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The Effect of Transactional Analysis Group Therapy on the Decrease of Aggression in Couples with Addict Husbands

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Abstract

the research has been carried out to investigate the effectiveness of transactional analysis group therapy on the decrease of aggression in addict couples. The research plan was quasi-experimental with pre-test and post-test and control group. The sample consisted of 40 addict couples who were in the "hope to life" rehabilitation center in Sabzevar. 20 people were in control group and 20 in experiment group. The members of experiment group got 8 sessions of transactional analysis group therapy while the members of control group got nothing. Before and after presenting group therapy, aggression questionnaire have been filled with sample groups. **T**he results of covariance analysis show that in post-test, the aggression of experiment group has had a significant decrease in comparison with control group. **Conclusion:** the results of the study prove this fact that transactional analysis group therapy leads to a decrease in aggression of addict couples.

Keywords: Talent Management, Attract, Retain, Development, Discovery, Employees Performance

Introduction:

An issue like addiction, threatens the societies more than everything else. Despite the dangers and side effects of addiction, everyday more people get involved with issue; and even witnessing terrible scenes related to this matter could not warn people especially the youth (Amiri, Khosravi, Adabi and Sadeghi). Drug abuse harms societies socially, economically, politically, culturally and hygienically. Harms such as: physical contagious diseases like Hepatitis and AIDS; mental-social diseases; increase in addiction-based crimes like theft and murder; self-immolation; unemployment; domestic violence; child abuse; increase in separation rates and dropouts of the children with addicted parents. In Iran, the statistics show

that the amount of damages of addiction and the cost of fighting drug smuggling is 4 thousands and 800 million rials each year (Narimani and Rajabi).

Theoretical basis of research:

One of the psychological problems which is very common in the addicts and make their treatment hard is aggression. Anger and aggression are world-wide emotions which can be seen in every culture and are one of the most common behavioral problems which make other people sad and uncomfortable, and they disorder mental hygiene of family and society. Aggression is not an especial behavior; it points at those behaviors which lead to emotional, psychological or physical harms for others. On one hand, aggression is affected by situational and psychological factors; on the other hand, genetical and biological factors have major roles in creating and expanding it. Therefore, presenting an exact definition of aggression is a hard work. However, Baron and Richardson (1994) has explained aggression as behaviors whose goals are destroying and harming a creature's self and properties. A behavior which make the victim to show defensive reactions (a quote from Luutonen, 2007).

So human aggression has its roots in a general structure which can be shown as anger, violence, physical and psychological aggression. The results of researches show that aggression is one of the major parameters of some mental disorders such as conduct disorder, hyperactivity disorder, antisocial personality disorder and eating disorder. Aggression also has a direct relation with depression, cocaine consumption, alcohol consumption and suicide (Bush, 2009). Some research also show that aggressive behavior has a relation with physical diseases such as cardiovascular diseases, headaches and stress (Breen and Keshdan, 2011).

Aggression in the addicts is not only so common, but also it starts in the initial phase of treatment and will cause significant disorders in the process of treatment. Other studies show that aggression in drug users leads to low motivation for addiction treatment and other mental disorders; and in case in the process of treatment aggression is ignored, the treatment definitely will be unsuccessful and there will be a decrease in the compatibility of the addict with society (Springer et al., 2004). So, considering the negative impacts of aggression on mental health of the addicts and their treatment process, investigating this factor and recognizing the effective treatments on decreasing this factor is of high importance.

Now, there exists many theoretical views who want to decrease aggression in the addicts with different approaches. Among these approaches, we can point at behavioral-cognitive approach, intellectual-emotional, systematic, choice theory and interaction analysis.

Among various psychological approaches, transactional analysis is very significant because of its theoretical depth and its widespread application. Transactional analysis was founded by Eric Berne, and scientifically it is one of the most effective method of group therapy (Shafi Abadi and Naseri).

This method has worthwhile results in treating family issues and relations, parents-teenagers issues, group arguments, behavioral deviants, alcoholics, addicts and offenders. Transactional analysis theory as a personality theory gives us an image of psychological structure of human beings. It uses some personality patterns that these patterns help us to understand how people act and behave and how they show their personality through their behaviors. Transactional analysis also provides a theory for communication (Sa'atchi).

Considering above mentioned points it seems that transactional analysis group therapy is effective on decrease of aggression of addict couples. . However, till now there has not yet been a research in this field

which investigates this issue. So the aim of the research is investigating the impact of transactional analysis group therapy on decrease of aggression of addict couples.

Research methodology

The population, sample and sampling

: population of the research consists of all couples who went to "hope to life" rehabilitation center in Sabzevar during the first half of 1393. As it has been suggested that in experimental and quasi-experimental studies, the sample size is chosen between 30 to 40 people (Delavar), the researcher has chosen 40 people based on inclusion criteria (diagnosing that they are dependent on addiction, no background in psychosis, no background in using anti psychosis medicines). Then the chosen people were asked to fill out a consent form about participating in the research both verbally and written. The selected sample were put in two groups randomly, in a way that in each group there exists 20 couples. Because of various limitations, random sampling was not possible; so in this study, convenience sampling with random replacement has been used

Research tools

Buss and Perry's Aggression Questionnaire: this questionnaire which has been designed by Buss and Perry in 1992 has 29 questions. It evaluates four factors of verbal aggression (5 questions), physical aggression (9 questions), anger (7 questions), and violence (8 questions) (Sanaee). The results of psychometric analysis of Buss and Perry's Questionnaire (1992) has shown that it has high internal consistency (89%). Also the validity of subscales of this questionnaire with each other and with the whole scale which is between 25% and 45% shows that this research tool has proper reliability (Mohammadi). Samani research (1386) has been done on 492 students of Shiraz University which has been chosen via cluster sampling and random sampling, and they has evaluated with Buss and Perry's Aggression Questionnaire. The data has been analyzed with statistical tests such as correlation coefficient factor analysis and t Test. The validity of this questionnaire was 78% by pretesting. Factors high correlation with the whole score of the questionnaire, low correlation of factors with each other, and their coefficient amounts show the efficiency and adequacy this questionnaire for researchers in Iran. Mohammadi research which has been done on a sample of 209 people from students of Shiraz University which were chosen randomly; the credibility of aggression questionnaire has been analyzed by three methods Cronbach's Alpha, retesting and bisection method, and three amounts have been calculated 89%, 78%, and 73%. The reliability of this questionnaire has also been investigated by indices such as convergent reliability, concurrent reliability and factor analysis. The convergent reliability of aggression questionnaire has been approved through calculating correlation coefficient of its subscales with each other and the whole questionnaire, and these coefficients were meaningful between 37% and 78%. Concurrent reliability has also estimated through using mental harm scale, and its correlation coefficient (34%) was meaningful. The method of scoring is based on Likert Scale from 1 (it is completely against my personality) to 5 (it completely agrees with my personality). The score of question 24 and 29 is reversed. Total score is the sum of all questions' scores and its range is from 29 to 145. High score means more aggression.

The Analysis of Data

In descriptive level, mode and deviation of the mean has been used for data analysis, and in inferential level, covariance analysis (ANCOVA) has been used.

Research Findings

In this part, the information about the frequency, mean and standard deviation of the results derived from implementing aggression questionnaire on couples in experiment and control group in pre-test and post-test. Table 1 shows descriptive indices of data derived from using aggression questionnaire in pre-test and post-test in different groups.

Table 1: descriptive indices of data derived from aggression pre-test and post-test

1. Group	2. Variable	3. Numb er	4. Pretest	5.	6. Post-test	7.
8. Experime nt	9. Aggression	10. 20	11. Mean 12. 108.700 0	13. Standar d Deviation 14. 9.41499	15. Mean 16. 91.9000	17. Standar d Deviation 18. 11.1822 2
19. Control	20. Aggressio n	21. 20	22. 107.200 0	23. 10.5859 9	24. 107.700 0	25. 12.1443 1

As it can be seen the mean of aggression of experiment group has noticeable decrease in post-test in comparison in with pre-test. This change cannot be seen in control group.

In order to evaluate the effectiveness of transactional analysis group therapy on the aggression of subjects covariance analysis is used. In covariance analysis, the difference of groups in one variable is calculated through controlling one or two other variables which may affect the results. So in order to compare the aggression scores of subjects of two groups in post-test covariance analysis has been used, and the effects of pre-test were controlled as variable. Before performing covariance analysis test, homogeneity assumption of variances of aggression has been investigated. The results of this test show that Levene Test in aggression variable ($F_{38.1}$ = 4.113, P = 0.069) is not meaningful and this shows that variances are homogeneous. There covariance analysis test can be used. In table 2, the results of this test which compares the means of aggression scores of two groups' subjects in post-test have been shown.

Table 2: comparison of aggression post-test in two groups with controlling pre-test effect

26. Change Resources	27. Df	28. F	29. P-Value	30. Impact Factor	31. Statistical Power
32. Pre-test	33. 1	34. 107.912	35. .000	36. .745	37. 1.000
38. Group	39. 1	40. 83.349	41. .000	42. .693	43. 1.000
44. Error	45. 37	46.	47.	48.	49.

50. Total	51. 40	52.	53.	54.	55.

As it can be seen, the results which were derived from comparing aggression post-test in two groups with controlling the effect of pre-test show that those couples who were dependent on drugs that has participated in transactional analysis group therapy has shown a significant decrease in their aggression in comparison with those couples who were placed in control group ($F_{1.37}$ = 83.349, P < 0.0005). So transactional analysis group therapy has been effective for couples who are dependent on drugs.

Conclusion:

The study has been carried out to investigate the effectiveness of transactional analysis group therapy on decreasing aggression in addicted couples. The results show that participating in transactional analysis group therapy sessions leads to a decrease in aggression of addicted couples. This finding in line with those researches, which point at the positive impacts of transactional analysis group therapy and communication training over decreasing aggression, of Torkan, Kalantari and Moulavi, Nazari, Jon (2007), Sprecher (2002), Lawrence and Bradbury (2000), and Hahlweg, Baucom, and Markman (1988).

The mechanism of transactional analysis group therapy in decreasing aggression is training communication to the couples. A person will identify his position in a relationship and understand how his mental status will affect the communication, so he tries to increase his communication skills. And this effort to increase communication skills has a significant impact on decreasing aggression. Communication skills include a wide range of skill such as: ability to listen, recognizing one's partner emotions, emotion tools, sympathy and managing challenging emotions. In other words, communication skills include acquired methods of each person form identifying and arranging his emotions and also his answering to others emotions. Communication skills are not only experiencing calm relationships without tension, but also they show a person's skill in applying emotions to arrange his behaviors and relations (Cordova, J.V., Warren, 2005).

Communication skills are important part of social life and in close relationship, they even matter more because of the effects of the method of solving challenging emotional situations on relationship quality. Any defect in the growth of communication skills can damage the person and create some issues which lead to aggression. People with low communication skills show more severe reactions about themselves and as a result they show more aggression. On the other hand, these people always care for others approval and they act in a way that limit their reactions in life and these limitations create some problems in their relationships especially their marital relationship; and they will lead to aggression in life partner. So acquiring communication skills which is a major part of transactional analysis group therapy activities, has an important role in decreasing the aggression of the couples who participate in these sessions.

One of the other variables which has been taken into account transactional analysis group therapy sessions, is roles and responsibilities of each person in life. The therapist responsibility in the therapy sessions is creating a supportive and close atmosphere in which the person without feeling guilty, talk about his uncomfortable emotions about the conflicts about he and his partner roles and responsibilities. This process happened after the fourth and fifth session of transactional analysis group therapy in the

research and the major factor of this was the supportive and mutual atmosphere of these sessions. Christensen et al. (2004) point that talking about the emotional conflicts related to marriage expectation which happen in a supportive atmosphere and without feeling guilty is the major factor in decreasing some problems such as aggression in couples. So it is expected that the amount of couples' aggression, after participating in eight sessions of transactional analysis group therapy will promote significantly.

Transactional analysis group therapy, one of the other sections which has been noticed, are mutual items of marriage life and controlling style of couples' lives. About conflicting couples, life controlling style is accompanied with lots of problems in which the person by remembering his dreams, emotions and experiences and assuming that they are destroyed will consider his partner's responsibilities more and always feel failure. These failures will affect the person's psychological status and his relationship with his partner, and they will pave the way for the growth of a kind of hidden hostility which is shown in various situations through aggression. Bowling and Hill (2005) declare that people who feel failure in their marital relationships, always feel that there is no positive point in their marriage while there exists lots of positive points in their lives. They deny positive points and magnify negative aspects which lead to increase in aggression in their relationship as the first outcome of failure is aggression. If the couple therapist can aware this couple of their problematic relationship style and show them instead of applying their failures to their partner incompetency, they accept their responsibilities and step towards promoting their relationship (Bowling and Hill, 2005).

The experiences of the researcher along with other researches' results (Jacobson et al., 2000; Christensen et al., 2004) show that ignoring external control, is possible only through informing couples of this inefficient pattern and its negative consequences. Consequences which not only create many problems for couples' satisfaction, but also lead to some mental disorders in them. In transactional analysis group therapy, the therapist tries to aware the couples of their life control patterns and its consequences. After being aware of this inefficient pattern, couples usually are encouraged to challenge their relationship style and according to their role in life, abandon external assignments and avoiding responsibilities. Therefore, the results of the research and previous researches support the method of couples therapy based on transactional analysis therapy in order to decrease aggression and promote family performance

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