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Der Pharmacia Lettre, 2015, 7 (7):353-357
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An investigation of the effectiveness of transactional analysis on teaching communication skills to reduce marital conflict of patients suffering from cardiovascular disease

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ABSTRACT

The purpose of this investigation was to evaluate the effectiveness of teaching the communication skills by using Transactional Analysis (TA) to reduce marital conflict heart disease. the research design was Semi-experimental and pretest-posttest was controlling by control group. Indeed This study consisted 48 patients with heart disease referred to Imam Khomeini hospital located in Koozhasht city, which are selected voluntarily and participated in the study for the sample method. Participants were divided randomly into two groups: the first group of communication skills training method (TA) and the second group received no psychotherapy. Both groups were measured by pre-test and post-test into two process time. The instrument of this study was to scale conflicts couples through questionnaire included (health, time and Alhyary in 1386). Data were analyzed and inferential statistical by using SPSS software and descriptive methods. The results showed that the experimental group which is received training in Transactional Analysis psychotherapy compared to a control group that did not receive any reduction in marital conflicts were significant. These findings have important theoretical and clinical interventions are discussed. The results of this study can be used to resolve marital conflict and enhance the quality of the marital relationship of chronic disease including heart disease - Coronary used as well as services (TA) to the group of clinical population as a non-drug treatment, effective affordable provided

Keywords: communication skills, Transactional Analysis, marital conflict, cardiovascular disease.

INTRODUCTION

Coronary Artery Disease Coronary Heart Disease (CHD) due to coronary artery stenosis and obstruction, Vascular blood rich in oxygen to the heart, That is one of the main causes of death in the world. Compatibility problems in those patients with heart disease has been reported that the disease had more social problems, not necessarily those with more severe disease (husainian Et al., 2008). According to the study (Stewart et al. (2008), heart attacks cause

mental changes, changes in the quality of the sex of the patient and spouse, changes in work, social relationships and financial problems. The effects of a heart attack on the family, especially the wife of the patient showed that Patients families are suffering high level of stress and psychological pressure experience. Many spouses of heart disease, they see themselves in a critical situation, And also want to make sure that they love their wives, but they are afraid of the consequences of sexual activity, They can be avoided for fear of sexuality and anger towards his wife's health . In terms of leed (1996) spouses with their conflicts, indeed couples that what one wants, the other does not. If the conflict becomes a destructive conflict resentment and hostility, to one respondent ,it will reduced confidence, trust, friendship, cooperation and friendship (rice and Philip, 1996). Research shows that marital conflicts in connection with the seven factors occurred that these factors include: the reduction of cooperation, decreased sexual relationship, increasing emotional reactions on a child to gain his support against the wife, decreasing family relationship with the wife's family and friends, increase personal relationship with your relatives and separated from each other in finance issues (Barati, 1375) Transactional Analysis was introduced by Eric Berne for the first time (1960), after that it found the acceptability of a lot of situations psychotherapy , and effective in promoting health (Murakami et al., 2006; Booth, 2007). Group therap's approach in the field of Transactional Analysis where members can plan their lives Instructions that arises memories of their first experience interacting with each other, was The best treatment for these patients, One of the strongest arguments in Transactional Analysis is that the group will provide a live experience (Navabinejad, 1383). Eric Berne analytical model, from my interactions, fondling, draft and organize the f life and life situations are formed. Transactional analysis can help to improve their health, such as interpersonal relations, improve their performance and stress tolerance, awareness of the stimulants which stimulate irrational behavior and belifes. Knowledge of life on the draft impaired by inefficient, release the members bring it with you to family, friends and the community in which they live, move and order and reform inefficient drafts lead to destructive (Mvrvkamy et al., 2006). Abul Haji Zadeh (1381) Communication skills training lead to increase satisfaction, consistency, correlation and agreement between marriage and love between them. Faghir Poor (1381) had shown that , there is a deep connection between the behavioral and communication skills and problem solving skills and marital adjustment Theory of Transactional Analysis (TA) theory of personality and regular psychotherapy for personal growth and change by Eric Berne presented. The Way interactive communication analysis method that is rational in analyzing and understanding their behavior, as well as the acquisition of knowledge and acceptance of responsibility, according to what is happening at the present time. Such an analysis takes place in four areas, structural analysis or analysis of personality, Transactional Analysis or analysis of the relationship with the other person and the relationship between people, analyzing games, or secret Transactional Analysis to return the results and analysis of the play and drafting and analysis of specific life story of the actor is that he (Ahmad, 1374). In fact, the main task of the adviser believes (TA), which provide skills for the fans that they will lead to a situation where they can observe their relationships analyzed and the results. Considering to above and considering the Transactional Analysis theory as a theory that specifically focuses on the relationships between people, this study sought to determine the effect of teaching communication skills using Transactional Analysis (TA) the reduction in cardiovascular disease patients have marital conflicts.

MATERIALS AND METHOD

The research method applied to semi-experimental with pretest – posttest through control group. Population in this study, all patients with cardiovascular disease who were referred to Imam Khomeini hospital located in koohdasht respectively. sample of 48 patients with cardiovascular sampling method in the study and randomly assigned to two experimental and control groups

Measures

Inventory of conflicts of couples: the questionnaire by health, time and Alhyary year (1386), made with 65 items and 15 subscales, as leisure, religion, finance, violence, verbal and non-verbal empathy, satisfaction, relationship with friends, intimacy, sexuality, interests wife, understanding, criticism, sensitivity, acceptance and conclusion of the dialogue. The reliability of the test confirmed. method cronbakh 0/93 through split-half, 0/863 is and obtained face validity by experts of the subject.

Accomplishment Method

After selecting the patients and randomly divided them into two groups: experimental and control subjects using a questionnaire first marital conflicts, analyzed, and then a group meeting for 6 hours by the method (TA) as active training were analyzed, and finally in the last session, both marital conflict by testing, were evaluated.

RESULTS

The demographic of the participants are presented in Table 1 and 2. As can be seen in the table, the mean duration of disease control in $95/2 \pm 37/7$ The mean duration of illness in the experimental group $38/3 \pm 37/8$, which, according

to Smirnov test and abnormal distribution of disease duration, equivalent of test of nonparametric Mann-Whitney U test (280 p = .) does not show a significant difference between the two groups. This is also true for education as test 2 x (9/0 = p) does not show a significant difference between the two groups.

Table 1: Age and duration of illness in the experimental group and the control group

groups	variable	Age	duration of disease
experiment	average	32.57	8.37
	SD	3.99	3.38
control	average	33.54	7.38
	SD	6.85	2.95
Total	average	3.05	7.87
	SD	5.42	3.16

Table 2: Information OF distribution on the education between the two groups

groups	Diploma and lower	Advanced diploma	Bachelors degree	Master degree	PHD and higher
Control group	4(16/7)	10(37/5)	6 (/25)	3 (12/5)	2 (8/3)
experimental group	8(34/8)	7(30/4)	5(21/7)	2(8/7)	1(4/3)

Table 3: Status subjects depending on the type of heart disease

Heart disease	Abundance	Percent	The cumulative percentage
Arrhythmia	6	12.5	12.5
Pericardium	7	14.58	27.08
Peripheral vascular	11	22.91	49.99
Atherosclerosis	4	8.34	58.33
Coreulemonal	5	10.42	68.74
Acute myocardial infarction	7	14.59	83.34
Hypertension	8	16.66	100

Information about the average and standard deviation of the pre-test and post-test in the control group and the other group is presented in Table 3 and 4.

Table 4: Data on the average and standard deviation of the pre-test and post-test in the experimental group

Measurement	Pre-test		Posttest	
	average	SD	average	SD
Free time	1/76	0/79	2/37	0/41
Religious domains	1/85	0/85	1/79	0/71
Financial aspects	1/65	0/69	2/18	0/45
Verbal and non-verbal violence	2/45	0/36	2/38	0/26
Empathy	2/79	0/65	2/59	0/63
Satisfaction	2/41	1/45	3/56	0/77
Communication with friends and relatives	2/13	0/77	3/27	0/88
Intimacy	2/74	0/43	3/07	0/44
Talking about sexual issues	1/93	1/31	1/89	1/28
Interests wife	1/73	1/33	1/48	0/80
Methods of dialogue	2/41	0/40	2/60	0/36
By criticism	2/56	0/73	3/12	0/60
Hypersensitivity to the judgment of others.	3/19	1/14	3/46	0/99
Accepted	2/38	0/46	2/32	0/53
Conclusion and discussion	1/95	0/94	3/45	0/64
Conflicts	2/27	0/49	2/56	0/27

Table 5: Data on the average and standard deviation of the pre-test and post-test in the control group

Measurement	Pre-test		Posttest	
	average	SD	average	SD
Free time	2/10	0/70	2/14	0/70
Religious domains	2/02	0/70	2/04	0/65
Financial aspects	2/26	0/86	2/38	0/70
Verbal and non-verbal violence	2/59	0/78	2/40	0/65
Empathy	2/38	0/58	2/17	0/64
Satisfaction	2/47	0/89	2/25	0/89
Communication with friends and relatives	2/35	0/75	2/50	0/74
Intimacy	2/67	0/65	2/34	0/8

Talking about sexual issues	2/14	1/44	1/67	0/95
Interests wife	2/52	1/35	1/98	0/94
Methods of dialogue	2/93	0/74	2/61	0/80
By criticism	2/87	0/79	2/62	0/80
Hypersensitivity to the judgment of others.	3/45	0/94	3/23	0/94
Accepted	2/28	0/68	2/04	0/64
Conclusion and discussion	2/70	0/96	2/26	0/78
Conflicts	2/50	0/50	2/31	0/50

Table 6: Data of mean scores individuals in the marital satisfaction components:

Groups	subject	Pre-test	posttest	P
Control	Free time	2/09 ±0/68	2/13 ±0/69	0/004
experiment		1/75 ±0/78	2/37 ±0/40	
Control	Religious domains	2 ±0/73	2/04 ±0/65	0/676
experiment		1/84±0/85	1/79±0/70	
Control	Financial aspects	2/46±0/85	2/38±0/69	0/079
experiment		1/65±0/68	2/17±0/44	
Control	violence	2/09±0/67	2/13±0/69	0/004
experiment		1/75±0/78	2/37±0/40	
Control	Empathy	2/39±0/59	2/18±0/63	0/830
experiment		2/75±0/65	2/58±0/62	
Control	Satisfaction	2/41±1/45	2/23±0/90	0/000
experiment		2/41±1/45	3/56±0/77	
Control	Communication with friends and relatives	2/34±0/74	2/53±0/76	0/807
experiment		2/13±0/77	3/27±0/88	
Control	Intimacy	2/67±0/65	2/35±0/9	0/000
experiment		2/74±0/43	3/07±0/44	
Control	sexual issues	2/14±1/44	1/69±0/94	0/685
experiment		1/93±1/23	1/89±1/28	
Control	Interests wife	2/07±1/35	1/98±0/93	0/240
experiment		1/73±1/33	1/48±0/80	
Control	Methods of dialogue	2/93±0/73	2/62±0/83	0/001
experiment		2/41±0/40	2/60±0/36	
Control	By criticism	2/88±0/80	2/82±0/82	0/001
experiment		2/56±0/73	3/12±0/60	
Control	Hypersensitivity	3/48±0/97	3/25±0/95	0/135
experiment		3/19±1/14	3/46±0/99	
Control	Accepted	2/28±0/67	2/04±0/64	0/265
experiment		2/38±0/46	2/32±0/53	
Control	Conclusion and discussion	2/73±0/99	2/30±0/81	0/000
experiment		1/95±0/95	3/44±0/62	
Control	Conflicts	2/51±0/50	2/31±0/50	0/001
experiment		2/26±0/50	2/56±0/24	

DISCUSSION

As can be seen in Table 6, communication skills training (TA) agreement increase on the people with cardiovascular disease had affected about how to spend leisure time. On the other hand, we see that communication skills training (TA) agreement on increase in people with cardiovascular disease had no impact on religious affairs. There are No differences between two groups regarding to financial matters. Also, the results of which indicate that communication skills training (TA) is effective in reducing violence, verbal and nonverbal patients. results can be explained that people learn in these classes when I "parent" or my two "parent" is one of my "adult" Another approach is to find, fight and defiant occurs, The problem occurs when trying to enter the parts of his personality and not his wife. As a result, the number of conflicts is low. Findings show that communication skills training (TA) to increase empathy in people with cardiovascular disease had no effect. The result can be explained thus possibly cardiovascular disease, others who may faces the disease, implicated and emotional distancing have tried to make amends. As can be seen in Table 6, communication skills training are effective in increasing patient satisfaction. It can be concluded that communication skills training to improve the quality of communication and, consequently, their satisfaction in life has increased. Since communication skills training to reduce marital conflict are therefore likely reduce the conflict and increase marital satisfaction . The research showed that communication skills training (TA) is to improve the dialogue between patients affected. Since it seems that in this class, participants learn how to communicate better use of the complementary relationship between the uses of these methods is to improve the way they talk. On the other hand, we see that communication skills training (TA) to improve critical patients affected because the subjects were aware that the criticism of the opposite side, I should never "parent" climate talk failure, but the first, I "child" to touch him, for example, of their good talk and then I "mature" criticize the opposite side

(when critics accused him not to, but "child" feelings themselves, talk to among them). This is the effect of communication skills training on the outcome of dialogue with the visible.

In fact, the subjects ((TA learn when the problem happened between them less "mature" and I engage in the "adult" me "parent" and my "child" and consider both sides of the monitor. the main reason is trying to fix the problem with a difficult deal. during the investigation of the problem it is also learned that even if I "adult" could apply after the completion of the case study and determine the main cause of the problem logically , either, they can together reach to the a logical conclusion. the. Subject beside to reduction of marital conflict can be substantial Also results show that we are implementing ((TA)it could be easier for patients to discuss sexual issues between the increase in interest each other, reducing hypersensitivity of patients admitted to judge others and to increase them change. the findings of this studies are Coordinator. Safarzadeh (1383), Viet Kane et al (1983) Haji Abul born (1381) parsley Harandi (1381) and Markmn (1993)

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