Impact of Transactional Analysis on Depressive and Aggressive Adolescent students

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This study examined the effectiveness of Transactional Analysis (TA) on Depressive and Aggressive Adolescent students. Around 200 adolescent students (100 Experimental Group, and 100 Control Group) who scored high in depression and aggression were taken as sample for the study. Depression was measured by Beck’s Depression Inventory (BDI-II, 1996) and Aggression was measured through Aggression Scale. In this study, it was hypothesised that TA will have a positive impact in reducing depression and aggression among Adolescents. The TA intervention was given to the Experimental Group for a period of 24 weeks and the Control Group was not given any intervention. Post-test data on BDI and AS were obtained for both Experimental and Control Groups. Findings of the study revealed that the impact of TA is positive in reducing the depression and aggression among adolescents.

Keywords: Transactional Analysis (TA), Depression, Aggression, Adolescents.

Depression is a state that is manifested by depressive episodes and characteristics that may last for at least two weeks or longer (Santrock, 2003). Historically, children were not considered candidates for depression (Whitley, 1996). Today, depression in adolescent is widely recognized and it has become a serious condition affecting both adolescents and young children (Whitley, 1996; Lamarine, 1995). Depression occurs with great frequency among adolescents present day than in the past. Views on adolescent depression have changed significantly (Kahn, 1995). It is not just bad mood or occasional melancholy. It leads the adolescent to sadness, discouragement, loss of self-worth and interest in their usual activities. Depression in adolescents is a very serious problem that impacts every aspect of an adolescent’s life. The major symptoms of depression are irritability, difficulty at school, changes in sleep habits, feelings of persistent sadness and worthlessness. There is decreased interest in daily activities and responsibilities. Many a times depression in adolescents is not identified or ignored as it is considered as a normal adjustment problem and, they don’t get the help when they need. If left unattended this can lead to problems both at home and school (Brent & Birmaher, 2002).

Adolescent Aggression has been defined as a harmful behaviour which violates social conventions and which may include deliberate intent to harm or injure another person or object. Aggression is expressed in many ways; including verbally, mentally and physically. When aggression intensifies it turns into violence (Bandura, 1973, Berkowitz, 1993). Aggression may also be an expression of anger or hostility, to assert dominance, to intimidate or threaten, to achieve a goal, to express possession, a response to fear, a reaction to pain, to compete with others (Bandura, 1973). According to the studies, depressive adolescents exhibited higher levels of aggression compared to the average aggression for adolescents. The results were similar for both males and females.

Transactional Analysis (TA) Psychotherapy originated by Eric Berne is based on the Parent, Adult, Child Ego states Model. As a counselling method it places importance on the development of rationality and the use of reasoning. Transactional Analysis is a theory of personality and also a model of communication through which repetitive patterns of behavior can be studied. It is mainly based on two notions: first, the personality has three parts or ‘ego-states’. Parental transactions, images and