

ANALYSIS OF TRAINING SESSIONS CONDUCTED BASED ON TRANSACTIONAL ANALYSIS

Turemuratova Aziza Begibaevna

Assistant, Department of Pedagogy and Psychology,
Karakalpak State University named after Berdakh, Republic of Karakalpakstan.

azizaturemuratova85@gmail.com

Nazarova Gulinur

Student of Karakalpak State University.

Sotimova Oybibi

Student of Karakalpak State University.

Ashurova Shoxista

Student of Karakalpak State University.

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Abstract. *In this study, along with the analysis of training sessions based on transactional analysis, the stages of change in psychological states are considered. Based on the results of this analysis, we tried to clarify the main content and essence of our study using examples of situations based on real life events. Psychological training sessions are analyzed in a family environment based on transactional analysis and the opinions of international psychologists.*

Keywords: *Family, depression, empathy training, transactional analysis, cognitive flexibility, psychological training.*

TRANZAKSION TAHLIL ASOSIDA O'TKAZILGAN TRENING MASHG'ULOTLARINING TAHLILI

Annotatsiya. *Ushbu tadqiqotda tranzaksion tahlillar asosida trening mashg'ulotlarini tahlil qilish bilan bir qatorda, psixologik holatlarning o'zgarish bosqichlarini muhokama qilinadi.*

Bu tahlil natijalariga asoslangan holda, tadqiqotimiz davomida hayotiy voqealarga asoslangan vaziyatlar misolida tadqiqotimizning asosiy mazmun va mohiyatini yoritib berishga harakat qildik. Psixologik trening mashg'ulotlarini oila muhitida tranzaksion tahlil qilingan va xalqaro psixolog-olimlarning fikrlari asosida tahlil qilinadi.

Kalit so'zlar: *Oila, depressiya, trening empatiya, tranzaksiyaviy tahlil, kognitiv moslashuvchanlik, psixologik trening.*

Introduction

The family is the basic unit of personal development and the place of experience necessary for the formation of character. As the smallest social institution, families are the most vulnerable social groups to harm. This is because most injuries and problems first arise within the family, and then, if the problems are not properly addressed, they enter society. Divorce has become a serious social problem that undermines the fabric of society. The increasing incidence of divorce can be attributed to the impact of large-scale population growth and significant changes in family structure. According to the civil status of divorce, the incidence of divorce has increased significantly every year. For large family structures, divorce can have many negative consequences. Poor quality of life, financial problems, negative moral attitudes in society and a tendency to existing drug addiction and depression.

One of the conflicts or harms in the family is the controlling behavior of the spouses, which can lead to divorce. The most important research topics were current health education and violence in families, especially violence by men against women. Wallace's definition of violence refers to a set of actions that cause or are likely to cause physical or psychological harm. Spouses use various forms of violence, including physical, emotional, and occasionally relational.

Controlling behaviors are behaviors that some couples use to harass their partner. These behaviors can include economic control, control through threats and intimidation, isolation, and emotional control. The main causes of these misunderstandings are incorrect and irrational thoughts. Controlling behaviors of spouses increase conflict between spouses, and reducing this behavior can play a bad role in increasing marital satisfaction and thus reducing divorce rates. One of the factors that influence a spouse's controlling behaviors is the type of relationship between spouses, and one way that communication-oriented couples can increase effective controlling behaviors of their spouses is through transactional analysis training.

Corey emphasizes that transactional analysis is an interactive treatment method that combines cognitive and behavioral aspects of the recovery process and aims to increase people's awareness and decision-making abilities and change their lives. Despite various studies that confirm the effectiveness of transactional analysis in improving communication between couples, the effectiveness of this intervention in reducing spouses' controlling behaviors has not been determined. significantly resolved. Therefore, this study attempts to demonstrate the effectiveness of transactional analysis training in reducing spouses' controlling behaviors. Our findings are also consistent with studies that have shown that transactional analysis training has led to increased marital adjustment, positive emotions in the couple, marital intimacy, and decreased variability. In addition, this study is consistent with research that has shown that transactional analysis training improves family, emotional, occupational, and social dimensions, and communication between couples, parents, and children.

Another study has shown that transactional analysis training improves love styles. Studies have shown that this training increases empathy, creativity, and tolerance at the couple level. In fact, the training equips people with better communication skills, as well as the ability to diagnose scenarios related to themselves and others and build relationships that are complementary to each other through verbal and nonverbal cues. In addition, by using the technique of driving the other, parents can lead to potentially conflicting situations with adult control by reinforcing their position, division, and conditions for constructive relationships, rather than eliminating control. In fact, when adults act, people are less able to control their own behavior, because adults are more involved in analysis, Transactional Analysis training has grown, and each person assesses different situations and then tries to control their own behavior more.

It can be concluded that transactional analysis training led to a decrease in spouse control-oriented behaviors, as well as conflict and disagreement between spouses. Additionally, it was shown that couples can learn the basics and generalize them to other life situations and apply them at different times when dealing with different people. This study was conducted with some limitations. Part of the training sessions were conducted by the researchers; therefore, there may be some bias in testing the hypotheses.

This study is limited to a single city, so further research should generalize the findings to other cities and other women. One of the factors that influence mental health is cognitive flexibility and emotion regulation. The use of adaptive strategies has a positive effect on developing appropriate responses to emotional situations. Nursing students, especially during the initial patient-family interactions, can often experience high levels of stress and anxiety, accompanied by decreased cognitive flexibility and emotion regulation. Cognitive flexibility is the ability to assess one's ability to manage a situation and adapt one's behavior to changing circumstances. Individuals with high cognitive flexibility are adept at identifying alternatives and adapting to changing circumstances. Nurses with high cognitive flexibility play an important role in reducing stress in patients and families during hospitalization. They demonstrate adaptive caregiving behaviors based on three dimensions of cognitive flexibility: awareness, readiness, and self-efficacy. Emotion regulation, another influential factor in mental health, particularly among nurses, involves the strategies used to modify emotional states. It is a key aspect of psychological well-being, contributing to effective adaptation to stressful life events and has positive effects on physical health, academic performance, professional success, and social relationships. Although cognitive flexibility and emotional regulation play an important role in the academic success and practical performance and mental health of nursing students, little attention has been paid to effective interventions that can simultaneously enhance these two dimensions.

Conclusion

Transactional analysis group therapy, which is known for improving self-awareness and interpersonal relationships, has not been adequately studied in terms of its specific effects on cognitive flexibility and emotional regulation in nursing students. Given the high levels of stress in this population, studying the effectiveness of Transactional Analysis Group Therapy is necessary to develop interventions that promote their psychological well-being, academic performance, and ability to manage future professional challenges. Thus, this study aimed to evaluate the effects of transactional analysis group training on cognitive flexibility and emotion regulation in nursing students.

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