

BARRIERS TO COMMUNICATION

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Barriers are part of process of Communication. Whenever we are communicating we encode and decode. We use various channels for passing messages. At any level or at any moment or stage there can be problems in communication process. Sometimes the sender may not use proper language that the receiver will understand. Receiver may not be able to Decode properly. There can be lot of noise in the surrounding which can disturb us. It rarely happens that barriers do not arise in the communication process. Many times barriers arise in the minds of the sender and receiver. The intended messages are not sent to the receivers .

Types of Communication Barriers

1. Psychological Barriers:

The psychological condition of the receiver will power how the message is received.

Stress management is a significant personal skill that affects our interpersonal relationships.

For example, Anger is a psychological barrier to communication. When we are angry, it is simple to say things that we may afterwards regret and also to misunderstand what others are saying.

2. Physical Communication Barriers:

Communication is usually easier over shorter distances as more communication channels are obtainable, and less technology is obligatory. Although modern technology often serves to decrease the crash of physical barriers, the advantages and disadvantages of each communication channel should be unspoken so that a suitable channel can be used to overcome the physical barriers.

3. Attitudinal Barriers:

Attitudinal barriers are perceptions that stop people from communicating well. Attitudinal barriers to communication may affect poor management, personality conflicts, and battle to change, or a lack of motivation. Active receivers of messages should challenge to overcome their attitudinal barriers to assist effective communication.

4. Language Barriers:

Language and linguistic aptitude may act as a barrier to communication. However, even when communicating in a similar language, the terms used in a message may act as a barrier if it is not easy to understand by the receiver.

How to Overcome Barriers to Communication?

- Using clear and common language that the other person can understand.
- Before initiating communication, cross-check whether it is the ideal time to communicate or not.
- Conveying things in a simpler form and in a one-by-one manner.
- Opting for a barrier .or distraction-free location for communication.
- Cross-checking whether the receiver has understood the message in the right sense.
- Acknowledging any emotional feedback from the receiver.