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Barriers to Effective Communication and Ways to Overcome Them

Communication is an essential part of all group interactions at home or in the office. It includes various means of conveying message from the sender to the receiver and vice versa. Being able to identify the barriers to communication and how to overcome them can help you to become a communicator and professional. Communication barriers can be overcomed as discussed below.

Language barriers usually occur due to language differences of the people. This is due to many different languages in the world of different people, making it impossible to achieve a universal language. Even within the same language, there can be differences in accent, spelling and dialect, making it a barrier to effective communication. This barrier can at list be reduced by training people on some of the world commonly used language i.e., English to ease communication between different people of different languages.

Psychological barriers emanate from the emotions of the sender or receiver. Effective communication usually requires an optimum balance of emotions and facts between the sender and the receiver. When the participants engage in communication, experiences negative emotions, their judgement and decision-making abilities may be impacted. And where there is psychological barrier, is information processing, which is critical to communication.

This can be corrected by, sender or receiver can prioritize understanding the content of the message efficiently to ensure there is no any miscommunication that may hinder the flow of information.

Physical barriers i.e.any physical object or sound that hinders effective communication becomes a physical problem. These barriers also encompass the effect of distance between the sender and the receiver of the message. The modern work environment has resulted in distribution of people across wide geographical areas, making face-to-face communication difficult, even with advances in technology, some aspects of communication, such as gestures and nonverbal cues, may not always be possible to convey effectively. For one to communicate effectively, it is advisable to minimize the effect of physical barriers, such as communicating in an environment where there is minimal background noise.

Certain physiological issues may may also limit effective communication. For instance, hearing difficulties may prevent a person from hearing the message, which also affect the feedback loop. A shaky voice may also prevent the speaker from articulating themselves audibly. Some conditions, such as dyslexia, can also be physiological barriers to communication. Using hearing aids and seeking medical attention can help mitigate this barrier. Speech therapy can also assist in enhancing voice projection, clarity and audibility to ensure effective communication.

Different individuals may not perceive information or message in the same way. Perceptions become ingrained in people from child hood into adult life and may become difficult to overcome. When people perceive things differently from you, it can create a barrier to effective communication. This is because people listen to messages that confirm their beliefs and affirm their perception while disagreeing with those that contradict their beliefs. Learning about your belief system, along with that of others can help you negate the possible detrimental effects of your perceptions of communication.

Attitude barriers, personality differences might also get in the way of effective communication. For instance, introverted personalities may communicate differently from extroverted personalities which impacts efficient exchange of message between them. Displaying negative attitudes and actions of disrespect towards others impedes the transfer of information. It is essential to learn about other people, such as their preferred means of communication so as to counter attitudinal barriers. Maintaining a respectful working relationship can also enable the exchange of messages effectively from the source to the receiver and vice versa.

Organizational barrier, communication within an organization enables smooth workflow. An ineffective organizational structure may lead to ineffective communication. For example, when employers shut down avenues for receiving messages from employees, they create barriers, making it harder for them to convey important messages to the higher management. All the same, the organizational structure may prevent smooth information flow from the higher management to the middle or low levels of the company. This leads to poor implementation of policies. To avoid such situations, employers and team members alike can prioritize effective communication to ensure efficiency.

When there is lack of trust it, becomes harder to convey information. If a person believes you’re withholding something or hiding some information, they ought to be anxious while others might speculate or misunderstand you. In such situations, any effort to communicate is likely to be difficult for them to process. Trustworthiness and credibility can help counter such challenges. You can provide regular updates and maintain transparency to avoid speculation and spread of misinformation.

Workplace conflict, while some conflicts can be constructive, unresolved conflicts can become a hindrance to effective communication and an impediment to smooth working relation. Unresolved conflicts may lead people to miscommunicate, which may not be in the best interest of an organization. This can further deteriorate the work environment and threaten key company activities. Resolving workplace conflict in a timely manner can help overcome this barrier among employees

In conclusion, barriers to effective communication can simply be overcomed by looking at the key causes of the barriers and identifying the most appropriate diplomatic methods to solve them, hence enable free flow of information from one person to another.