

THE COMPARISON AND CONTRAST BETWEEN INTERPERSONAL AND INTRAPERSONAL

by:

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Interpersonal refers to something involving or occurring among several people. The capacity to get along with people is referred to as interpersonal skills. Intrapersonal is the communication done with oneself. Included are the thoughts, assessments, contemplations, and feelings that are associated with one's inner communication.

Both interpersonal and intrapersonal skills are important to an individual's professional and social development, as well as their personal growth. Despite their inherent differences, interpersonal and intrapersonal talents are equally vital and have an impact on personality. It is impossible to overlook any of the aforementioned abilities. Otherwise, an individual's personal and social growth is out of balance due to the undervaluation or underdevelopment of either interpersonal or intrapersonal talents. Therefore, everyone needs to enhance their intrapersonal and interpersonal skills, but doing so requires a thorough understanding of their differences.

Intrapersonal abilities are those that are specific to a person's identity and personal existence; they do not pertain to social interactions (Gibson, 2006). Self-organization skills, for instance, are intrapersonal abilities since they deal with an individual's capacity to plan their activities, manage their workday, and organize themselves. These abilities, however, do not affect a person's social interactions. For instance, even though someone has excellent self-organization skills, it doesn't mean that they can manage others the way they manage themselves. At this stage, the unique characteristic of intrapersonal talents emerges since they are focused on the internal world of the person, on the person's self, and on how the person positions and develops himself or herself.

Interpersonal skills, on the other hand, are those that people acquire through their interpersonal relationships, or their social interactions (Hughes, Ginnett, & Curphy 2009). These abilities are externally focused, and in contrast to intrapersonal skills, which are focused on the individual, interpersonal skills are focused on the growth of the person's healthy social relationships (Dessler, 2004). According to Madsen and Shafritz (2010), social interactions, for instance, necessitate the development of communication skills, which are a subset of interpersonal skills because they center on how an individual interacts with others and their social context.

Nevertheless, despite their apparent distinction, intrapersonal and interpersonal skills are equally vital for people since, while interpersonal skills affect a person's social interactions, intrapersonal skills shape behavior—indeed, they even determine it (Hesselbein, Goldsmith, & Beckhard, 2007).

An example of an intrapersonal ability is being on time; this person always comes on time, and others in their social context will also value this quality. In a similar vein, communication skills, which are underlying interpersonal skills, can assist a person in analyzing their behavior and personal issues and finding solutions.

Therefore, while intrapersonal and interpersonal skills are distinct avenues for an individual's personal growth, they nevertheless frequently have a reciprocal effect on a person's personality and conduct. Therefore, without having strong intrapersonal and interpersonal skills, a person cannot build a healthy personality.

References:

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