



HUMANITARIAN PSYCHOLOGY (BASED ON ERIC BERN'S TRANSACTIONAL ANALYSIS THEORY)

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Dalanova Yulduz Turg'unovna

Master of Asia International University

ABSTRACT

In this article, information about humanitarian psychology (based on Eric Berne's theory of transactional analysis) is mentioned, and conclusions and recommendations are developed in this regard.

Key words

transactional analysis, ego state, parent ego state, adult ego, critic and caregiver state, adult and young child.

АННОТАЦИЯ

В данной статье приводятся сведения о гуманитарной психологии (на основе теории транзактного анализа Эрика Берна), а также разрабатываются выводы и рекомендации на этот счет.

Ключевые слова

транзактный анализ, эго-состояние, родительское эго-состояние, взрослое эго, состояние критика и опекуна, взрослый и маленький ребенок.

INTRODUCTION

"Human dignity is great" of our President. "He should live contentedly and contentedly with his life today, not tomorrow, not in the distant future." proves how important it is. The fact that the humanitarian policy conducted in recent years in our new Uzbekistan is being recognized by the world community makes us all happy, adds enthusiasm and enthusiasm to our efforts. After all, forming a well-rounded human personality with healthy beliefs, attitudes, and worldview is one of the important tasks of preventing and reducing the possibility of moral decline that may occur in society. Modern science and practice of psychology emphasizes that it is difficult to study individual activity separately from the social sphere. The scope of modern psychology is expanding, and the analysis of man is developing in all spheres. People are conducting extensive research in order to improve their life and activities, and one of the main issues that they are looking for is the essence of happiness and optimism, and in the process of setting a goal and striving to achieve it, to understand the essence of the true necessity of the dreams of people. It is



understood that the aspiration and the search for meaning from this activity are always relevant. The search for meaning in human activity is always relevant, mainly in many mental states such as neurosis, frustration, stress and depression, in the process of psychological counseling, the psychologist cannot give the person this meaning or content, but the psychologist can understand it and look for it in the right place. Humanistic psychology is important in the formation of concepts in expert students about the ability to help.

MAIN PART

Eric Berne's theory of transactional analysis is also considered an important theory in medicine. Eric Byrnes is a Canadian-born psychiatrist who developed Transaction Analysis (TA), a psychoanalytic theory of social interactions. Berne believed that human behavior can be understood by analyzing social transactions, and by studying these transactions, people can better understand their own emotional and psychological states as well as others.

Transactional analysis is a psychological model that serves to describe and analyze individual and group behavior. This model includes philosophies, theories, and methods that allow people to understand themselves and the specifics of their interactions with others.

The main starting point for the development of transactional analysis was psychoanalysis, but TA, as a model, became more general and extensive. Transactional analysis is characterized by the fact that it is presented in a simple and understandable language, and its basic principles are very simple and accessible to everyone.

The basis of transactional analysis is the position that a person, being in a certain situation, can operate from one of three distinct ego states.

Transactional analysis is a rational way of understanding behavior based on the premise that everyone can learn to trust themselves, think for themselves, make independent decisions, and express their feelings openly. Its principles can be applied at work, at home, at school, with neighbors—anywhere you deal with people in general.

The foundations of the theory of transactional analysis were created by Eric Berne and a number of other psychotherapists, as well as several psychologists. Eric Berne began publishing his observations of human activity in the early 1960s, and public interest in transactional analysis peaked in the 1970s.

According to transactional analysis, each of us has 3 ego states: parent, adult, and child.

Parental ego state primarily includes attitudes and behaviors received from parents. Outwardly, they are often prejudiced, critical, and caring towards others.



Inside - it looks like old parenting advice that continues to influence our inner child.

The adult (adult) ego state (K) is independent of the individual's age. It is aimed at understanding the current reality and obtaining objective information. He is organized, well-adjusted, resourceful, and works by studying reality, evaluating its possibilities, and calculating calmly.

The child ego state (B) includes all the impulses that naturally arise in the child. It also includes early childhood experiences, attitudes and relationships with self and others. This is expressed as "old" childhood behavior. The child's ego state is also responsible for the creative expression of personality.

When we act like our parents, think like them, we are in the parent's ego state. When we deal with the present reality, the accumulation of facts, the objective evaluation of them, we are in the state of the big human ego. When we feel and act like children, we are in the child ego state.

Ego states change in people depending on the situation.

A transaction is a communication unit consisting of a stimulus and a response. For example, the warning: "Hello!", the reaction: "Hello! How are you?". During communication (transactional exchange), our ego states interact with the ego states of our communication partner. There are 3 types of transactions:

Complementary, or parallel, (English: reciprocal/complementary) - these are operations in which the stimulus of one person is directly complemented by the response of another. For example, stimulus: "What time is it now?", reaction: "quarter to six." In this case, the interaction occurs between people in the same ego states (Adults).

Crossed (English: crossed) - directions of stimulation and reaction intersect, an example of these operations is a situation of conflict. For example, a husband might say, "Where's my tie?" "The wife answers angrily: I always have to find everything for you!" In this case, the stimulus is directed from the (adult) husband to the (adult) wife, and the reaction is from the child to the parent.

Duplex/covert transactions occur when a person says one thing but means something completely different. In this case, spoken words, tone of voice, facial expressions, gestures, and attitudes are often inconsistent. Undercover operations are the basis for the development of psychological games. Psychological game theory is described by Eric Berne in the book *Games People Play*. Game analysis is one of the techniques used by transactional analysts.

But Berne, while respecting his origins as a psychoanalyst, disagreed with some of the ideas advanced by this model, and after the publication of various articles and books, he developed his own model of "social psychiatry". His works were always best sellers, written in a simple vocabulary that was easy to



understand for both professionals and clients. For Berne, communication and knowledge are mainly solutions to emotional problems, and he directs his approach to social relations, where the transaction is the basic unit.

Eric Berne himself explains in the book "The Games We Play": "The unity of social relations is the transaction. If two people meet each other ... sooner or later one of them will speak, give some kind of sign or express gratitude for their presence. This is known as deal promotion. Then the other person says or does something related to the stimulus, or this is called a transactional response."

Eric Bern's model is gaining popularity and he decided to form ITAA (Transactional Analysis International Association). With the task of introducing some concepts of transactional analysis and contributing to various developments within the theory. This institution is still in place to ensure therapeutic and educational quality in various transactional analysis centers.

Transactional analysis, due to its multifaceted nature, is best described as an integrated approach. Unlike the eclectic approach, where the practitioner selects the most appropriate ideas or techniques from different theories or models, the integrative approach finds a point of convergence between different models combined in a new model or theory.

There are different schools of thought within transactional analysis, for example. Classical or cathexis. Since the practitioner incorporates the concepts of transactional analysis, he chooses a school that suits his way of being or doing therapy, or works on different approaches in the same theory, so he tries to find the method that best suits the situations he treats. does. Somehow, starting from the theoretical and practical foundations, it goes to some options, as it often happens with psychoanalysts.

In fact, Bern's integrative approach, under the influence of Bern's psychoanalysis, arose as a result of the fact that Freud's theory focused all its energies on the past, as a result of which therapeutic practice left the "here and now" aside, forgetting such useful things, concentrating on consciousness. as aspects for therapy (albeit unconsciously).

For this, he combined the ideas and methods of classical psychoanalysis with the ideas of humanism or behaviorism. The new theory did not focus so much on introspection into the past, but instead the present, interpersonal context or self-awareness and personal growth came to life in his new therapy method.

One of the greatest achievements of transactional analysis is that it offers methodology and key concepts expressed in simple language and without technique, while also providing techniques for personal change.

Tasks of transactional analysis:



Transactional analysis is a decisive model of the person, which helps to understand the relationship with others. It allows us to feel and understand who we are and what we need and want. Likewise, it empowers us to resist change and allows us to have autonomy and initiative in our own personal development.

The purpose of transactional analysis is mainly threefold: awareness, spontaneity, and intimacy:

Being aware is being able to distinguish reality from illusion. This is self-knowledge.

Spontaneity is related to the expression of thoughts, feelings, emotions and one's needs.

Intimacy is the ability to open up to others, to be real and close.

Transactional analysis is a popular theory, albeit with a lack of scientific work to demonstrate its effectiveness (partly because of psychoanalysis and its epistemology). Today, not only therapy can be taught, but also there are masters focused on other program areas, for example, transactional training for organizations.

CONCLUSION

Eric Leonard Bernstein, better known as Eric Bernard, is the father of Transactional Analysis. He was born in 1910 in Canada and died in 1970. He was the son of a Polish doctor who died of tuberculosis when Eric was young. Byrne decided to follow in his father's footsteps, and after receiving his doctorate in medicine in 1935, in 1936 he began his career as a psychiatrist in the psychiatry clinic of the Yale University School of Medicine, where he worked for two years. A few years later, he began studying psychoanalysis with Paul Federn, one of Sigmund Freud's first students. In 1946, after passing through various health centers and serving as a psychiatrist in the US Army, he decided to settle in California, where he continued his psychoanalytic training with Erik Erikson.

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