

Effect of Transactional Analysis on the Psychosocial Challenges of Secondary School Adolescents

Badejo Ayodeji, Lamidi Salimat Bola*, Etobro A. Benjamin

Lagos State University, Nigeria
*Email: lamidisalmat@gmail.com

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Abstract. This study examined the effect of Transactional Analysis on the psychosocial challenges of adolescence. Two research hypotheses were made to guide the study. The sample consisted of 106 senior secondary school students. A-40 item self-developed questionnaire was designed for data collection. The study adopted a quasi-experimental control group design. Analysis of data was achieved using Analysis of Co-variance (ANCOVA) at 0.05 level of significance. The result of the findings showed that there was a significant effect of Transactional Analysis on the psychosocial challenges of adolescents $F_{(1, 104)} = 275.882, p < 0.05$ and that family dispute did not have significant effect on secondary school adolescents' psychosocial challenges, $F_{(2, 104)} = 0.414, p > 0.05$. The treatment, Transactional Analysis applied in this study was effective in the reduction of psychosocial challenges among secondary school adolescents. Counsellors should be proactive in identifying adolescents with psychosocial problems and assist them through the use of Transactional Analysis. It is recommended that counsellors, educational administrators, and policymakers should always make use of this counselling therapy, when handling adolescents' challenges.

Key words: transactional analysis, adolescents, psychosocial challenges, family dispute

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INTRODUCTION

Adolescence is a challenging period for virtually every individual. It is known as a time of turmoil. Every adolescent finds it quite uneasy to cope with especially when the environment is not conducive. This process of transition encompasses so many problems ranging from psychological problems, social problems, emotional problems to cognitive problems. Most adolescents are susceptible to exhibit emotional issues due to rapid changes that occur during adolescence (Rudolph, 2002). Emotional feature is an essential factor of adolescents' growth and advancement. Some scholars believe that adolescents encounter more undesirable feelings and emotion (such as stress, anxiety and depression) compared to when there were children (Newman, Moffitt, Caspi, Magdol, Silva, & Stanton, 1996; Rudolph, 2002). Acts of violence and aggression in society today are often reported are mostly done by adolescents (Furqan, Yusuf & Rusmana, 2016). According to Hassan & Husain (2016), Adolescence is often associated with behavioural problems. Student disruption, aggression, and academic failure are a problem in schools across the nation. In addition, Problem behaviour in adolescents always interrupts their social growth. Based on the study of O'Brien (2003), problem behaviour is an act of a person negatively on the external environment who either forms significant risk to the health

and/or safety to oneself or others; or who exerts momentous negative impact on his/her own quality of life or the quality of life of others.

There are several causative factors that worsen adolescent's psychosocial challenges. One of them is family. Family plays a vital role in the upbringing of adolescents and its mostly important that this family provide an atmosphere conducive for the adolescents so as to enhance their psychosocial competence. According to Young (1997), a family that is functional can provide adequate care and support to an adolescent during period of turbulence. For example, adolescents from separated and or divorced or single-parent families tend to be inferior in school and may have issues with the school authorities more than adolescents from nuclear homes, simply because single parent finds it tough to monitor their children due to several chores they possibly need to attend to. Yet, adolescents who report that they have a good relationship with at least one parent are more likely to report good physical and mental health (Hair, Moore, Kaye, Day, & Orthner, 2009 as cited in Malhotra, 2016). Also, children from homes with great harshness in their first five years of life predicted development of menarche with absence of the father in homes was significantly related to earlier menarche (Sung, et al, 2016).

Ackerman, Kashy, Donnellan, Neppl, Lorenz, & Conger, (2013) studied that the role of the family

context in adolescent well-being goes beyond the importance of the direct relationship between a parent and a child. Other factors, such as family members' levels of engagement with each other, how much hostility or how many negative interactions are part of family interactions, and satisfaction with relationships between parents all play a role. Santrock (2014) also opined parents with high levels of family satisfaction are more likely to demonstrate good parenting practices, such as warmth, responsiveness, and affection, which in turn can positively affect adolescent well-being. The household being the major agent of socialization need to cater adequately for the adolescents so as to ensure a proper development of its member. Adolescents seem to grow and develop appropriately when one or both parents are committed in their proper nurturing. The process of raising the young ones to adolescence stage is an important job for every parent to attain. Besides upbringing, lack of attention, care and nurture from the parents may affect the development of adolescents with respect to their self-identity, self-concept, and self-control. That is, an atmosphere filled with unconditional love, empathy, and good health is expected to enhance the wellbeing of adolescents (Ajidaun 2007). Family arguments during adolescence are to be expected and may even serve an important developmental purpose. However, teens who experience high levels of conflict with and/or low levels of support from their parents are more likely to engage in risk behaviours, such as early drug use or drinking and smoking, and are more likely to struggle with depressive symptoms (Santrock, J.W. 2014; Dodge, Malone, Lansford, Miller-Johnson, Pettit, & Bates, 2006; Gutman, Eccles, Peck, & Malanchuk, 2011; Sheeber, , Davis., Leve, Hops, & Tildesley, 2007).

The environment in which an adolescent resides determines the psychosocial competence of the adolescents. For instance, if an adolescent is from a negligent home, that is where the father and mother show less concern about the adolescent welfare, there is every likelihood such child encounter psychosocial challenges. The main purpose of the research is to examine the effect of transactional Analysis on the Psychosocial Challenges of adolescents with regard to their gender. The study is guided by two hypotheses; these are:

1. There is no significant effect of Transactional Analysis on the Psychosocial Challenges of secondary school adolescents in Lagos State.

2. There is no significant effect of Family dispute on the Psychosocial Challenges of secondary school adolescents in Lagos State.

METHODS

The study adopted a quasi-experimental design to examine how the independent variable affects the dependent variable. This is especially useful especially when true randomization is not possible. The population for this study comprised adolescents in all Lagos State Secondary Schools. The sample consisted of 106 adolescent students in SS2. Multistage sampling technique was employed. The state was clustered into six Education Districts. Adopting simple random sampling using hat and draw method, one district (District V) from the six districts was sampled for the study. One local government area (Badagry) was selected from Education District V by simple random sampling of balloting. The next stage involved the selection of two secondary schools to be used from the sampled local government area using simple random sampling technique. Adolescent Psychosocial Issues Scale (APIS) developed by the researchers was administered on the SS II students in the selected schools. Any student who scored above 30 points out of the total obtainable 60 points in the APIS indicates adolescent with severe psychosocial challenges and was selected for the training. At the end, a total number of 134 adolescents were selected from all the three schools. However, due to attrition and absenteeism, the participants that completed the training were 106. Thereafter, along with the trained research assistants, the researcher administered the Adolescent Psychosocial Problem Inventory (APPI) developed by the researcher on all SS2 students in the selected two schools. The purpose of this instrument is to examine the level of adolescent psychosocial challenges. The APPI consisted of 40 items.

A pilot study was conducted to ascertain the reliability and internal consistency of the instrument. This was analyzed by using Cronbach Alpha. Based on the data analyzed, the reliability coefficient of the instrument is 0.87. Treatment package on Transactional analysis were administered on the adolescents to see the effect and changes in the psychosocial development of adolescents.

RESULTS AND DISCUSSION

Data were analyzed using descriptive and inferential statistics. The inferential Analysis of Covariance (ANCOVA) was used.

Hypothesis 1. There is no significant effect of Transactional Analysis on the Psychosocial Challenges of secondary school adolescents in Lagos State.

Table 1. Effects of Transactional Analysis on the Psychosocial Challenges of secondary school adolescents in Lagos State

Source	SS	Df	MS	F	Sig.
Corrected Model	13444.859 ^a	2	6722.429	137.941	.000
Intercept	.564	1	.564	.012	.915
Pretest	3128.812	1	3128.812	64.202	.000
Transactional	13444.813	1	13444.813	275.882	.000
Error	3362.641	10448	7.34		
Total	403128.000	106			
Corrected Total	16807.500	106			

a. R Squared = .800 (Adjusted R Squared = .794)

From table 1, the effect of Transactional Analysis $F(1, 104) = 275.882$ and this shows that the effect is significant at 0.05, ($p < 0.05$). This implies that there is a significant effect of Transactional Analysis on the psychosocial challenges of secondary school adolescents in Lagos State. Therefore, the null hypothesis was rejected. Therefore, there is significant effect of the treatment on the students exposed to Transactional Analysis comparable to their counterpart in the control group.

The first hypothesis states that there is a significant main effect of Transactional Analysis on the psychosocial challenges of secondary school adolescents in Lagos State. The findings of this study indicated that there was a significant main effect of Transactional Analysis on the psychosocial challenges of secondary school adolescents. The result of the first hypothesis indicates that a significant difference existed between the scores of respondents exposed to treatment (the experimental group) and that of those in the control group. Therefore, the first hypothesis was rejected. The respondents exposed to the Transactional analysis performed better than those who were not exposed to the treatment package. The effectiveness of the applied therapy was conceivable as a result of the strength of the therapies at assisting the adolescents to be reoriented concerning the present and the future situation. The therapy was conducted to address adolescents' problems which seemed to be

the main reason for psychosocial challenges in them. Keshavarzi1, Mirnasab& Gargan, (2016) result of finding indicates a significant increase in the functional emotion regulation strategies as well as a marked decrease in the dysfunctional emotion regulation strategies. This result confirmed the study by (Boxer, Laura, Sara, Goldstein, Musher, and Eric, 2005) that their social, cognitive approach is mixed with some counselling techniques have given a helping hand to reduce adolescents' verbal aggressions.

According to Berne (2001), Applying Transactional Analysis on clients make significant changes in their lives. He pointed out that adolescents develop a personal plan for their lives as a strategy for physical and psychological survival. According to Freed (1998), opined that the application of Transaction Analysis helped adolescents develop self-understanding and acquire the ability to make changes both within themselves and in their interaction with others. Also, the application of this therapy (TA) has facilitated insight so that they can assume increased control of their thoughts, feelings, and actions.

In nutshell, the result of the first hypothesis indicates that Transactional Analysis is remarkably effective in mitigating the Psychosocial challenges of adolescents. This can be adduced to the characteristics of both the Adlerian approach and the Transactional Analysis approach because the therapies are based on people and their environment. (Enns,1993).

Hypothesis 2. There is no significant effect of Family dispute on the Psychosocial Challenges of secondary school adolescents in Lagos State.

Table 2. Effects of family dispute on the Psychosocial Challenges of secondary school adolescents in Lagos State

Source	SS	df	MS	F	Sig.
Corrected Model	202.399 ^a	2	67.466	.276	.842
Intercept	4141.158	1	4141.158	16.959	.000
Pretest	5.415	1	5.415	.022	.882
FamilyDispute	202.353	2	101.176	.414	.662
Error	16605.101	104244	193		
Total	403128.000	106			
Corrected Total	16807.500	106			

a. R Squared = .012 (Adjusted R Squared = -.032)

Table 2 shows that the effect of family dispute $F(2, 104) = 0.414$, was not significant at 0.05, ($p > 0.05$). Since the p-value of the F-ratio is greater than 0 .05, then the null hypothesis was not rejected. This implies that family dispute has no significant effect on

the psychosocial challenges of secondary school adolescents in Lagos State. This implies that whether a student experience family dispute or not, they all experience psychosocial challenges the same way.

The second hypothesis states that there is no significant effect of Family dispute on the Psychosocial Challenges of secondary school adolescents in Lagos State. Statistical finding of the hypothesis implies that there was no significant main effect of family dispute in reducing the psychosocial challenges of the secondary school adolescents that participated in the therapies. The insignificant main effect of family dispute in reducing the psychosocial challenges of the adolescents could be characterized by the influence of Adlerian therapy and Transactional Analysis. Transactional Analysis is concerned with personal growth and also for improving interpersonal relationships (Riggall *et al*, 2006). According to Berne, personality is made up of three ego states called Parent, Adult, and Child. Each ego state is recognized by a set of behaviours, thoughts, and feelings (Solomon, 2003). The Parent ego state is a set of behaviours, thoughts and feelings learned from parents or other characters. It can be divided into Nurturing and Critical Parents. The Adult ego state is the part of personality that processes data based on facts. The Child ego state is the part of personality based on the emotions and thoughts from childhood. It is broken down into Adapted and Natural (Free) Child (Solomon, 2003). Also, Muller, Bradshaw, and Newton (2003) and Morris (2006) mentioned that transactional analysis can be effective in the emotional well-being of students.

The current research shows that family has a significant effect on adolescents. They further stated that the family needs to be intact for adolescents to experience the warmth and nurture of a loving family. Another study by Oshman and Manosevitz (1974) disagrees with the current study that the presence of an older male figure (such as a father or stepfather) can positively affect a child's development.

Conversely, violence in the home has strong negative effects on children's MHPSW, distinct from war, as shown e.g. in a cross-sectional study in Afghanistan (Panter-Brick, Eggerman, Gonzalez, & Safdar, 2009). Also, Exposure to family violence worsened the aggression of children exposed to violence (longitudinal study on Palestine by (Boxer et al., 2013). Further, children exposed to intense violence who experienced little positive parenting were more likely to report post-traumatic stress disorder (PTSD) two years after baseline (Dubow et al., 2012).

The reason that may account for insignificant family dispute on adolescents' psychosocial challenges in the current study might be an external factor. For

instance, some psychosocial problems (e.g. social problems, educational problems) might be associated with the school system such as the strict rules and regulation, too much school workload, lack of motivation at school, teacher's attitude unfair execution of rules, students with low levels of awareness of conservative social rules and a lack of effective teaching materials needed for the adolescents.

Therefore, the family dispute may have a significant role to play in reducing the psychosocial challenges of adolescents. But, due to the impact and potency of the therapy, Adlerian Transactional analysis, it indicates no effect of family dispute on adolescent psychosocial challenges of secondary school in Lagos State.

CONCLUSION

This study brings out the effect of Transactional analysis on the psychosocial challenges of adolescents. The treatments, Transactional Analysis applied in this study were highly effective in the reduction of psychosocial challenges among secondary school adolescents. It can be concluded that psychosocial issues of adolescents can be appropriately reduced if appropriate treatments are used on them. Transactional Analysis is very significant in curbing the issue of psychosocial development in adolescents. Besides, Location and Family dispute do not have any effect on the psychosocial challenges of adolescents. That is, all adolescents experience the psychosocial problem in the same way.

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