

Transactional analysis and health promotion

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Abstract. Our investigation indicated that unsolved complicated trouble of human relations and the presence of negative feelings against another person are the most important background of psychological stress. Psychological reaction may develop to anxiety, feeling of imperfection, frustration and depression, and further more to psychosomatic disorders. By comparison of our patient with psychosomatic disorders and normal subjects, egogram pattern of patients tended to become near N type with self-negation and self-sacrifice, and suggested that resistance for stress of patients was low. When we practice psychosomatic medical care, general medical management based on “medical model” but also psychological care based on “self-growth model” is very important. Transactional analysis is one of the most effective psychological theories that enables us to elucidate the mechanism of stress and assists a process for solution of problems in human relations. Analysis of ego-state, game, life script and processes for re-decision may play an important role in the treatment of psychosomatic disorders. A final goal of treatment of stress associated diseases is not merely an improvement of physical condition but also an achievement of quality of life and discovery of new way of happy life. Transactional analysis can be one of the professional psychotherapies suitable for psychosomatic care and contributory for health promotion of mind and body. © 2006 Elsevier B.V. All rights reserved.

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1. Introduction

Various kinds of health disturbances of mind and body are caused by psychological stress such as trouble of human relations and problems of the daily life. Psychological reaction may develop to anxiety, feeling of imperfection, frustration and depression, and further more to psychosomatic disorders. Transactional analysis (TA) is one of the most effective psychological theories that enables us to elucidate mechanism of stress and assists a process for solution of problems in human relations.

TA is applicable in various aspects of clinical fields when we deal with human relation in the situation of psychotherapy, education and training at the school or workplace. Also TA is one of the most popular and contributory psychological theories among the physicians and psychologists in the field of psychosomatic medicine. This paper will briefly mention about how TA is adopted in the clinical practice and how it contributes to the health promotion.

2. TA and psychosomatic medicine

Various kinds of health disturbances of mind and body are caused by psychological stress such as trouble of human relations and problem of the daily life [1]. The presence of unpleasant provocative person or unhappy incidents may be realistic in daily life regardless of age or race. For example, frustration between daughter-in-law and mother-in-law is one of the everyday episodes still considerable in Japan. Our investigations indicated that unsolved complicated trouble of human relations and the presence of negative feelings against another person are the most important background of psychological stress [2].

2.1. Psychological stress and psychosomatic disorder

Psychological reaction may develop to anxiety, feeling of imperfection, frustration and depression, and further more to psychosomatic disorders such as gastrointestinal, cardiovascular or neuromuscular diseases. We investigated the distribution of stress degree evaluated by our stress checklist comparing 70 patients with psychosomatic disorders and 160 healthy control subjects. It showed that there were significantly more stressful subjects in the group of patients with strong stress degree of 3 and strongest degree of 4 [3].

2.2. Stress and ego-state

It has been suggested that adapted child (AC) dominant ego-state is easy to fall into self-sacrifice and self-inhibitory lifestyle. Our results also indicated that the mean egogram of patients with psychosomatic disorders became nearly the N type of self-negation with NP and AC dominance (Fig. 1) [3].

Relationship of ego-state and stress level was investigated. By comparison of patients with psychosomatic disorders and healthy controlled subjects, egogram pattern of patients tended to become near N type as the stress degree moved to stronger level, even if stress degree was evaluated with equivalent level with healthy subjects. These results indicated that ego-state of AC in five ego-state components is mostly related to the stressful condition (Fig. 2) [3]. This N type ego-state often organizes stress-related life style. For instance, the development of “driver”, which urges our behavior and thinking, and

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