and the Family*, 39, 461-477

Fasatisfaction. *Computers in Human Behavior*, 57, 219-229.

Gottman, J. M., Coan, J., Carrere, S. and Swanson, C. (1998) Predicting marital happiness and stability from newlywed interactions. *Journal of Marriage and the Family*, 60: 5-22.

Gottman J. M. (1999). *The marriage clinic: A scientific-based marital therapy*. New York: W. W. Norton.

Gratch, A. (2001) *If men could talk: Here's What They'd Say*. Hachette Book Group

Gray, J. (1992) *Men are from Mars, Women are from Venus*. Harper Collins

Gudykunst, W.B (2003) *Cross-Cultural and Intercultural Communication*. Sage

Gudykunst. W.B. (2001) *Communication Yearbook 24*. London, New Delhi. Sage

Guthrie, G. (2020) *The best communication channels to get your message across at work*. Retrieved from: <https://www.typetalk.com/blog/best-communication-channels-get-message-across-work/>

Hammersly & Atkinson (1983) *Ethnography: Principles in practice*. London: Tavistock.

Robinson (2014) The Relative Effectiveness of Active Listening in Initial

Interactions, *International Journal of Listening*, 28:1, 13-

31, DOI: [10.1080/10904018.2013.813234](https://doi.org/10.1080/10904018.2013.813234)

Hartley, P. (1993) *Interpersonal Communication*. Second edition. London and New York. Routledge.

Ho M. K. (1990). *Intermarried couples in therapy*. Springfield, IL: Thomas.

Hsu, J., 2001. Marital therapy for intercultural couples. In: W.S. Tseng and J. Streltzer, eds. *Culture and psychology*. Washington, DC: American Psychiatric, 225-242.

Huynh C (2022) *10 Things You Can Do to Improve Your Relationship Right Now*. Retrieved from: <https://theeverygirl.com/10-things-you-can-do-to-improve-your-relationship/>

Hymes, D. (1972). Towards ethnographies of communication: The analysis of communicative events. In P. Giglioli (Ed.), *Language and social context* (pp. 21- 44). Harmondsworth, England: Penguin Books.

Illouz, E. (1998) The lost innocence of love: romance as a postmodern condition. *Theory, Culture and Society*, 1998, vol.15, nº3, p.161-86.

Impett E. A., Kogan A., English T., John O., Oveis C., Gordon A. M., Keltner D. (2012). *Suppression*

Jenkins, R. (2020) *50 Percent of Emails and Texts are Misunderstood, But There's An Easy Way to Change That*. Retrieved from: <https://www.entrepreneur.com/article/346802>

Jones, B. (2020) *How to Avoid Miscommunication in Relationships*. Retrieved from:

<https://www.growingself.com/how-to-avoid-miscommunication-in-relationships/>

Jones, F.L., (1996) Convergence and divergence in ethnic divorce patterns: a research note. *Journal of marriage and the family*, 58, 213–218. doi: 10.2307/353389

Kalmijn, M., De Graaf, P., and Janssen, J.P., (2005) Intermarriage and the risk of divorce in the Netherlands: the effects of differences in religion and in nationality 1974–94. *Population studies*, 59 (1), 71–85. doi: 10.1080/0032472052000332719

Karis, T.A & Killian, K.D (2009), *Intercultural couples: exploring diversity in intimate relationships*. Routledge. <https://doi.org/10.4324/9780203843789>

Karis, T.A & Killian, K.D (2009) *Intercultural couples: exploring diversity in intimate relationships*. London: Routledge.

Katz, L., & Gottman, J. (1997). Buffering children from marital conflict and dissolution. *Journal of Clinical Child Psychology*, **26**, 157– 171.

Kelly, L. and Keaten, J.A. (2007), Development of the Affect for Communication Channels Scale. *Journal of Communication*, 57: 349–365. <https://doi-org.sabidi.urv.cat/10.1111/j.1460-2466.2007.00346.x>

Kim, A. (2017) *6 Struggles Of Dating Someone With A language Barrier*. Retrieved from : <https://www.theodysseyonline.com/6-struggles-of-dating-someone-with-language-barrier>

Klatka, S. (2006) *Cross-Cultural Communications: Paralanguage and Body Language*. Retrieved from: <https://www.shippingsolutions.com/cross-cultural-communications-paralanguage-and-body-language-part-1>

Knapp, M. L., & Daly, J.A (Eds.) (2002). *The SAGE handbook of interpersonal communication (3rd ed.)*. Los Angeles, CA: Sage

Knapp, M. L., & Daly, J.A (Eds.) (2011). *The SAGE handbook of interpersonal communication (4rd ed.)*. Los Angeles, CA: Sage

Knapp, M. L., & Daly, J.A (2010). *Editors' introduction: Interpersonal communication*.

Knapp, M. L. & Daly, J.A. (Eds.) *Interpersonal communication, volume 1: Introduction, history and communicator characteristics (pp. Xxi-xxxiii)*. Los Angeles, CA: Sage.

Knapp-Potthoff, A. (Eds) *Analyzing Intercultural Communication*. Berlin: Mouton de Gruyter. 37- 49

Komarovsky, M. (1967). *Blue collar marriage*. New York: Vintage

Kraut, R., S. Kiesler, B. Boneva, J. Cummings, V. Helgeson and A. Crawford (2002)'Internet Paradox Revisited', *Journal of Social Issues* 58(1): 49-74

Leslie A. Baxter, Dawn O. Braithwaite (2008) *Engaging Theories in Interpersonal Communication: Multiple Perspectives*. SAGE. Retrieved from:
[https://books.google.co.ma/books?](https://books.google.co.ma/books?id=HWLXu63TQWQC&printsec=frontcover&hl=fr#v=onepage&q&f=false)

[id=HWLXu63TQWQC&printsec=frontcover&hl=fr#v=onepage&q&f=false](https://books.google.co.ma/books?id=HWLXu63TQWQC&printsec=frontcover&hl=fr#v=onepage&q&f=false)

Leslie A. Baxter & Kenneth N.Cissna (2004) *Dialogue: Theorizing difference in Communication Studies*. London: Sage

Levin, I. (2004) "Living Apart Together: A New Family Form", *Current Sociology*, no. 52 (2): 223-240.

Lewis, M. (2022) *6 Causes of Miscommunication – How to Use Plain Language Effectively*. Retrieved from: <https://www.moneycrashers.com/causes-miscommunication-use-plain-language/>

Luke, R. (2022) *The 11 most powerful non-verbal communication cues you should know*. Retrieved from: <https://www.theladders.com/career-advice/the-11-most-powerful-non-verbal-communication-cues-you-should-know>

Lunenburg, F. C. (2010) *Communication: The Process, Barriers And Improving Effectiveness*. Retrieved from: http://archive.nitjsr.ac.in/course_assignment/HUM02HS1201:%20English%20for%20CommunicationCommunication:%20The%20Process,%20Barriers,%20%20And%20Improving%20Effectiveness.pdf

Lyon, D. (1994). *Postmodernity*. Minneapolis: University of Minnesota Press.

Madimba, S. (2020) *Tone of Voice in Communication: What Is It and Why Is It So Important?* Retrieved from: <https://www.sortlist.com/blog/importance-of-tone-of-voice-in-communication/>

Malden, MA: Blackwell. Miller, D., & Slater, D. (2000) *The Internet: An ethnographic approach*. Oxford: Berg.

Martins, J. (2021) *Nonverbal communication tips: How to encode and decode nonverbal cues*. Retrieved from: <https://asana.com/resources/nonverbal-communication>

Martin, S. (2016) *The 11 Biggest Communication Mistakes Couples Make*. Retrieved from : <https://www.bustle.com/articles/135756-the-11-biggest-communication-mistakes-couples-make>

McQuerrey, L. (2019) *How Does a Lack of Communication Cause Conflict in the Workplace?* Retrieved from: <https://smallbusiness.chron.com/lack-communication-cause-conflict-workplace-10470.html>

Mead, E. (2022) *What are Negative Emotions and How to Control Them?* <https://positivepsychology.com/negative-emotions/>

Mead, M. (1928) *Coming of Age in Samoa, William Morrow Paperbacks; Reprint edition*

Miles, M. (2022) *30 communication feedback examples*. Retrieved from: <https://www.betterup.com/blog/communication-feedback-examples>

Miller, G. R. (1978) *The current status of theory and research in interpersonal communication. Human Communication Research, 4, 165-178*. Francisco, CA February 2015

Miller, J. (1976) *Explorations in interpersonal communication*. Sage Publications

Molina B., Estrada D., Burnett J. (2004). Cultural communities: Challenges and opportunities in the creation of “Happily Ever After” stories of intercultural couplehood. *The Family Journal*, 12, 139-147. doi:10.1177/1066480703261962

Nelson, A. Brown, C. D. (2012) *The Gender Communication Handbook: Conquering Conversational Collisions between Men and Women*. 1st Edition

Nesi J., Choukas-Bradley S., Prinstein M. J. (2018). Transformation of adolescent peer relations in the social media context: Part 1—A theoretical framework and application to dyadic peer relationships. *Clinical Child and Family Psychology Review*, 21, 267–294.

Neyer, Mund, M., Zimmermann, J., & Wrzus, C. (2014). Personality–Relationship Transactions Revisited: Personality–Relationship Transactions. *Journal of Personality*, 82(6), 539–550. <https://doi.org/10.1111/jopy.12063>

Nikolova, I, Ivanova, Y. (2008) *Linguistics barriers in oral business communication*. Retrieved from: http://www.uni-sz.bg/tsj/TJS-Vol.6%20N3%202008/Nikolova%20iv%20et%20al%20_1_.pdf

Pace, R. (2021) *13 Easy Ways to Show Your Affection in a Relationship*. Retrieved from: <https://www.marriage.com/advice/relationship/affection-in-a-relationship/>

Pace, R. (2022) *10 Common Causes of Misunderstanding and How to Solve Them*. Retrieved from: <https://www.marriage.com/advice/relationship/causes-of-misunderstanding-in-relationship/>

Pajer, J. (2021) *How to Get Over a Breakup: 20 Tips to Try If You're Struggling to Move On*. Retrieved from: <https://www.self.com/story/get-over-a-breakup>

Pajer, N. (2021) *Navigating Different Communication Styles in Relationships*. Retrieved from: <https://www.shondaland.com/live/family/a36396758/navigating-different-communication-styles-in-relationships/>

Pasupathi, Carstensen, L. L., Levenson, R. W., & Gottman, J. M. (1999). Responsive listening in long-married couple: A psycholinguistic perspective. *Journal of Nonverbal Behavior*, 23(2), 173–.

Patel, D. (2019) *14 Proven Ways to Improve Your Communication Skills*. Retrieved from: <https://www.entrepreneur.com/article/300466>

Paul, J. (2015) *Despite the Terrors of Typologies: The Importance of Understanding Categories of Difference and Identity*. *Interventions: International Journal of Postcolonial Studies*. 17 (2): 174-195. Retrieved from: <https://www.self.com/story/relationship-tips-therapists-coronavirus>

Perel, E., 2000. A tourist's view of marriage: cross-cultural couples - challenges, choices and implications for therapy. In: P. Papp, ed. *Couples on the fault line: new directions for therapists*. New York: Guilford Press, 178-204

Perry, M.S. and Werner-Wilson, R.J. (2011), Couples and Computer-Mediated Communication: A Closer Look at the Affordances and Use of the Channel. *Family and Consumer Sciences Research Journal*, 40: 120-134. <https://doi-org.sabidi.urv.cat/10.1111/j.1552-3934.2011.02099.x>

Piller, I. (2008) 'I always wanted to Marry a Cowboy'. Bilingual couples, language and desire.

Rabbit, M. (2019) *The Science of Personal Space: Why We Need Boundaries and 5 Ways to Deal When They're Crossed*. Retrieved from: <https://www.prevention.com/health/a28692075/personal-space/>

Roca Girona, J. & Enguix, B. (2015) *Love and its transformation: Rethinking Romantic Love*. Cambridge Scholars Publishing

Rosenthal, N. (2019) *Why Communication So Often Fails Between Couples*. Retrieved from: <https://www.coloradomarriageretreats.com/why-communication-so-often-fails-between-couples/>

Sanford K. (2007a). Hard and soft emotion during conflict: Investigating married couples and other relationships. *Personal Relationships*, 14, 65–90.

Shafir, H. (2021) *Why Eye Contact is Important in Communication*. Retrieved from: <https://socialself.com/blog/eye-contact-important/>

Sharma, A. (2015) *Two to Tango: Effective communication between couples key to bonding better*. Retrieved from: <https://indianexpress.com/article/lifestyle/feelings/two-to-tango-effective-communication-between-couples-key-to-bonding-better/>

Shuy, R. W. (1982). Topic as the unit of analysis in a criminal law case. In D. Tannen (Ed.), *Analyzing discourse: Text and talk. Georgetown University round table on languages and linguistics* (pp. 113–126). Washington, DC: Georgetown University Press

Sinclair, J. (2021) *What is social well-being? Definition, types, and how to achieve it*. Retrieved from: <https://www.betterup.com/blog/what-is-social-well-being-definition-types-and-how-to-achieve-it>

Smith, D. J. (2013) *The (big) difference between conversation and communication*. Retrieved from: <https://grbj.com/opinion/the-big-difference-between-conversation-and-communication/#:~:text=Conversation%20is%20an%20exchange%20of,Listen%20actively.>

Smith, S. (2021) *Easy Tips for Effective Communication Between Couples*. Retrieved from: <https://www.marriage.com/advice/communication/tips-for-effective-communication-between-couples/>

Smith, S. (2021) *How to Improve Understanding in a Relationship*. Retrieved:
<https://www.marriage.com/advice/relationship/understanding-relationships/>

Softas-Nall L., Cardona B., Barritt J. (2015). Challenges and diversity issues working with multilingual and bilingual couples and families: Implications for counseling. *The Family Journal*, 23, 13-17.

Stinchcombe, C (2020) *8 Relationship Tips Couples Therapists Are Giving All the Time Right Now*.

Tabangcora, I. D. (2017) *5 Communication Techniques for Individuals with Depression*. Retrieved from: <https://nurseslabs.com/5-communication-techniques-for-individuals-with-depression/>

Tannen, D. (1990) *You just don't understand, Women and men in conversation*. . New York: William . Morrow Paperbacks

Tannen, D. (2011) *Thats not what I meant: How conversation style makes or breaks relationship*. New York, William Morrow Paperbacks

Tannen, D. (1990). *You just don't understand: Women and men in conversation*. New York: William Morrow

Tapia, L., Poulsen, G., Armijo, I., Pereira, X., & Sotomayor, P. (2009). Resolución de entrapmes en conflicto de pareja: Abordaje desde la perspectiva de parejas y terapeutas. *Argentinian Journal of Psychological Therapy*, 18, 101- 114.

Tapia-Villanueva, L., Molina, M.E., Aspillaga, C., Cruzat, C., Pereira, X., Poulsen, G., & Armijo, I. (2014). Factors preventing gridlock in couples' relationships based on the discourse of highly adjusted couples and couples therapists. *Australian and New Zealand Journal of Family Therapy*, 35(4), 462– 478.

Tedlock, B. (2000) *Ethnography and Ethnographic Representation*. In *Handbook of Qualitative Research*, 2nd edition, ed. N.K. Denzin and Y.S. Lincoln. Thousand Oaks, CA: Sage

Tedlock, B. (2000) *Ethnography and Ethnographic Representation*. In *Handbook of Qualitative Research*, 2nd edition, ed. N.K. Denzin and Y.S. Lincoln. Thousand Oaks, CA: Sage.

Tili, T. R., Barker, G. G. (2015) Communication in Intercultural Marriages: Managing Cultural Differences and Conflicts. *Southern Communication Journal*, 80(3), 189–210. <https://doi.org/10.1080/1041794x.2015.1023826>

Ting-Toomey, S. (2009). A mindful approach to managing conflict in intercultural intimate couples. In T. A. Karis & K. D. Killian (Eds.), *Intercultural couples: Exploring diversity in intimate relationships* (pp. 31–49). Routledge/Taylor & Francis Group.

Tzanne, A. (2000). *Talking at cross-purposes: The dynamics of miscommunication*. Amsterdam, Netherlands: John Benjamins.

Tzanne, A. (2015). Miscommunication and Misunderstandings. In *The Encyclopedia of Applied Linguistics*, C.A. Chappelle (Ed.). <https://doi.org.sabidi.urv.cat/10.1002/9781405198431.wbeal1461>

Tylor, E. B (1871). *Primitive Culture: Researches into the Development of Mythology, Philosophy, Religion, language, Art and Custom*. New York

Umberson, D., Anderson, K.L., Williams, K. and Chen, M.D. (2003), Relationship Dynamics, Emotion State, and Domestic Violence: A Stress and Masculinities Perspective. *Journal of Marriage and Family*, 65: 233-247. <https://doi-org.sabidi.urv.cat/10.1111/j.1741-3737.2003.00233.x>

Umberson, D., Anderson, K.L., Williams, K. and Chen, M.D. (2003), Relationship Dynamics, Emotion State, and Domestic Violence: A Stress and Masculinities Perspective. *Journal of Marriage and Family*, 65: 233-247. <https://doi-org.sabidi.urv.cat/10.1111/j.1741-3737.2003.00233.x>

Wachutka, G. (2018) *Expressing Emotions: 3 Steps to Healthier Relationships*. Retrieved from: <https://www.modernmysteryschoolmsp.com/expressing-emotions-3-steps-to-healthier-relationships-part-2>

Wallace, R. (2023) How to Have a Healthy Relationship with Social mEdia. Retrieved from : <https://www.fortwellness.com/how-to-have-a-healthy-relationship-with-social-media/>

Wardlow, H and Hirsch, J. S (2006) "Introduction". In *Modern Loves*, edited by J.S. Hirsch, and H. Wardlow, 1-31. Ann Arbor: University of Michigan Press.

William, J.R. (2023) How anger can affect your marriage. Retrieved from: <https://drwilliamryan.com/how-anger-can-affect-your-marriage/>

Woods, J. T. (2003) *Communication Theories in action and introduction*. Cengage Learning; 3rd edition

Wood, J. (2009) *Gendered lives: Communication, gender, and culture (8th Edition)*. Belmont, CA: Wadsworth. Publishing.

Woods, J. T. (2014) *Gendered lives*. Cengage Learning. Social Sciences

Wood, J. T. (2015) *Interpersonal communication, everyday encounters*, Cengage Learning, Performings Arts

Wright, K.B & Webb, L.M (2011)*Computer-mediated Communication in Personal Relationships*, Peter Lang

Yeager, E.O. (2009), High-Conflict Couple Interaction and the Role of Relative Power. *Sociology Compass*, 3: 672-688. <https://doi-org.sabidi.urv.cat/10.1111/j.1751-9020.2007.00075.x>

APPENDIX A (questionnaire)

SAMPLE: University students **AGE GROUP:** 18-30 years

SEXUAL ORIENTATION: Heterosexual

DEMOGRAPHIC

- What's your sex?
- How old are you?
- Where are you from?
- Where was your partner from?

RELATIONSHIP

- What was the reason for your breakup?
- How many relationship have you been into?
- How long was your longest relationship?
- How long was your partner's longest relationship?

LISTENING

- Have you ever felt that your partner wasn't listening to you? If so, give examples
- Have you ever felt that you weren't listening to your partner?
- How did you react when you realized that your partner wasn't listening to you?
- How did your partner react when he realized that you weren't listening to him?

CHANNEL

- How did you meet your partner?
- How did you communicate the most with your partner? (social media, phone, text, email etc..)
- What was the most effective channel used during the relationship?
- What was the impact of social media on your relationship?

LANGUAGES

- What is your mother tongue?
- What is your partner's mother tongue?
- Which language did you spoke the most during the relationship?

BREAK UP

- What was the reason of the break up of your longest relationship?
- Is there anything you think you could have done to save the relationship?
- Is there anything you think your partner could have done to save the relationship?

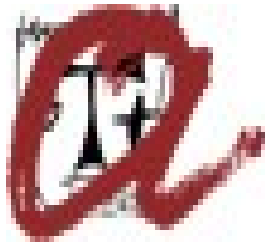
Are you available for an interview now?

Interviews questions:

- 1.Tell me about your last relationship?

UNIVERSITAT ROVIRA I VIRGILI
HOW TO IMPROVE INTERPERSONAL COMMUNICATION WITHIN AN AFFECTIONATE RELATIONSHIP
Soukaina Rharouity

UNIVERSITAT ROVIRA I VIRGILI
HOW TO IMPROVE INTERPERSONAL COMMUNICATION WITHIN AN AFFECTIONATE RELATIONSHIP
Soukaina Rharouity



**UNIVERSITAT
ROVIRA I VIRGILI**