The Study Of Adjustment Changes After Teaching Of Transactional Analysis(Ta) To The People.

Samira Nejadnaderi¹, Darehkordia², Divsalar, K³
1. Psychologist. Neuroscience Research Center- Kerman University Of Medical Sciences, Kerman, Iran.
2. Psychometric. Shahid Chamran University Of Ahvaz, Ahvaz, Iran.
3. Islamic Mysticism, Neuroscience Research Center- Kerman University Of Medical Sciences, Kerman, Iran.

Abstract: Transactional Analysis is the psychology of human relationships. It is system of techniques designed to help people understand and change their feelings and behaviors. In 1958 Eric Berne, an American psychiatrist, formulated this theory. The philosophy of transactional analysis begins with an assumption that we are all ok. The present study investigates adjustment changes after teaching of transactional analysis (TA) to the people. Sample of this research included two groups (control and experimental) of men and women between 20 to 30 years old. The numbers of research samples were 24 people (12 persons in each experimental and control group) that select from clients in one Consulting Center in Kerman randomly. Test group trained transactional analysis theory in 8 week, but control group did not teach. Control and experimental group completed Bell Adjustment questionnaires before and after 8 weeks then rate of adjustment measured between two groups before and after teaching of TA theory. Results showed after transactional Analysis (TA) teaching increased people adjustment in different dimension such as: family, emotional, job and social. Transactional analysis teaching cause to improve adaptation and relationship in couples, parents and child, students, organizations, teachers and other group of people.

Keywords: Adjustment, Teaching, Transactional Analysis.

I. Introduction

Transactional Analysis theory stated by Eric Berne in 1958. It is good method for personal growth and development, intra psychic functioning and interpersonal behavior. It is system of techniques designed to help people understand and change their feelings and behaviors. It gives picture of how people are structures psychologically. It also provides a theory of communication. This theory helps people to understanding their communication and accepts ofresponsibilitywith regard to what is happening in present [18, 25 and 4]. Philosophy of Transactional Analysis is that all people are ok. All human have apotentialinterestand desire to grow and thrive and thinking capacity to make decisions forthemselves, rather than the decisions of others. Transactional Analysis is a method of treatment that can improve vision, intellectual and emotional. Transactional analysis is basically contractual. Any work done through transactional analysis necessarily has a contract. Contract is an agreement between the counselor and the client [20]. These analyzes arefour categories that includes: structural analysis (Parent-Adult-Child) analysis and forms of interaction, structuring time (Withdrawal, Rituals, Past time, Activities, Games, intimacy), and script [3, 18]. Transactional Analysis is a school of thought and a model of treatment. Studies show this approach can lead to improve self-esteem [24], Quality of Life [8] and other positive psychological operations [12 and 13]. Transactional analysis uses different fields such as training for administrators and teachers, and its effectiveness on student performance [25], organization employees improve the quality of their relationships and job satisfaction [14] and conflicts—Couple conflicts and interpersonal conflicts—that all of them showed usefulness of treatment method and improve social communications and solve conflicts. In the study, Boholrost [2003] discussed the students' perception of self and others and their ego state with teaching transactional analysis increased. Research by Farhangiand AghaMohammadian [2006] stated training Transactional Analysis would lead to use good method of encounter in different situations. On the other hand, adjustment is as skills of social and personal relationship includes are such as job, social emotional that, psychologists are concerned. Anyone who believes in environment must be adaptive with it, otherwise reason can be express as reason of individual failures. Adjustment requires supplying the individual needs of the environment [25]. Adjustment is dynamic and each person responses to environment and the changed that occur in it. Determining extent of this success in dependence on two factors: Personal characteristics (skills, attitudes, and physical status) and other situations that person may be encountered (Family Conflicts and work conflicts). These two adjustment factors contribute to the success of prosperity and happiness. People [2]. Adjustment has different patterns [15]. People without adjustment cannot get adaptation and will cut their social relationship by reason of non-adjustment with environment. This topic leads to form inappropriate self-concept and indicates unstable and abnormal behavior in different situations [10]. Study
of Talub (1994 [22]) on the effect of education Transactional Analysis Transactional on student adjustment showed that students can increase their adaptability. With due attention to the effectiveness of transactional analysis in encounter, personal and social conflict resolution, the importance of adjustment on parforsocial and personal relationships, finding appropriate adjustment strategies seems to be necessary. So this research will Study adjustment changes after teaching of transactional analysis (TA) to the people.

II. Materials and Methods

II.1. Material

This research is experimental and design pre-test-posttest with control group that study effect of training transactional analysis on the adjustment “dependent variable. Sample group include 24 men and women (20-30 years) in the experimental and control groups (each group n = 12). Participant grades are undergraduate and postgraduate.

II.2. Tools

Bell Adjustment Questionnaire:
Bell Hyram (American psychologist) was designed Bell Adjustment Questionnaire in 1961 that is used for both genders. For the first time Mrs. Simon normalized this questionnaire in Iran in 1365. Bell Questionnaire by Dr. Delaware was reduced from 160 questions to 45 questions in 1372 and was administered to veterans [9]. Rezakhani (1999 [17]) normalized this scale and reported Cranach’s alpha coefficient of this scale at 0.94 [13]. Bell adjustment questionnaire include of 160 questions as “yes” and “no” that measures five-level of family, health, social, emotional, and job adjustment and finally achieved a total score that will be named public adjustment person.

Transactional Analysis Topics:
Training chapters selected according to the proposed topics Berne Transactional Analysis (1995). Section titles include: analysis of the structure of ageostates (Parent- Adult-Child), forms of interaction and relationships, life situations, strokes, scripts, games analysis, and time structuring.

II.3. Procedure

Voluntarily people enrolled in counseling and psychological services center of Kerman after advertising about training transactional analysis. Registered individuals randomly divided into control and experimental groups. Initially the therapist in individual sessions explained about Bell adjustment questionnaire and transactional analysis to each of participants. After participants agreed to remain these classes. They completed the questionnaire. The therapist apologized from control group and explained because of area limitation, the next group will train in the next two months. The experimental group met weekly for 8 sections, section 2 hours and according to Bern’s theory (1995 [4]) trained topics of transactional analysis. The experiment group after completing the course completed the Bell adjustment questionnaire again. After 2 months the control group completed the questionnaire again.

III. Result

Covariance analysis used to analyze the data in this study. The statistical assumption such as homogeneity of variances were done, and then covariance analysis was evaluated.

Table 1 showed Mean and standard deviation of the experimental and control group on different aspects of adjustment. Pre- and post-tests. Means of pretest for each group explained home, emotional, job, social adjustment were moderate and health and total adjustment were low level. However, all the adjustment scales have up level in post-test group.

<table>
<thead>
<tr>
<th>Group</th>
<th>Adjustment scales</th>
<th>Pre-test</th>
<th>Post-test</th>
<th>Pre-test Standard Deviation</th>
<th>Post-test Standard Deviation</th>
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<td>average</td>
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<tr>
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<td>3/4</td>
<td>5/57</td>
<td>1/4</td>
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<tr>
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<td>3/4</td>
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<tr>
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<td>3/3</td>
<td>5/48</td>
<td>2/4</td>
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<td>2/7</td>
<td>9/6</td>
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</tbody>
</table>
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                                Control            44/6                  13/7                   24/0                  7/2
Experimental                50/00                  7/6                   50/9                  7/9

Levine's test done for homogeneity of variances and the results of the final covariance analysis showed that the effect of transactional analysis training on adjustment groups. Results obtained from the covariance analysis revealed that the effect of training were significant on homoeostasis (05/0 = P, 7/5F =, 47/0 = R2) and job adjustment (05/0 = P, 4.5F =, 47/0 = R2). These effects of transactional analysis training were significant on health adjustment (01/0 = P, 2/1F =, 66/0 = R2), the emotional adjustment (01/0 = P, 8/10F =, 53/0 = R2), and total adjustment (01/0 = P, 02/12F =, 8/0 = R2). So results showed that there were significant different in adjustment scales in pre and post-test group after training of transactional analysis. Transactional analysis training improved adjustment of experimental group.

IV. Discussion

This study examined adjustment changes after teaching of transactional analysis (TA) to the people. The results of this study showed that teaching of Transactional Analysis had a positive effect on family, emotional, job, and social adjustment. The results obtained consisted with Talut (1994), Gayol (1997 [8]), Novy (1999 [12]), Novy (2002 [13]), Boholst (2003 [5]), Farhangi and Agha Mohammadiyan (2006 [7]), Salamat (2008 [19]) researches. Human is social potentially that allows the acquisition of skills to facilitate their relations with others. Adaptation or social skills are particular abilities for relationship with others. (Amidiniya, 2010 [1]) The purpose of this analysis is to identify the change in adjustment in experimental group. Transactional analysis teaching help to remove pathological problems, access unified methods, and increase adjustment on self-actualization and emotional and functional independence (Torkan, 2007 [23]). Transactional analysis is the systematic tool for anybody for their development. The client can use his adult to confirm the reasonableness of any new behavior. So, the person seek recognition of their states, drives, and disincentives and strengthen their confronting strategies in life conflicts. These conflicts include: family conflict, marital relationship job positions, behavior style with other people in society and emotional situations. Person's try to decide and adapt in these situations. Actually, these changes in person lead to improve self-esteem, quality of life, job, and social performance and in other word, improve different dimensions of adjustment.

V. Conclusion

According to, transactional analysis training has a positive impact on social and personal relationships, teaching of transactional analysis theory in universities and schools can learn to optimize the adaptation skills. So psychologists and officials can plan to learn this theory for improve of student adjustment. Because the theory of Transactional Analysis has special emphasis on the children in the child, then the family is very important as an additional environment in psychological, social and physical health of child. So quality of interaction between parent-child training adjustment skills are necessary by parent that psychologists can use this theory to increase parent information.

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References


