

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

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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 can use 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 of responsibility with regard to what is happening in present [18, 25 and 4]. Philosophy of Transactional Analysis theory is that all people are ok. All human have a potential interest and desire to grow and flourish and thinking capacity to make decisions for themselves, 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 are four categories that include: structural analysis of ego states (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 for 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 used in different fields such as training for administrators and teachers, and its effectiveness on student performance [25], organization employees to improve the quality of the relationship and job satisfaction [14] and conflict. Couple conflicts [18] that all of them showed usefulness of treatment method and improve social communications and solve conflicts. In the study, Boholest (2003 [5]) discussed the students' perception of self and others and their ego state with teaching transactional analysis increased. Research by Farhangian and Agha Mohammadian (2006 [7]) stated training Transactional Analysis would lead to use good method of encounter in different situations. On the other hand, adjustment is a skill of social and personal relationship includes areas such as job, social emotional that, psychologists are concerned. Anyone who lives in an environment must be able to adapt to it, otherwise non adjustment can be expressed as a reason of individual failures. Adjustment requires supplying the individual needs of the real environment [25]. Adjustment is dynamic and each person responds to environment and the changes that occur in it. Determining extent of this successful depends on two factors: Personal characteristics (skills, attitudes, and physical states) and other situations that person may be encountered (Family Conflicts and work conflicts). These two adjustment factors contribute to the success, prosperity and happiness of 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 as part of social and personal relationships, finding appropriate adjustment strategies to improve mental health problem would seem 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 designs pretest-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 Bhyram (American psychologist) was designed Bell Adjustment questionnaire in 1961 that is used for both genders. For 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 Cronach's alpha coefficient of this scale that was 0/94 [15]. Bell adjustment questionnaire include of 160 questions as "yes" and "no" that measure five-level of family, health, social, emotional and job adjustment and finally achieved a total score that it will be an public adjustment of person.

Transactional Analysis Topics:

Training chapters selected according to the proposed topics Berne Transactional Analysis (1995). Section titles included: analysis of the structure oregostates (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 a real limitation, the next group will train in the next two months. The experimental group met weekly for 8 section 2 hours and according to Bern's theory (1995 [4]) trained topics of transactional analysis. The experimental group after completing the course completed the Bell adjustment questionnaire again. After 2 month the control group completed the questionnaire again.

III. Result

Covariance analysis used to analyze the data in this study. The statistical assumptions 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 groups on different aspects of adjustment in pre- and post-tests. Means of pretest for each group explained home, emotional, job and 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 1. Average and standard deviation of adjustment scales in the test and control groups

Group	pre-test		post-test	
	average	standard deviation	average	standard deviation
Home	Control 11/0	3/4	5/57	1/4
Experimental	10/9	3/4	10/00	3/2
Health	Control 6/4	3/3	5/48	2/4
Experimental	8/8	2/2	9/9	2/3
Emotional	Control 11/0	4/6	4/5	2/9
Experimental	9/5	2/6	9/6	2/03
Job	Control 6/41	4/5	3/42/5	
Experimental	9/4	3/5	9/9	2/5

Social Control	11/0	4/9	4/5	2/9
Experimental	11/3	3/08	11/4	2/9
Total 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 effect of transactional analysis training on adjustment groups. Results obtained from the covariance analysis revealed that the effect of training were significant on home adjustment (05/0 = P, 7/5F =, 47/0 = R2) and job adjustment (05/0 = P, 4/5F =, 47/0 = R2). The effect of transactional analysis training were significant on health, adjustment (01/0 = P, 21/8F =, 66/0 = R2), the emotional adjustment (01/0 = P, 8/10F =, 53/0 = R2), social adjustment (01/0 = P, 8/29F =, 83/0 = R2) and total adjustment (01/0 = P, 02/12F =, 82/0 = 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, health, job and social adjustment. The results obtained consisted with Talub (1994), Gayol (1997 [8]), Novy (1999 [12]), Novy (2002 [13]), Boholst (2003 [5]), Farhang and Agha Mohammadiyan (2006 [7]), Salamat (2008 [19]) researches. Human is social potentially that always tries to acquire skills to facilitate their relations with others. Adaptation or social skills are particular abilities to relationship with others. (Amidiniya, 2010 [1]) The purpose of this analysis is to liberalize and strengthen adult and to eliminate bad feelings and make a good impression (Salamat, 2008 [19]). Transactional analysis teaching help to remove pathological problems, to access unified methods adult and independent and freedom from inefficient life script. Transactional analysis training lead person to remain in here and now status and can promote self-realization 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 persons seek recognition of their ego states, drivers and disincentives and strengthen their confronting strategies in life conflicts. These conflicts include of: family conflict, marital relationship job positions, behavior style with other people in society and emotional situations. Persons try to decide rationally and adeptly in these situations. Actually, these changes in persons lead to improve self-esteem, quality of life, job, and social performance and in other word, improve different dimension of adjustment.

V. Conclusion

According to, transactional analysis training has positive impact on social and personal relationship, teaching of transactional analysis theory in universities and Schools can learn to people 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 a special emphasis on the golden age of the child, then the family is very important as a central environment in psychological, social and physical health of child. So quality of interaction between parent-child and training adjustment skills are necessary by parent that psychologists can use this theory to increase parent information.

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