



Psychosocial Means of Enhancing Trust in Social Relationship

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Abstract: Trust is a fiduciary relationship. It is a belief, an expectation, an expression and a connection among humans. It is the confidence that an associate or confidant will act in good faith. It is an assurance without insurance. Trust is highly beneficial in social relations. It comforts, supports, builds and re-builds social relations. The benefits of trust therefore cannot be overemphasized. Trust can be improved upon through dedication and selflessness on the part of trustors and/or trustees. The paper x-rayed the psychosocial means of enhancing trust in social relationships. And found among other things that trust can be improved upon in social relationships via; probity, honesty, accountability, empathy, confidentiality and mutual commitment by the parties involved in a pact.

Keywords: Psychosocial Means Enhancing Social Relationship.

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INTRODUCTION

Trust is the thrust and/or crust of social relations. It is the pillar, assurance or bond upon which individuals and institutions contract and/or interact. Lexically, trust is a firm belief in the ability or reliability of someone. It encases the faith or confidence in the validity or usability of something. It suffices as sureness, certainty, certitude, conviction, credence or reliance. In social relations, trust is the faith which a trustor has on a trustee as to rely on him or her for beneficence. Trust is earned or gained. It is characterized by uncertainty given the dynamics of human character and behavior. It is equally prone to abuse, misuse or disuse. The trio can bring about mistrust or distrust. Trust issues can bring about severe psychosocial dysfunctions as in the case of pisanthrophobia; an irrational fear of trusting people owing to previous experiences. This paper will x-ray the psychosocial means of enhancing trust in social relations. It will begin by conceptualizing trust in the lights of social relations, and proceed to explore the benefits of trust in social relationships. Thereafter, the psychosocial means of enhancing trust in social relationships will be proffered.

Conceptualization of trust in the lights of social relationships

Trust is the confidence that one has on an alley. It is a goodness assurance. It is the belief or faith that one has concerning the quality, honesty or integrity of a person or thing. On a technical note, trust is a fiduciary relationship in which one party, known as a trustor, gives another party, the trustee the right or privilege to hold title to property or asset for the benefit of a third party designated as the beneficiary (Kagan, 2020). From the technical perspective, trust could be living or testamentary, funded or unfunded, revocable or irrevocable. Be that as it may, trust deals much on the reliability and/or dependability of someone or something. In personal relationships, trust is the belief that one's associate will remain faithful, loyal and honest (Kalpana, 2020). Trusting ones alley means a whole lot of things; ranging from the belief that they have got ones best interest at heart, are reliable and/or dependable. Suffice it to state that trust is a worry free confidence in, or dependence on a person or quality. Trust is a demotic term in our society. It is observable in social relations. Humans are by nature disposed to trust and be trusted. Thisted, Merlin, and

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Mannemar (2020) espoused that there are four types of trust in social relations. The four types of trust are generalized trust, out group trust, in group trust and trust in neighbors. These subtypes of trust are self explanatory. Ethnic diversity has been found to influence trust. A recent meta-analysis of the impact of ethnicity on trust showed a consistent, modest, inverse relationship between ethnic diversity and social trust. To be concise, ethnic diversity has the strongest negative impact on neighbor trust, in-group trust and generalized trust. Furthermore, it did not appear to have a significant impact on out-group trust (Thisted, Merlin & Mannemar 2020). Trust in Psychological parlance is the belief that an individual will act as expected. The development of basic trust according to Erik Erikson is the first stage of psychosocial adjustment and/or development (Peter, 2010). From the Philosophical perspective, trust is the belief that others generally have good intentions towards us which inform our reliance on them (Diego, 2000).

Benefits of trust in social Relationships

Trust is highly beneficial in social relationships. Hardly can a social relationship stand or last without it. The benefits of trust are too numerous to mention. Below is a synopsis of some of the benefits of trust in social relationships as inferred from Kalpama (2020).

- Trust enhances Relationships: Trust is the building block(s) of relationships. It makes people to be at ease/peace. This creates an enabling environment for relationships to flourish devoid of suspicion, rancor, acrimony and disharmony. More so, trust has a way of cementing social relations and attendant understanding.
- Trust eliminates worry and allied psychosomatic disorder: Trust frees the mind of unnecessary worry and by so doing keeps individuals in social relationships healthy. Health translates to wealth as healthy minds are known to achieve great things. It becomes an added advantage when two or more persons are in healthy relations courtesy of trust.
- Trust reassures: It restores confidence and brings about comfort in social relations. It gives hope as well as provides the needed validation or encouragement in social relations.
- Trust heals hurts: Trust has healing powers. It has a unique way of healing emotional hurts. It goes a long way to remove emotional bad bloods. It equally blots out hurts.
- Trust brings about love: Trust is the basis of love. It creates an enabling environment for individuals to love each other or love one another in social relationships. Suffice it to state that love is elusive without trust in social relationships.

- Trust improves commitment: Trust is a green flag. It improves commitment. When an individual is trusted or when partners trust themselves; there is this tendency that they will become more committed to the relationship and make it work. This is so, because trust begets trust.
- It creates psychological safety: There is this feeling of emotional safety or security that is associated with trust which goes a long way to endear individuals in social relationships to be emotionally stable.
- It encourages quick decision making and decision taking: Trust brings about more opportunities to exercise ones discretion in social relations. It sort of removes over dependence on ones partner and by so doing encourages quick decision making and quick decision taking.
- It improves communication and connection: Trust enhances communication. In social relations, individuals tend to share more information and bond well with those that they trust.
- It promotes self confidence: Nothing boost an individual's confidence or morale like trust. An individual who is trusted in a social relationship usually feels good and strives to fulfill what is expected of him or her.
- It promotes productivity: Trust has a way of making people productive. As the saying goes, to which much is given, much is expected. Individuals entrusted with valuables try as much as possible to be productive.
- Stress reduction: The stress and distress of witch hunting in a social relationship are nothing to write home about. Trusting therefore helps in no small way to reduce stress in social relations.
- Increases optimism: Trust increases optimism. It makes individuals assume the right ego state and face the future with optimism.
- Trust removes bitterness and quarrels: Trust goes a long way to remove bitterness and attendant quarrels in social relations. In the absence of trust, suspicion, envy and jealousy will turn social relationships into battle grounds.

Psychosocial means of enhancing trust in social relationships

- Trust is humanistic and as such it can be improved upon via conscientious human efforts. Below are some of the psychosocial means of enhancing trust in social relationships.
- Probity: Probity is one of the psychosocial means of enhancing trust in social relationships. It is the quality of having strong moral principles; honesty and decency. It builds ones integrity and/or reputation overtime. An

individual that has strong moral principles will no doubt garner trust to him/herself. Same thing applies to partners that manifest probity.

- **Honesty:** Akin to probity is honesty. Honesty is the quality of being honest. To be honest means to be truthful and sincere. Honest individuals are deemed trustworthy and given sensitive positions or opportunities.
- **Accountability:** It is not enough to be honest; one needs to cap his/her honesty with accountability as honesty alone can be misconstrued in the absence of accountability. Accountability is the quality of being responsible, accountable or answerable. It goes a long way to build trust in social relationships.
- **Transparency:** Transparency is equally a way of building trust in social relationships. It deals with being open and/ or straight forward. Individuals who are transparent build their trust banks without any additional effort of theirs. There transparency speaks volume for them.
- **Diligence:** Diligence is one of the ways of enhancing trust in social relationship. The holy book of the Christians espoused that a man that is diligent in his business will stand before kings and not vain men (Proverbs, 22:29). Diligence shows dedication and/ or commitment. It makes one outstanding. Diligent people are usually trusted and entrusted with many responsibilities.
- **Endurance:** Endurance deals with perseverance. It is a test of resilience. Nothing good comes easy. Individuals who are known to endure hard times are usually trusted in social relationships. They cling to their companions through thick and thin.
- **Mutual respect:** Respect begets respect which in turn fosters trust. By being respectful, individuals in social relationships earn or gain the trust of their confidants over time as respect is associated with lots of virtues.
- **Confidentiality:** Confidentiality goes a long way to foster trust in social relationships. No one would like to trust a talkative with his /her secrets as such secrets are most likely to be exposed sooner or later. Individuals, who uphold confidentiality in social relationships, go a long way to enlarge their trust horizon.
- **Empathy:** Communication of sincere understanding and attendant feeling of a friend's problem goes a long way to build trust

in social relationships. (Uzoeshi, 2013). It makes the empathic person a reliable shoulder to rest on in the face of adversity.

- **Originality:** Originality is the quality of being genuine as opposed to living a fake life. Being fake, bogus or spurious is associated with deceit and fraud. No one would like to associate with a fake friend talk more of trusting him or her as doing this tantamount to exposing oneself to danger.
- **Unconditional positive regard:** This is all about accepting and respecting people without being judgmental. It is a fundamental way of building trust in social relationships. Individuals tend to trust those that accept them the way they are.
- **Self control:** Self control is the ability to restrain ones conducts. Individuals that exercise restraint over their conducts are held in high esteem in social relations and vice versa.

CONCLUSION

Trust is the passport to service or disservice. It gives one ample opportunities to serve and be served in social relationships. Trust eliminates worry, reassures and heals amongst others. It can be enhanced via; probity, honesty, accountability and transparency inter alia. Individuals and institutions that really want to grow and/or develop need to make trust their watch word and this can be achieved by keeping to their words in this untrusting world.

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