

The Effect of Group Counseling with Transactional Analysis Method on Self-Acceptance of Couples with Family Dispute in Counseling Centers in Esfahan City

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Abstract: The purpose of this study was to examine the effectiveness of group counseling Transactional Analysis methods of couple with a dispute over his acceptance of family counseling centers in Esfahan City . Semi-experimental research methods (semi) using a pretest and posttest and follow-up. The population of all couples attending a domestic dispute counseling centers in in Esfahan City in the first half of 2014 consisted of them, 40 patients were randomly selected and the two experimental groups and control groups. All couples group for 12 sessions of group training methods were used to analyze the interrelationships at the end of both groups were assessed, it can be concluded that learning style has Transactional Analysis of couples with a family dispute improve your reception.

Keywords: Mutual relationships, family conflicts

1. Introduction

Incidence of marital dissatisfaction may be a preliminary separation and divorce (Farahbakhsh, 2004). The increasing rate of divorce in the world today - though on a much smaller scale - Unfortunately, our current society is also a couple of our discontent and disintegration of many families warm Center the need to address the adverse effects of separation on family and this problem is raised. In the meantime, one of the approaches in resolving marital disputes and improving communication and expressing feelings is used, is transactional Analysis. Transactional Analysis is an approach to psychotherapy with plain language and interesting to grow and personal change is applied. Through the analysis of the interaction of group members to help has become an accepted level and they communicate well with others and increase their knowledge and their relationship with others. And to express their feelings in an appropriate manner. Regarding the issues raised in this chapter first describes the problem has been dealt with followed by the importance and necessity of research, objectives, assumptions and conceptual and operational

definitions of the variables are also presented. Satisfy the needs of families of different physical, intellectual and emotional and an awareness of environmental needs psychological and knowing how to satisfy them and with the techniques and identification of biological and psychological tendencies, is a fundamental necessity. Marital relationship should be based on trust and mutual respect that it has a lot of influence factors such as intimacy (Edalati and Redzuan, 2010). One of the emotional needs of couples, relationships, intimacy which is an important source of joy, a sense of meaning in life and marital satisfaction (Pielage, Luteinjin and Arrindell, 2005). The purpose of this research is on psychological well-being the 84-question questionnaire respondents Reef (1989) is obtained. Scale has six subscales of psychological self-acceptance, positive relations with the Ygran, autonomy, purpose in life, personal growth and mastery of the environment.

Psychological wellbeing of family

Functional value of the institution of the family is important in any social system. Every society in accordance with their values first, then the

body goes through it to develop its future citizens. One of the main issues in the family, the quality of the relationship between husband and wife. When the relationship between these two families is satisfactory, a relaxation of the ruling family which will improve the performance of public life. One of the factors contributing to the effectiveness of this process, which is a consequence of marital satisfaction, psychological issues. So, according to mental health problems can increase their marital satisfaction and ultimately improve the efficiency of the family (Iman, Jamaloe, 2012). One model that conceptualized and operationalized psychological well-being, Reef's model. Reef's psychological well-being in an effort to realize the true potential of his finds. This model integrates various theories of adaptive function Rshdfdy formed and expanded.

Well-being and psychological well-being of the staff made up of six components: component self-acceptance means having a positive attitude to life and his past. If an evaluation, talents, abilities and activities at all satisfied and gratified to see the past, will have good mental function. Everyone working despite their limitations, which in turn have a positive attitude to their self-image, this attitude of self-acceptance is an element of autonomy to independence, self-sufficiency, and freedom from the norms defined. A person can be on the thoughts, feelings and personal beliefs decide the characteristic of autonomy. In fact, the ability to cope with social pressures, as the components are concerned. Having positive relationships with others, and other components of the model, in the sense of quality and satisfying relationships with others. People with these characteristics are pleasant people, wanting and able to love others and try to set a warm relationship based on confidence in interacting with others produce components of purpose in life, the concept of having a long-term and short-term goals in life and keeping it. Individual activities and events to life meaningful and effectively with their favorite shows, are involved.

Self-acceptance

Factors used in the model of Reef refers to it, is himself. Erikson's seventh stage of psychosocial

development - its social (Creators of stagnant backwardness), which is about a year old, look to creatives themselves with their past evaluations of all activities the result is that the time is important to you. The aging of the eighth stage Ericsson - Following a positive view and hopeful of what life has done, verification of self-acceptance and peace is achieved (Mansour, 2008). Such high susceptibility based on realistic self-awareness of their own mistakes and limitations, and the love of self and others, is built. The main feature of mental health and self-acceptance is one of the components of the optimal performance. Optimal levels of self-acceptance and positive attitude causes a rise in life satisfaction is the key concept of self-actualization and self-acceptance, psychological functioning and progress is satisfactory (Reef, 2002). However, there is a close relationship between self-acceptance and acceptance of others (Dourom and Gelaz, 2001).

Previous studies

Afroz (2010) in their study as an exchange analytical effectiveness of group therapy on marital satisfaction among couples attending the clinic and psychological services and counseling centers in 16 randomly selected pairs and randomly assigned to experimental and control groups, respectively. The analysis showed the couple's marital satisfaction in the experimental group was significantly increased compared to the controls. Ghaseri (2010), in his study entitled The Effectiveness of Transactional Analysis of Ferdowsi University of Mashhad on couples' marital satisfaction using a convenience sampling method. And then of course to sample the interaction effect of marital satisfaction on the positive. Kazemi (2010) to investigate Transactional Analysis on the reduction of aggressive behavior And enhance social intimacy girls in in Esfahan City as a case study, the research design was administered to treat the multiple entry staircase. Purposeful sampling with 3 of the girls Guidance Center in Isfahan were selected. After conducting interviews and group counseling and interaction analysis was performed for them. The results showed that the group counseling group interaction analysis in reducing aggressive behavior and increasing social intimacy runaway been effective.

The aim of the study

Effects of group counseling on self-acceptance through Transactional Analysis couple of family conflict.

Research hypothesis

Consulting team to Transactional Analysis method is effective upon acceptance couples have a family dispute.

Methods

Selection of goals, depending on the nature and possibilities of implementation. So as you can about the method and conduct an investigation to determine that the nature of the subject, the purpose and scope of the work is clear (Naderi, Seif Naraghi, 2012). Since in this study the effect of training Transactional Analysis being of couples who have family problems, counseling centers have been studied, this research is a quantitative and semi-experimental pretest-posttest two-group that is couples were randomly divided into control and experimental groups were tested.

The population

The population consists of a group of people, objects or events that have a common trait or traits (Delaware, 2013). The population consists of all couples attending a family dispute counseling centers in Esfahan City was formed in the first half of 2014.

Sample and sampling

Sample "refers to the entire community, a community that is selected and represents" (Delaware, 2013). The sample included 40 patients as sampling differences between couples who have family counseling centers in Esfahan City, selection and randomly divided into two groups of 20 subjects (control group) were housed.

Research Tools

Reef and psychological well-being questionnaire by Keynes (1989) at the University of Wisconsin Medical Center was built in 2002, was revised. The main form consists of 120 questions, but further studies are far shorter, 84-item, 54-item and 18-item version has been prepared. Scale has six subscales of psychological self-acceptance, positive relations with others, autonomy, purpose in life, personal growth and mastery of the environment. On Form 14-questions consists of 84 items each. The subjects are asked to read the questions and judging

herself based on a six-point Likert scale (strongly disagree, disagree somewhat, very little opposition, much less agree, somewhat agree and strongly agree) makes clear. Each question as 1, 2, 3, 4, 5, 6 will be graded. Higher scores indicating better psychological well-being.

The study method

Before starting the test grade control group testing was conducted on the psychological well-being. Then for twelve sessions of group interaction analysis in the experimental group. Then again, psychological well-being questionnaire was conducted on two groups. After one month back for a follow-up questionnaire was administered to two groups on the psychological well-being.

Analysis of data

Data analysis tools for research, descriptive and inferential statistics were used to fit the results. Descriptive statistics were used, frequency and frequency distribution, mean, standard deviation and normality of data, charts, and to investigate the occurrence Kolmogorov - Smirnov test was used. To analyze the data collected during the test statistic, Levin and analysis of covariance with respect to the assumptions used. Appropriate statistical analysis using statistical package for social sciences (SPSS) version 18 was used.

Descriptive Statistics

Table 1: Information on the subjects under study in both test and control groups

No	Statistical indicators Groups	The total number	Education	Frequency	Frequency%
1	experiment Group	20	Diploma and Associate Degree	2	5
			Bachelor	10	25
			Master's degree or higher	8	20
2	Control group	20	Diploma and Associate Degree	2	5
			Bachelor	9	22.5
			Master's degree or higher	9	22.5
3	Total	40	-	40	100

As can be seen in the table above, the group of 20 subjects, 2 patients (approximately 5%), diploma or Associate Degree, 10 (25 percent) have a Bachelor's degree and 8 to 20%), education Master's degree or higher. The control group of 20 subjects, 2 patients (approximately 5%), diploma or Associate Degree, 9 (equivalent to 22.5%) and 9 patients with a Bachelor's

degree (equivalent to 22.5 percent) have a bachelor's degree or higher. State department of education and a lot of research on the diagram (4-2) is presented.

Research hypotheses

Consulting team to Transactional Analysis method is effective upon acceptance couples with a family dispute.

Table 2: the mean and standard deviation of the experimental and control groups after their admission in the pre-test, post-test and follow-up

Variable	Group	Test	Mean	Standard deviation	Minimum	Maximum
Self Acceptance	Experiment	Pretest	52.05	3.72	48	61
		Posttest	54.80	4.26	46	60
		Follow	55	4.05	46	60
	Control	Pretest	51.85	2.7	47	57
		Posttest	51.10	4.26	46	57
		Follow	51.10	2.88	47	58

Table 3: Test results Kolomogrov - Smirnov normality assumption after his admission

Dimensions of Social Welfare	Group	Mean	Standard deviation	k-s-z	Significant
Self Acceptance	Experiment	51.85	2.7	0.57	0.89
	Control	54.05	3.72	0.69	0.72

Since Kolomogrov Smirnov statistic at $05/0 < \alpha$ not significant, so the assumption of normality is accepted.

Table 4: Levine's test for homogeneity of variance in scale review of its compliance

	The value of Levine	DF1	DF2	The significance level
Pretest	3.5	1	38	0.06
Posttest	2.13	1	38	0.15
Follow	1.61	1	38	0.12

As seen in the table above, the level of significance Levine test is larger than 0.05 ($0.05 < p$) So according to the null hypothesis of homogeneity of variance P value assuming both

approved and rejected contrary; thus the variance is heterogeneous groups.

Table 5: The results of analysis of covariance of the pretest and posttest in the Experiment and control groups after their admission

	Source changes	Mean Squares	Degree of Freedom	Mean Squares	F	Significant (sig)	Chi Eta	Statistic Power
Pretest-posttest	Groups – Test (Self acceptance).	51.81	1	51.81	5.25	0.02	0.12	0.6

F observed at the surface after Self acceptance $05/0 < \alpha$ Significant difference between test and control groups in mean pre-test and post-test shows. It can therefore be concluded that the theory of group counseling on ways to increase the impact of Self adoption.

Discussion and conclusions

But after seeing the training techniques of group counseling on Transactional Analysis is a significant change in self-acceptance and acceptance of a familial dispute time increased Couples. This Research hypothesis is confirmed. These findings and the results of Haji Syed Nasir (2002) who found that group counseling with transactional behavior analysis approach has a positive effect on self-concept and locus of control, is consistent.

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