

# AN IMPACT OF EGO STATES AMONG YOUTHS - A SOCIOLOGICAL STUDY

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## ABSTRACT

*In most of the places youths are working more. And they are getting hike in their carrier too, here in this study an attempt is made to check how egoistic the present's youths are in their workplaces well as with their subordinates also. Here transactional analysis has been used to check their ego states.it is classified as follows, adult, parent, child, and rebilies child. The main purpose of the study is to study about the demographic variables and ego sates of youths in their workplace.50 respondents were used to collect the data. Simple percentage analysis and Fried man test were used to evaluate the collected data.From the study it is found that the youths are not more egoistic with their colleagues.*

**KEYWORDS:** *Ego states, Transactional analysis, Youths.*

## Introduction:

Transactional Analysis is a theory developed by Dr. Eric Berne in the 1950s.

Originally trained in psychoanalysis, Berne wanted a theory which could be understood and available to everyone and began to develop what came to be called Transactional Analysis (TA). Transactional Analysis is a social psychology and a method to improve communication. The theory outlines how we have developed and treat ourselves, how we relate and communicate with others, and offers suggestions and interventions which will enable us to change and grow. Transactional Analysis is underpinned by the philosophy that:

- People can change
- We all have a right to be in the world and be accepted

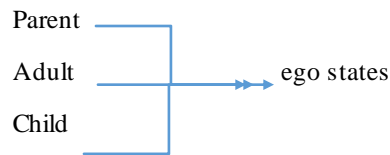
Today Transactional Analysis is used in psychotherapy, organizations, educational and religious settings. Books have been written for all ages, from children through to adults, by people all over the world. Transactional Analysis is truly an international theory relating to a diverse range of cultures.

## Ego States

According to TA, a transaction is a stimulus plus a response. For example, if you say to one of your staff, "You really did a fine job on that project" that is stimulus: and he says, "Thanks", that is a response. Thus, transactions take place between people. They can also take place between the – "people" in our head. If we have a sudden impulse to say something to someone, we may mentally hear a voice felling us not to say it and then second vice agreeing. These people in our head are called ego states.

The personality of a person is the collection of behavior patterns developed over a period of time that other people begin to recognize as that person. These behavior patterns are evolved in differing degrees from three ego states - Parent, Adult and Child. These terms are capitalized so as not to be confused with their lower-cased counterparts. Thus, a parent (mother or father) has parent, adult and child ego states; and a child (son or daughter) also has parent, adult and child ego states. These ego states have nothing to do with chronological age, but only psychological age.

As Berne states, "Although we cannot directly observe these ego states, we can observe behavior and from this infer which of three ego states is operating at that moment". The three ego states are usually diagrammed as shown in figure below:



### Parent Ego State

The Parent ego state is a collection of memories that have been recorded in early years. Parental and social expectations are logged into the brain as the person perceives them. The messages are sometimes verbal, sometimes experiential and sometimes only assumed.

Eric Berne used the word "tapes" for messages and believed that the "tapes" recorded in early childhood were the most influential. What were recorded are society's expectations and obligations that are musts, shoulds and oughts. The parent ego state is filled with judgements, values and attitudes (Wollams & Brown, 1979). In psychoanalytic terms the "parent" ego state is much like the "superego" and is about values and right/wrong.

Functionally, the Parent ego state is subdivided into the Critical Parent and the Nurturing Parent. Nurturing Parent represents more affirming and more pleasant qualities of what parents and society do for a person. Critical Parent behaviours generally represent the corrective behaviours of real parents and the prohibitive messages of society.

Both Controlling and Nurturing Parent are acceptable, but could be grossly overdone. Positive aspects of CP and NP are visible in people's ability to extract right from wrong, to make decisions supported within and fix mistakes without guilt. Negative aspects of CP and NP could damage psychological health where people replay messages from childhood, negative or overly protective.

### Adult Ego State

This ego state is not related to the person's age, more to a developmental state. It is a logical, rational way of contacting reality. The Adult ego state is "principally concerned with transforming stimuli into pieces of information and processing and filing that information on the basis of previous experience" (Berne, 1961). It is quite similar to a data-processing computer.

From the earliest recorded "tapes" of an introjected parent, the Adult calculates what action must be taken on the basis of that information. The Adult ego state is constantly updating its own processing and storage guidelines. Eventually, the Adult ego state (the central core computer of the personality) is able to integrate all three ego states with reality.

### Child Ego State

Child is the first stage to develop and is crucial for the first 5 years of personality development. The Child is similar to the Freudian concept of Id, operating on the pleasure principle, unconscious, aimed at gratification and fulfilment of needs. Child is about expressing feelings and being intuitive.

Child is typified by "I" statements, "I want", "I need" etc. Child ego state is a function of impulses and desires to find pleasure and be happy. It collects taped information in similar ways to the Adult ego state. The early cry for food (and protest of wetness) and the later playfulness is the function of the Child ego state.

Functionally, the Child ego-state is comprised of 2 aspects: The Natural (Free) Child that is spontaneous, intuitive, creative, pleasure seeker and the Adapted Child that is compliant and conforms to wishes and demands of others, particularly parents.

The Natural Child ego state represents a playful and spontaneous part of human behavior, from infancy to an old age. The infant may receive enjoyment from playing with a spoon and the adult may find enjoyment from golfing or cruising in Tropical Queensland. A person may be 5 years old or 50 years old but throughout life he or she plays or can be playful or thinks playfully and joyously. That is the Natural Child doing its thing.

The Adapted Child ego state represents human response which has some negativity in it, some resistance, some reaction and some deeper hostility. A disobedient child, a rebellious teenager and a person with a personality disorder may be said to be "in the Adapted Child ego state."

It is very healthy to be naturally playful and to sometimes be strongly adapted to life or situational circumstances. Excessive indulgences in either or both can be a problem. If a person is too playful on the job he can get fired. If people are too adapted, such as being inappropriately defiant, withdrawn, unhappy, rebellious or resistant, they can choose behaviors that are appropriate.

### **Review of literature**

According to Berne (1961), the structure of personality is comprised of three organs: the extereopsyche, the neopsyche, and the archaeopsyche. These organs manifest themselves phenomenologically and operationally as three types of ego states called Parent, Adult, and Child, respectively (Berne, 1961). Berne (1957) holds that these ego states exert major influence on how people feel and behave in interpersonal relationships. Berne (1961) defines an ego state as a set of related behavior patterns and feelings.

Loffredo and Omizo (1997) reported a statistically significant difference between undergraduate male and female students on the Nurturing Parent (NP) ego state. The instrument used to measure ego states, the Ego State Questionnaire (ESQ), was developed by the authors and was based on content validity. Test retest reliability with a two-week interval was .90.

### **Theoretical frame work of ego state:**

The theoretical framework of this study is Erikson's psychosocial human development, especially his notion of identity development and wisdom as a virtue that results when an individual achieves the last identity integrity vs. despair stage. Ego-identity achieved individuals may show wisdom dimensions since they have gained a good sense of who they are and what they want to do in life through thoughtful searching and overcoming identity crises. In order to understand ego-identity formation among African Americans, Marcia's (1966) four ego-identity statuses (diffusion, foreclosure, moratorium, and identity achievement) were used. This study also adopts Ardel's (2003) Three Dimensional Wisdom Scale, which was developed based on Clayton and Birren's (1980) definition of wisdom—wisdom as an integrated (cognitive, reflective, and affective) human capabilities.

### **Objectives of the study**

- i. To study about the demographic variables of the respondents.
- ii. To understand the ego states of youths in their workplace.

### **Limitations of the study**

1. The study is limited to only youths in various careers.
2. The result is not generalized to all the youths.

### **Research methodology**

Sampling techniques used: Convenient Random Sampling

### **Sample size and sampling technique used**

50 respondents were used to collect the data. Simple random sampling technique is used to draw the data.

### **Tools used**

Friedman test, simple percentage, Chi-square test.

### **Table:1**

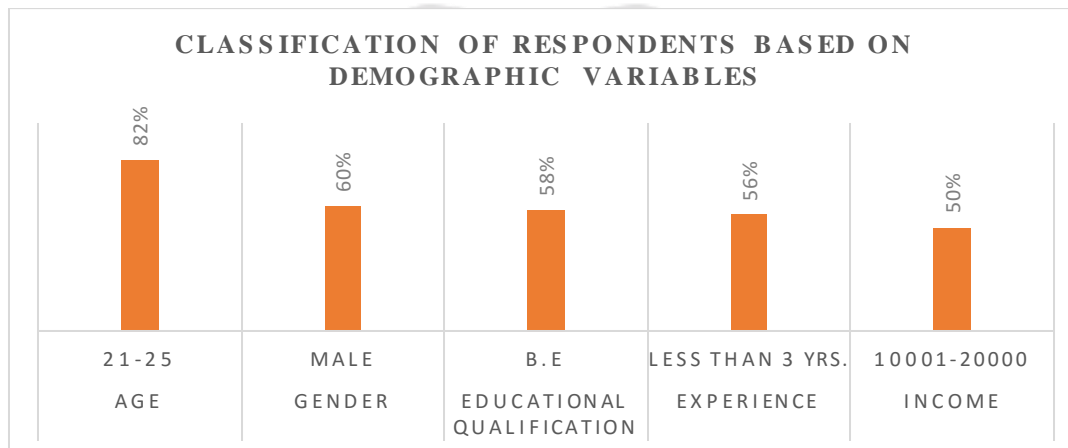
Classification of respondents based on the demographic variables.

S.No	Demographic Variables	Opinion	frequency	percentage
1.	Age	21-25	41	82%
2.	Gender	Male	30	60%
3.	Educational qualification	B.E	29	58%
4.	Experience	Less than 3 yrs.	28	56%
5.	income	10001-20000	25	50%

Source: primary data.

#### Inference

Out of 50 respondents 41 respondents are aged 21-25 of age.30 respondents are belongs to gender male.58 respondents are having educational qualification of B.E.28 respondents are having less than 3 yrs. of experience.25 respondents are getting monthly income of 10001-20000.



**Table: 2 Chi-square Test**

S.No	Null hypothesis	DF	Asymp.sig	S/NS
1.	There is no significant difference between I encourage my subordinates to question me about what should be or what should not be and educational qualification	8	0.040	S
2.	There is no significant difference between I provide my subordinates with solution to their problems and educational qualification.	6	.026	S
3.	There is no significant difference between I take up my subordinates cause and fight for them and educational qualification.	8	.073	NS
4.	There is no significant difference between I collect data and information, even when those are immediately needed or used and educational qualification.	8	.280	NS
5.	There is no significant difference between I help my subordinates to become aware of their own strength and educational qualification.	6	.007	S
6.	There is no significant difference between I assured my subordinates for my help and educational qualification.	8	.099	NS
7.	There is no significant difference between I accept help from others and appreciate it and educational qualification.	8	.042	S
8.	There is no significant difference between I enjoy try out in my ways and educational qualification.	8	.132	NS
9.	There is no significant difference between I enjoy to see a problem as a challenge and educational qualification	6	.070	NS
10.	There is no significant difference between I consistently set challenging goals for subordinates to attain and educational qualification.	6	.107	NS
11.	There is no significant difference between I act without consulting subordinates and educational qualification.	8	.073	NS
12.	There is no significant difference between I consult with subordinates when facing problem and educational qualification	8	.184	NS

Source: primary data

### Inference

As calculated chi-square value is less than the table value 0.05 level, there is a significant association between the variables of ego states and their educational qualification, Hence Null hypothesis is rejected and if the asymptotical value is greater than 0.05 level then there is a significant difference between the variables of ego states and their educational qualification, hence the null hypothesis is accepted.

**Table: 3 Friedman test in this the variable I act without consulting subordinates**

S.No	Variables	Mean value	Rank
1.	I act without consulting subordinates.	4.01	1
2.	I accept help from others and appreciate it.	4.91	2
3.	I encourage my subordinates to question me about what should be or what should not be.	5.11	3
4.	I consult with subordinates when facing problem	6.66	4
5.	I accept help from others and appreciate it.	6.73	5
6.	I enjoy to see a problem as a challenge	7.05	6
7.	I provide my subordinates with solution to their problems	7.08	7
8.	I collect data and information, even when those are immediately needed or used	7.17	8
9.	I help my subordinates to become aware of their own strength	7.18	9
10.	I enjoy try out in my ways.	7.18	10
11.	I take up my subordinates cause and fight for them.	7.31	11
12.	I consistently set challenging goals for subordinates to attain.	7.61	12

Source: primary data

### Findings and discussion

The data set was calculated in spss from Friedman test in this the variable I act without consulting subordinates. Rank1. I accept help from others and appreciate it. Rank2. Form the study it to known that now a days the present youths are not more egoistic in nature as well as in their work place too.

### Conclusion

Today there is greater understanding of Transactional Analysis. More and more people are taking the four to five year part-time training courses to qualify, and increasingly universities are accrediting these courses for master's degrees. Those taking training include psychiatrists, organizational and management consultants, teachers, social workers, designers, engineers and the clerics.

Today Transactional Analysis is used in psychotherapy, organization's, educational and religious settings. Books have been written for all ages, from children through to adults, by people all over the world. Transactional Analysis is truly an international theory relating to a diverse range of cultures.

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