The Effectiveness of Transactional Analysis Therapy on Social Intimacy and Coping Styles with Stress among Students

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Abstract

The purpose of this study was to investigate the effectiveness of transactional analysis therapy on social intimacy and coping styles with stress among expatriates student of Shahid Chamran University of Ahvaz. The statistical population of the study consisted of all expatriates male students residing in dormitories of Shahid Chamran University in Ahvaz during the academic year 1391-1392 SH. Of the 66 people who volunteered to participate in the research, 30 were selected as the final sample of social intimacy scores below a standard deviation of the average. The 30 subjects were randomly assigned into two groups of 15 subjects. The experimental group received eight sessions of transactional analysis. Both groups responded to Miller's social intimacy scale and Andler and Parker's coping strategies in pre-test and post-test. Data analysis was performed using multivariate covariance analysis in SPSS software. The results showed that transactional analysis increased social intimacy in the experimental group. The results also showed that treatment increased the problem-oriented coping strategy and reduced the emotion coping strategies in coping with stress in the experimental group. These findings suggest that transactional analysis can be used as an effective treatment at the level of student counseling centers to assist them in coping effectively with psychological stresses.

Keywords: social intimacy, transactional analysis, stress coping strategy, students

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